

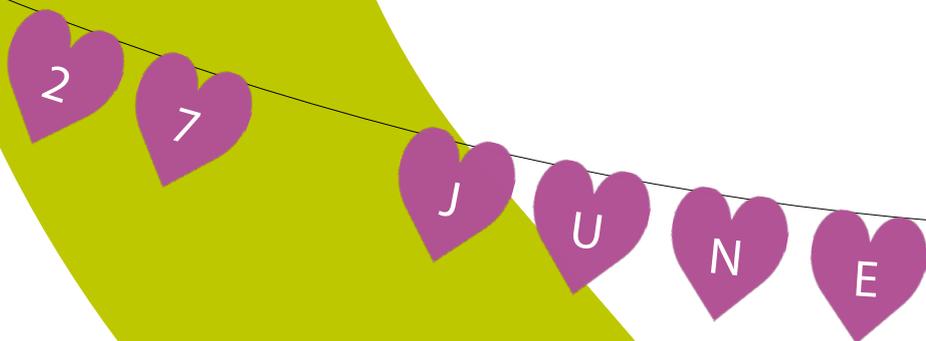
RSE DAY

Celebrating relationships & sex education



Ideas for settings

Primary age children





30 ideas to make the most of RSE day

This list of ideas is designed to inspire you to join in with RSE Day on 27 June 2019.

There are quick options and ones that will take a bit more planning and preparation. Choose one or two that are most relevant for your setting, or think of your own.

RSE Day is a day to celebrate excellent RSE, that promotes the wellbeing of, and safeguards, children and young people. Good quality RSE needs to happen all year round, with a planned curriculum, but 27 June is an opportunity to start new conversations and share what you are doing with others.

Because RSE is the responsibility of parents and schools, we have included ideas that involve the whole community.

Remember to let us know what you are doing via social media using the hashtag #RSEday.

To comply with current legislation please inform parents/carers of your plans for RSE Day in advance and give them the option to withdraw their child.

- 1 Involve all pupils in making a display with the title 'Every family is unique.'
- 2 Each class teacher to read an RSE themed book to their class during circle time.
- 3 Run an RSE themed reading cafe for parents/guardians (invite parents/guardians in to read RSE themed storybooks with their children whilst they enjoy refreshments).
- 4 Hold a themed assembly with a special guest, for example about friendships, families, body safety, celebrating diversity, keeping safe.
- 5 Work with pupils to create an assembly presentation on healthy relationships and invite parents in to watch.
- 6 Use the NSPCC Underwear Rule teaching resources to deliver some lessons on body safety to pupils: [Download on NSPCC learning website.](#)
Send an email or text to parents with the link to the NSPCC Underwear materials to reinforce learning at school. [Download on NSPCC website.](#)
- 7 Ask year 6 pupils to create a leaflet for year 4 and 5 children about puberty changes.
- 8 Evaluate your RSE provision by asking pupils what they think of the RSE they have received. Then ask a group of children to write a blog to share what they have found out.
- 9 Teach pupils how to say the following sentences in different languages 'Will you be my friend?', 'I love you', 'Thank you for being my friend'.
- 10 Ask pupils to write a letter to someone who is special to them, could be a member of their family, a teacher or a friend. In the letter they could say thank you for the special relationship they share.

- 11 Create love poems to share on a display.
- 12 Put up a poster in the staffroom and parents' noticeboard that raises awareness of domestic abuse and signposts to support. [Download from Women's Aid website.](#)
- 13 Order some free Stonewall posters to display in your school showing that all families are welcome and valued. [Order from Stonewall website.](#)
- 14 Let the world know what you are doing on RSE day by adding your planned activity to your website in advance.
- 15 Create raps, songs or dances that focus on healthy relationships. You could host a talent contest and invite parents/guardians along to watch.
- 16 Taking inspiration from stories, such as Jacqueline Wilson's, ask children to write a story about a family that is different to theirs – share these as a class or school.
- 17 Run a competition involving pupils creating tweets about families, friendships and healthy relationships. Invite a guest judge to decide which ones the school will tweet on RSE Day.
- 18 Create storyboards using photographs about what it means to be a good friend.
- 19 Give pupils the book title 'The Happy Family' and ask them to write a blurb and design a front cover.
- 20 Search creative ways of supporting children in making positive relationships matter using the AGENDA Wales resource. [View on Agenda Wales website.](#)
- 21 Carry out some fundraising for a local charity that supports healthy relationships.
- 22 Ask children to develop some new emojis with an RSE theme, linked to what they have been studying in their RSE lessons. Display them in school.
- 23 Ask each pupil to draw their family on a piece of paper bunting (triangle of card or paper) – punch two holes in the top of each one, thread string through and make bunting to decorate your hall. Staff could join in too! Tweet pictures using #RSEday.
- 24 Using heart cut-outs ask children to write one thing they love about themselves and one thing they love about somebody else. Display the hearts in the classroom.
- 25 Register with this website to access some free sanitary wear to support children who start their period at school: www.inkindirect.org
- 26 Become a Stonewall School Champion to celebrate your approach to inclusion of those who identify as Lesbian, Gay, Bisexual or Transgender. [Visit Stonewall website.](#)
- 27 Record 3-5 minute conversations about a friendship or relationship between different ages/cultures, etc. (Like Radio 4s Listening Project). Use these as a stimulus in lessons or put on your website to show that the school values different relationships.
- 28 Compile a school play-list for RSE Day featuring songs about love, relationships and friendships (age-appropriate) and play during the day on 27 June. You could use the lyrics to stimulate discussion, writing, art-work, poetry, drama and dance pieces.
- 29 Explore marriage celebrations across different faiths and cultures. Plan an assembly to share children's learning.
- 30 Use the Sex Education Forum's principles of good RSE to audit your existing provision. Ask different members of the school community to pick the principle that they think they are doing really well on and another that needs more work in the year ahead. [Download on Sex Education Forum website.](#)





27 June

RSE Day is a day to celebrate relationships and sex education and think about the role we all have in promoting positive relationships and sexual health.



sexeducationforum.org/RSEday



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Nottingham
City Council