

Relationships and Sex Education - RSE

At a Healthy Schools Network meeting on 20 January 2014 we had a forum with those who attended to look at issues on how to handle teaching RSE in schools. Everyone present shared ideas and suggestions they have found helpful in teaching RSE.

Please read the list of suggestions from the teaching staff that came...

- Take the word 'sex' out and call it 'Our bodies' or 'Our changing world'.
- Focus on the physical changes and challenges of puberty.
- Stress the importance of relationships first and not sex.
- Stress importance of children learning together in a safe confidential environment.
- Hearing RSE teaching first hand rather than on the playground is far more beneficial and will contain the truth.
- Empowering children with knowledge of how to keep safe from a child protection point of view.
- Making sure children are not put under unnecessary stress or fear by ensuring they possess appropriate information related to their age, and to understand what is happening to them.
- Start early in Early Years provision.
- Make sure it is culturally appropriate.
- Have a question box in class.
- Always clarify concerns and questions asked.
- Write an alternative scheme of work.
- Allow parents to view materials and ask questions in an informal setting prior to lessons.
- Make your provision 'transparent'.
- Block RSE teaching over a week.
- Talk to local schools and find out what others are doing.
- Make sure it is in the prospectus from the start.
- Share the process and information with governors.
- Ask governors to come and watch the lesson prior to the taught session.