



Nottingham City Relationships and Sex Education (RSE) Day

28 June 2018

Ideas for settings with primary age pupils

Below is a list of ideas for joining in with Nottingham City RSE Day. RSE Day highlights that RSE is the responsibility of all and not just schools. It is a day to celebrate the excellent RSE work that is happening in Nottingham that promotes the wellbeing of, and safeguards, children and young people. There are quick options and ones that will take a bit more planning and preparation. If you need support or signposting to resources please contact

Catherine.kirk@nottinghamcity.gov.uk. Not all of the ideas will be suitable for you, choose one or two that are most relevant for your setting, or think of your own. To follow current legislation please inform parents/carers of your plans for RSE Day in advance and give them the option to withdraw their child. Remember to let us know what you are doing via social media using the hashtag **#RSEday**

- Deliver your planned RSE curriculum to pupils
- Run an RSE themed reading cafe for parents/guardians
- Involve all pupils in making a display with the title 'Every family is unique'
- Get each class teacher to read an RSE themed book to their class during circle time
- Deliver an RSE themed assembly
- Use the NSPCC Underwear Rule materials to deliver some lessons on body safety to pupils. <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/underwear-rule-schools-teaching-resources/>
- Send an email or text to parents with the link to the NSPCC Underwear materials to reinforce learning at school. <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/> <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>
- Get year 6 pupils to create a leaflet year 4 and 5 children about puberty changes.
- Evaluate your RSE provision by asking pupils what they think of the RSE they have received.
- Work with pupils to create an assembly presentation on healthy relationships and invite parents in to watch.
- 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'.
- 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 should say thank you for the special relationship they share.

- Create love poems to share on a display.
- Put up a poster in the staffroom and parents' noticeboard that raises awareness of domestic abuse and signposts to support <https://www.equation.org.uk/resources/for-survivors-safety-and-support-information> <https://www.womensaid.org.uk/information-support/downloads-and-resources/posters-and-leaflets/>
- Order some free Stonewall posters to display in your school showing that all families are welcome and valued <http://www.stonewall.org.uk/get-involved/education/different-families-same-love>
- Let the world know what you are doing on RSE day by adding your planned activity to your website in advance.
- Create raps, songs or dances that focus on healthy relationships. You could host a talent contest and invite parents/guardians along to watch.
- Get children to write a story about a family that is different to theirs – share these as a class or school.
- A group of children to write a blog about RSE in your school.
- Run a competition involving pupils creating tweets about families and healthy relationships. Invite a guest judge to decide which ones the school will tweet on RSE Day.
- Create storyboards using photographs about what it means to be a good friend.
- Get children to develop a pupil-friendly version of the Nottingham RSE Charter to display in your school.
- Give pupils the book title 'The Happy Family' and ask them to write a blurb and design a front cover.
- Check out the period education resources available on the Betty for schools site and build them into your puberty education <https://bettyforschools.co.uk/resources>
- Carry out some fundraising for a local charity that supports healthy relationships, eg. <https://www.equation.org.uk> <http://relate-nottingham.org.uk>
- 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.
- Get each pupil to draw their family on a piece of paper bunting (triangle of card of 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.
- 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.
- Register with this website to access some free sanitary wear to support children who start their period at school <http://www.inkindirect.org>

- Become a Stonewall School Champion to celebrate your approach to inclusion of those who identify as Lesbian, Gay, Bisexual or Transgender <http://www.stonewall.org.uk/our-work/education-resources/primary-schools/primary-school-champions-programme>
- 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.
- Compile a school play-list for RSE Day featuring songs about love, relationships and friendships (age-appropriate) and play during the day on the 28th June. You could use the lyrics to stimulate discussion, writing, art-work, poetry, drama and dance pieces.