



Nottingham City Relationships and Sex Education (RSE) Day

28 June 2018

Ideas for parents and carers

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. These are just our ideas, feel free to do your own thing and let us know how it goes! Not all ideas will be suitable for all ages, we've given some suggested ages following the ideas.

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

- Start a conversation with your child/ren about healthy relationships, growing up and sex - <https://www.fpa.org.uk/help-and-advice/advice-for-parents-carers>
<https://www.fpa.org.uk/sites/default/files/sexual-health-week-2011-facts-of-life-parents-leaflet.pdf>
- Use the NSPCC Underwear rule resources to talk to your child/ren about body safety <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/> (ages 2-7)
- Ask your child's school how they are celebrating RSE day and what you can do to support. (all ages)
- Buy a book to read with your child that explains the changes of puberty. (age 7+)
- Visit your local library to ask what books they have available that explore relationships, puberty and sex. Borrow books to read with your child or for them to read on their own. (all ages)
- Purchase some hygiene items and make your child a puberty box to prepare them for the changes they will encounter as they grow. Some examples of what to include: deodorant; shower gel; shampoo; sanitary towels for those who will have periods; spot cream. (age 7+)
- Have a conversation with your child about the teachings on relationships, puberty and sex of your particular faith or culture. Discuss how this may be the same or different to other people's beliefs. (all ages)
- Find out what your child(ren) will be learning at school about relationships and sex education this year. Start a conversation with your child about their learning. (all ages)
- Worried about your child sending or receiving nude selfies? Find out more about the risks and how to talk to your child here <https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/>
- On RSE Day we want to highlight healthy relationships. If you, or someone you know, are experiencing abuse in a relationship there are details of how to get help here <https://www.equation.org.uk/need-help/> You can find out more about domestic abuse by following this link <https://www.equation.org.uk/what-is-domestic-abuse/>
- Watch some films with your child about keeping safe on the internet <https://www.thinkuknow.co.uk/parents/Listing/?cat=75&ref=4824#mMain> (a range of films suitable for different ages)