

RSHE Resources for Schools in Swindon

April 2024

Public Health



School Nursing

Young people can access sexual health advice and support by using a school nurse drop-in.

Referrals can be accepted by schools and anyone else who works with young people.

Further information:

North: SNN@swindon.gov.uk

South: SNS@swindon.gov.uk

Chameleon PDE



- Puberty, sex education and relationships lesson and assembly plans for primary schools (ages 7-11).
- RSHE and webinars on tackling online misogyny and resources for secondary schools.

Tackling the influence of online misogynists - Secondary Schools

Accredited Subject Lead CPD

This highly popular webinar will consider evidence-based best-practice to challenge the influence of online misogynists. This award-winning training will give you advice about keeping boys engaged in the topic, whilst allowing deconstruction of the issues. This webinar is often over-subscribed so we recommend booking early to avoid disappointment.

[DETAILS AND BOOKING](#)

Starts: 07 Mar 2024 at 16:00 PM

Secondary PSHE / HWB/ PD
Subject Leads

FREE LIVE ATTENDANCE

- Resources library free for Swindon's secondary schools until July 2024. Swindon's secondary schools will be then eligible for the legacy rate which is a 50% discount.



▼ Puberty & sex education

Ages 7-9 : Body part names-female

Ages 7-9 : Female body changes

Ages 7-9 : What is a period?

Ages 9-11 : Adult choices & contraception

Ages 9-11 : Conception

Ages 9-11 : Emotional changes at puberty

Ages 9-11 : Physical changes at puberty (girls)

▼ Relationships

Ages 7-9 : Being polite

Ages 7-9 : Different types of families

Ages 7-9 : Ending a friendship

Ages 7-9 : Feeling pressured by others

Ages 7-9 : How do we show care?

Ages 7-9 : I've argued with my best friend

Ages 7-9 : Stuck in the middle - friendship triangles

Ages 7-9 : What is a bystander?

Ages 7-9 : What makes a friend?

Ages 7-9 : What to do about bullying

Ages 9-11 : Different points of view

Ages 9-11 : Feeling worried about home

Ages 9-11 : Friendship arguments

Ages 9-11 : Friendship changes

Ages 9-11 : Giving and seeking permission (consent)

Ages 9-11 : Managing family arguments & disagreements

Ages 9-11 : Managing peer influences

Ages 9-11 : Types of peer influence

Ages 9-11 : What is an enabler in bullying?

Ages 9-11 : What is coercion?

Ages 9-11 : What is respect?

Public Health

My Resources

▶ Relationships

▼ Sexual health

Ages 11-12 : Emotional & social changes at puberty

Ages 11-12 : Physical changes at puberty

Ages 12-13 : Am I ready for a boyfriend / girlfriend ?

Ages 13-14 : Communication skills for intimate relationships

Ages 13-14 : Contraception

Ages 13-14 : Sexually Transmitted Infections (STIs)

Ages 13-14 : Unintended pregnancy

Ages 14-16 : Negotiation & communication within romantic (intimate/sexual) relationships

Ages 14-16 : Pregnancy & choices

Ages 14-16 : Safer sex

Ages 14-16 : Sexual assault and what to do about it

Ages 16-18 : Contraception and choices

Ages 16-18 : Sexual health and STIs



My Resources

▼ Relationships

[Ages 11-12 : Bereavement](#)

[Ages 11-12 : Families](#)

[Ages 11-12 : Friendship](#)

[Ages 11-12 : Managing changes in friendships](#)

[Ages 11-12 : Peer influence](#)

[Ages 12-13 : Family disputes](#)

[Ages 12-13 : Healthy ways to manage relationship feelings](#)

[Ages 12-13 : Perceptions & expectations in romantic relationships](#)

[Ages 12-13 : Positive & respectful online relationships](#)

[Ages 12-13 : Positive romantic relationships](#)

[Ages 12-13 : Relationships and the media](#)

[Ages 13-14 : Am I ready for a sexual relationship \(including consent\)?](#)

[Ages 13-14 : Family diversity](#)

[Ages 13-14 : Positive & respectful intimate relationships](#)

[Ages 13-14 : Relationship loss & change](#)

[Ages 14-16 : Being a young parent](#)

[Ages 14-16 : Being lesbian, gay or bisexual](#)

[Ages 14-16 : Gender diversity](#)

[Ages 14-16 : Impact of separation & loss in relationships](#)

[Ages 14-16 : Parent and teenager relationships](#)

[Ages 14-16 : Stages of a romantic relationship](#)

[Ages 14-16 : Why do people choose to have a sexual relationship?](#)

[Ages 16-18 : Coming out as LGBTQ+](#)

[Ages 16-18 : Ending an intimate relationship respectfully](#)

[Ages 16-18 : Influence of faith and cultural views on relationships](#)

[Ages 16-18 : Is this love or lust?](#)

[Ages 16-18 : Managing challenging relationships at work](#)

[Ages 16-18 : Managing changes in relationships when starting Uni or work](#)

[Ages 16-18 : Managing strong emotions in relationships](#)

[Ages 16-18 : Online dating pros and cons](#)

[Ages 16-18 : Pregnancy & young parenthood](#)

[Ages 16-18 : Respectful & assertive communication in relationships](#)

[Ages 16-18 : Understanding gender diversity](#)

[Ages 16-18 : Understanding sexuality & sexual orientation](#)

[Tackling Misogyny Teacher's Toolkit](#)



Review in Summer 2023 – all but three secondary schools in Swindon have downloaded Chameleon PSHE resources.

Public Health





Jigsaw will be presenting today at this meeting

NSPCC

- **Speak Out. Stay Safe:** virtual assemblies for **years 1 - 6** helps pupils understand abuse in all its forms and recognise the signs, understand that it is never a child's fault and that they have the right to be safe, and know the sources of help available to them.
- **RSHE and RSE resources** and lesson plans for all key stages.
- **Online safety hub**
- **Talk Relationships** free package of support to help secondary schools confidently deliver inclusive RSHE. This includes:
 - eLearning courses to support school to implement and deliver RSHE
 - lesson plans including plans for young people with SEND
 - dedicated helpline for secondary school staff.

Public Health



Swindon Women's Aid



- **Education Outreach Service:** a specialist support service for CYP who have experienced/witnessed domestic abuse and **1-2-1 support** for those aged 7 to 18 delivered through Swindon schools or colleges
- **Young person's violence** advisor 12 - 24 year olds
- **Group work** with children aged 8 – 18yrs – recovery toolkit and helping hands
- **Healthy Relationship Education** in Secondary Schools
- **Primary Schools Workshops** – focused on protective behaviours and positive friendships

3-year pilot: ends this academic year.

Public Health



Domestic Abuse Aware Schools Award

Background

Swindon Domestic Abuse Support Service have been awarded funding to run a 3 year pilot project with schools and colleges.

We hope the award will recognise the good work schools and colleges already do, while bringing domestic abuse to the forefront of everyone's minds.

Schools and colleges are uniquely placed to identify families experiencing domestic abuse, and to begin to educate children and young people about relationships.

We will...

- Provide quality training that meets the needs of the workforce.
- Ensure access to timely support. from DA Aware Schools workers
- Support the education of students through healthy relationship workshops.
- Create a whole family approach to support.

We ask schools to...

- Commit to supporting staff training for their whole workforce
- Nominate Domestic Abuse Ambassadors to support families and staff
- Advertise that they are a safe space where families experiencing domestic abuse can receive non-judgemental support
- Arrange and support healthy relationship workshops/ assemblies and work with us to ensure the PSHE curriculum provides the right education around healthy relationships.



The Aims

- A knowledgeable workforce
- Support when it's needed most
- Safe spaces to talk and share
- Prevention through education
- Improving outcomes for children and young people

LOVE
SHOULD
NOT
HURT.

SWA 01793 610610
SWINDON DOMESTIC ABUSE SUPPORT SERVICE

Swindon Sexual Health Team



Work creatively to reach young people and vulnerable adults who may struggle to access mainstream sexual health services.

Based in Swindon Health Centre and can see young people in schools, in their own homes or wherever they are comfortable to meet.

Take referrals from any person working with young people or vulnerable adults, who would benefit from a little more support.

To refer:

gwh.sexualhealth.outreach@nhs.net

Phone: 01793 607877,78,79

07920829019 – Gemma; 07920829032 – Sarah; 07775035922- Cara
and Jess

Public Health



Sex, Lies & Love Project

Free offer for Swindon secondary schools based around the reduction of violence against women and girls:

- 12-week 'Safer Relationships' programme, beginning with a workshop with Founder of Sex, Lies & Love Project focussing on harmful behaviour in relationships, consent, coercion, and online safety. The workshop is open to up to 40 young women from Year 9 and Year 10, and the content delivered can be tailored.
- 11 mentoring sessions where young women can self-refer themselves for support around safer relationships.

To find out more about the Sex, Lies & Love Project, please <https://thesllproject.co.uk/>
Contacts: rowan@teasmash.org.uk and kat@teasmash.org.uk

Brook free online resources



EN

BIG RSE LESSON: LGBT+ HISTORY

This big RSE lesson, aimed at Year 9 and above, explores the richness of LGBT+ history with the aim of challenging stereotypes, promoting understanding and celebrating diversity. Topics covered include: Key moments in LGBT+ history, influential LGBT+ history, importance of allyship, myth-busting quiz.

[Visit the site](#)



EN

THE BIG PERIOD LESSON

This live lesson, available to watch on demand, is aimed at Years 6 and 7 to ensure young people learn about puberty in a timely and age-appropriate way. Topics include: puberty and body changes, name of reproductive organs, menstrual cycle and periods

[Visit the site](#)

Expect Respect

Two-hour staff training

- safeguarding processes
- disclosure management
- trauma-informed classroom management
- long-term SEMH-based support
- best practices in reporting
- school culture change tools.

CYP sessions

- in-person delivery
- sessions for all Key Stages including post 16
- designed to be inclusive of children with SEND and children who speak English as a second language.

To book email: cyp@womensaid.org.uk

Love Respect – Women’s Aid

LoveRespect

ABOUT ADVICE RELATIONSHIPS YOUR STORIES SUPPORT

Advice (14-17)

#loveRespect

All the info you need to spot unhealthy behaviour, and what to do about it.

Accessibility

Exit Site

Info

Feedback

Understanding the different types of abuse

This guide is to help you understand the different types of abuse.

Staying safe online

Sliding into DMs, online flirting and chatting via voice notes have become a popular way to meet new people and date online.

How to ask an adult for help

Always choose an adult that you trust and feel safe with.

Sexting and sending nudes

Sexting is when someone sends sexually explicit messages, photos, or videos to someone else through their phone or other electronic devices.

Feeling unsafe in a relationship

What is an unhealthy relationship?

Worried about a friend?

What is gaslighting?

Swindon LGBTQIA+ Guide

As well as staging an annual LGBTQ+ festival, Swindon & Wiltshire Pride's purpose is to promote equality and diversity for the public benefit and in particular the elimination of discrimination on the grounds of sexual orientation or gender identity. Including in particular but not exclusively by raising awareness, engaging with the community, celebrating the diversity of LGBTQ+ communities and advancing education.

To help them achieve this they have created a support guide for anyone living or working within Swindon and Wiltshire. The guide includes various pieces of information such as key dates in the LGBTQIA+ calendar, information on support services available to members of the community and information about the LGBTQ+ flags & identities. This may be useful for young people in your setting and their parents/carers.

This guide is available online here :
<https://www.swindonwiltshirepride.co.uk/usefullinks> and you can request physical copies by emailing chair@swindonwiltshirepride.co.uk



Out of The Can+ LGBTQ+ Youth Group in Swindon

[HOME PAGE](#)[CONTACT US](#)[ABOUT US](#)[BLOG](#)[EXTERNAL LINKS](#)[GROUP](#)

WELCOME TO OUR PAGE

Welcome, you have just made your first step in discovering yourself. Remember, you are never alone and there are always friends and people to support you whether you are confused about your sexuality/gender identity or just need to make like minded friends.

The group now runs two sessions on a Tuesday Evening:

Group 1 is for young people in Year 8 to Year 10 (between the ages of 12-15 years old) from 5pm to 6:30pm

Group 2 is for young people in Year 11 to up to College (between the ages 15- 19 years old) from 6:45pm to 8:15pm

The group is free to attend, check out our [About us](#) page which details some of things we do.

If you are thinking about joining Out of the Can watch our recent film, created by the Young People of OOTC with Mountain Way Pictures:



Contact us by email at ootc@hotmail.co.uk or click on our [Contact us](#) page if you're interested in joining or would like further information about the group.

If you would like us to visit your school / college, use our [Contact page](#).



**A FREE, DIGITAL
RESOURCE FOR ADULTS
& YOUNG PEOPLE 14+**

**THIS
IS
WHEN...**

Three short films exploring the issue of violence against women & girls, followed by a series of discussions & activities.



ACCESS FOR FREE
THISISWHEN.APP



women's aid

until women & children are safe

This valuable resource is aimed at raising awareness among young people. Supported by funding from Safer Streets, Prime Theatre collaborated with Cr8 Studios and schools in Swindon to develop three scenarios facilitating discussions on Violence Against Women and Girls (VAWG). The QR code grants access to the films and accompanying resources tailored for each scenario.



The **Get Real Sessions** are relationship and sex education sessions for secondary schools, encompassing the latest statutory RSE guidance within a spiral curriculum.

Each session combines video based teaching with teacher led class activities and there are 4 **Get Real Sessions** modules, which cover years 7-11.

Relationships are central to everything we do, so consistent, high quality RSE can impact a whole school culture as well as individual student outcomes.

**20% Discount
for Swindon
Schools who
sign up by the
end of July 2024.**



THE MODULES	
Get Real Sessions	Relationships
	Sex
	Online Life
	Self, Identity & Wellbeing
	4 sessions per year group per module



Public Health





Diversity Role Models offer a range of services focused on specific support, from our whole school package to primary or secondary workshops. They also provide a range of primary and secondary resources that are available to download for free.

[Book a workshop \(diversityrolemodels.org\)](https://diversityrolemodels.org)

[Download Diversity Role Models education resources](#)

[Parent and carer training](#)

Alice Ruggles Trust

[Alice Ruggles Trust - teaching](#)



Teaching materials and lesson plans on stalking and coercive behaviour, freely available to secondary teachers.

Template RSE Withdrawal Form for Parents and Carers

Following on from feedback from schools, we have developed a template form for schools to give parents wishing to withdraw their children from sex education within RSHE. You can update this with your school's details.

[Download the template form here](#)

Resource updates on the Swindon Health Schools website



Resources

PSHE Resources

RSHE Resources

Emotional Health & Wellbeing

Staff Wellbeing

Healthy Weight Resources

Swindons Physical Activity Framework

Pupil Voice

Oral Health

Health Protection in Education Settings

Staying safe

Social Norms

Caring for our Environment

Drugs, Alcohol, Smoking and Vaping

Affordable Schools

Staff Training

Young Carers

Breastfeeding in Schools Resources

Print this page

Relationships education has been compulsory for pupils in primary education since September 2020. For secondary pupils, relationships and sex education (RSE) must be taught. Health education is now compulsory in all schools too.

- In primary schools, the subjects should put in place the key building blocks for healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.
- At secondary school, teaching builds on this and develops pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex and how to have positive and healthy sexual relationships.

The current [RSHE guidance](#) can be found here.

There are several resources for schools to support you in the delivery of RSHE. Please see below:

Chameleon



Chameleon provides puberty, sex education and relationships lesson and assembly plans for primary schools (ages 7-11) and RSHE webinars for staff including tackling online misogyny and resources on for secondary schools.

The Chameleon resources library and webinars free for Swindon's schools. [Sign up here](#).

Jigsaw



Jigsaw provides resources (charge for these) and free webinars. The resources library includes education lesson and assembly plans for primary schools and RSHE lesson plans and assemblies for secondary schools. [Jigsaw resources can be accessed here](#).

NSPCC

NSPCC provides the following free RSHE resources for schools:

- **Speak Out. Stay Safe:** virtual assemblies for **years 5 and 6** helps pupils understand abuse in all its forms and recognise the signs, understand that it is never a child's fault and that they have the right to be safe, and know the sources of help available to them.
- **RSHE and RSE resources** and lesson plans for all key stages.
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