## 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: <u>SNN@swindon.gov.uk</u>

South: <u>SNS@swindon.gov.uk</u>



## 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. 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)

#### Retationships

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

Swindon

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.



## 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



#### **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

## 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: <a href="mailto:rowan@teamsmash.org.uk">rowan@teamsmash.org.uk</a> and <a href="mailto:kat@teamsmash.org.uk">kat@teamsmash.org.uk</a>

# Brook free online resources





ΕN

#### 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

ΕN

#### 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



#### What is Love?

£4.50 £0.00 inc. VAT

What is love?. A fully-resourced PSHE lesson (1 hour+). Suitable for PD / Citizenship or PSHE.

Add to basket

PayPal Pay in 3 interest-free payments on purchases from £30-£2,000. Learn more

Categories: Free Citizenship Resources, Free PSHE 2024, Free resources, Lessons, Relationships & Sex Ed, Secondary PSHE 2024 Tags: Lesson, Lessons

Description

#### Description

What is Love? - Personal Development Powerpoint lesson (1 hour +) which can teach secondary students. Learning Objectives:

- . To define the term love and understand that it comes in many forms
- . To identify how you might like give and receive love yourself
- · To understand different types of love and love languages

This is a free sample lesson from our brand new curriculum packages we are launching.

- · Financial Education and Enterprise Package
- . Exploring Careers Package
- PSHE Secondary Package
- · Sixth Form Personal Development Package

(Mentioned by secondary school PSHE Lead in Swindon)

## **Expect Respect**



#### Two-hour staff training

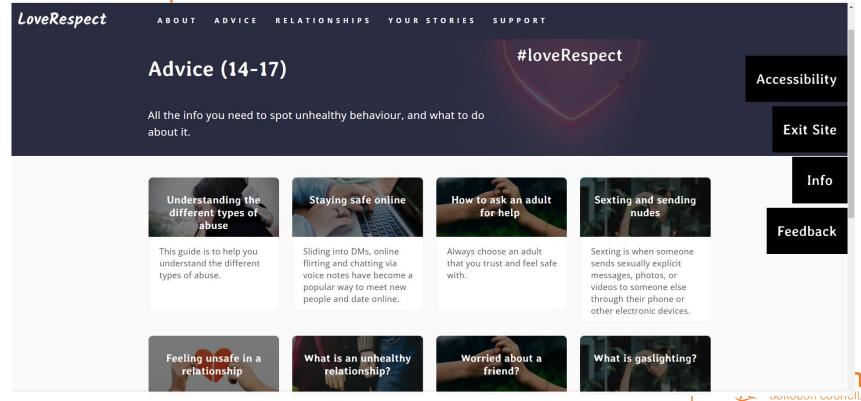
- safeguarding processes
- disclosure management
- trauma-informed classroom management
- long-term SEMH-based support
- best practices in reporting
- school culture change tools.

#### **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: <a href="mailto:cyp@womensaid.org.uk">cyp@womensaid.org.uk</a>

## Love Respect - Women's Aid



#### 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

CONTACTUS

BOUTUS 🤇

EXTERNAL LINK

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

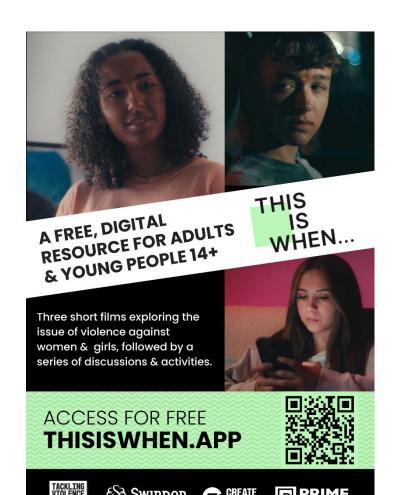
The group is free to attend, check out our About us page which details some of things we do.

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 **ootcohotmail.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.





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.



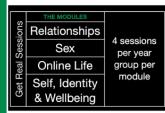
The Get Real Sessions are relationship and sex education sessions for secondary schools, encompassing the latest statutory RSE guidance within a spiral curriculum.

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.











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)

**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**



Q Audit Early Years

Core themes

Resources

Schools Network Meetings and Events Contact us

Home: Resources: RSHE Resources

#### Resources

PSHE Resources

#### RSHE Resources

Emotional Health & Wellbeing

Staff Wellbeing

Healthy Weight Resources

Swindons Physical Activity

Pupil Voice

Oral Health

Framework

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.

#### Jiasaw



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.

- . 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.

