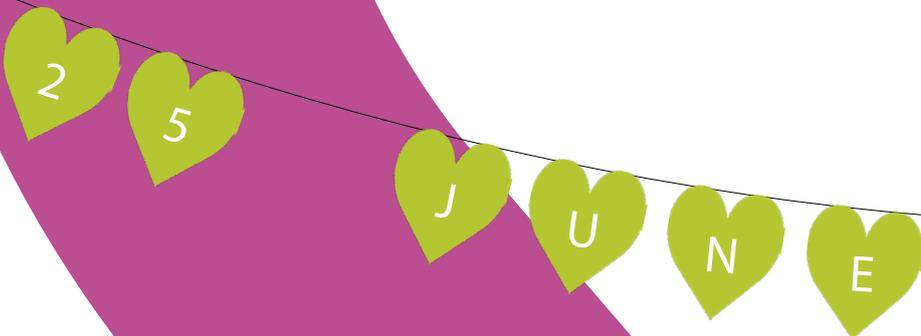


RSE DAY

Celebrating relationships & sex education



Parents and carers





Ideas to make the most of RSE day

RSE Day on 25 June 2020 is a day to celebrate Relationships and Sex Education that promotes the wellbeing of, and safeguards, children and young people.

Parents and carers have an important role to play in teaching children and young people about healthy relationships and positive sexual health. RSE Day highlights that RSE is the responsibility of all and an opportunity for families and schools to work in partnership.

Here are some ideas about how families can join in. Feel free to do your own thing and let us know how it goes! Choose activities that you feel are appropriate for the age and maturity of your child.

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

1 Read a book with your child about love and healthy relationships. Investigate what digital books are available to borrow virtually from your local library.

2 Take turns to choose a song or piece of music with lyrics that have a message you like about love and relationships, or play music from another era that your child may not know. Does the music bring back memories you can share?

3 Make a puberty box with your child. This could include deodorant and period products such as menstrual pads. Take the opportunity to talk about the significance of puberty for your family, and the excitement and fears that may come with growing independence.

4 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.

5 Ask your child what they know about internet safety. [Do they know what to do if they are asked for personal details such as their address or date of birth, or to send or receive photographs of themselves?](#)

6 Create a tree of family members and 'people who care for me' with your child, naming the relationships and how people in the tree are connected and what they do for each other.

7 Talk together about people who are special to you outside of your home. What can you do to let them know you are missing them, or to share a smile. Could you write a letter and include a joke or a drawing or a recipe?

8 Look at old pictures of family members and discuss how people have changed over the years. Share memories, including about challenges in their lives and how they coped.

9 Start a conversation about positive body image. Be prepared with a resource that you feel will be relevant for your child, or talk about someone you admire and why. Try resources from [Outspoken Sex Ed](#), [Everyday Lookism](#).

10 Create a family or household coat of arms showing what is important to you as a family. You can find some free templates on the internet.



25 June 2020

Celebrated each year on the last Thursday of June, RSE Day is a day for everyone to think about their role in promoting healthy relationships and positive sexual health.



sexeducationforum.org/RSEday



[@RSE_day](https://twitter.com/RSE_day)

On RSE Day we want to highlight healthy relationships. If you, or someone you know need relationship support, or are experiencing abuse, help is available from [Relate](#), [Women's Aid](#) and [NSPCC](#).



Nottingham
City Council