

 #oeRSE

# Relationships & Sex Education

Develop staff confidence and gain innovative resources to deliver age-appropriate RSE

[oego.co/RSE](http://oego.co/RSE)

Expert speakers include:

**Lesley de Meza**

Consultant, Trainer and Writer

**Melonie Syrett**

Assistant Headteacher, Goose Green Primary School

**Rebecca Jennings**

Sex & Relationship Education Consultant, RAISE

**Leanne Sutheran**

PSHCE Co-ordinator, The Grammar School at Leeds



## KEY BENEFITS

### RELATIONSHIPS

Support your pupils' development of healthy relationships

### STAFF CONFIDENCE

Equip teachers with the skills and confidence to deliver RSE

### RESOURCES

Take away new, fresh and up-to-date materials

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# Relationships & Sex Education

Develop staff confidence and gain innovative resources to deliver age-appropriate RSE

## Relationship & sex education will soon be compulsory in all schools.

With the recent government announcement that relationships & sex education will be statutory in all schools, it's vital you and your staff are equipped to deliver this challenging and essential subject.

- Are you confident you can support your students' development of healthy relationships?
- Can you work with parents to challenge their misconceptions of RSE?
- Do you know what to teach and when to develop an age-appropriate RSE programme?

Our Relationships & Sex Education conference will provide you with the practical strategies, expert guidance and innovative resources you need to prepare for statutory RSE.

## Why attend this event in 2017

- **Staff confidence:** Learn how to build staff confidence to ensure they deliver high-impact RSE in the classrooms
- **Curriculum:** Understand how to develop an age-appropriate RSE programme that builds throughout the child's education – primary and secondary sessions
- **Resources:** Gain access to a wealth of wraparound materials to provide further support back at school

## Who should attend

- Heads of PSHE
- PSHE Coordinators
- Assistant Headteachers
- Deputy Headteachers
- Heads of Year
- Teachers

## Unlimited CPD is here!

Now you can attend all our conferences for one annual cost...as well as having full access to our Knowledge Centre and over 40 download-and-deliver professional training courses.

[www.optimus-education.com](http://www.optimus-education.com)

## This year's speakers include...



### Rebecca Jennings

**Sex & Relationship Education Consultant, RAISE**

Author of 'Sex & Relationship Education in Primary Schools', Rebecca has worked in the field of relationship & sex education for over 14 years. Previously working as the RSE lead alongside the NHS, Rebecca now works as a freelance RSE teacher and trainer through her company RAISE (Raising Awareness in Sex Education). She has extensive experience designing and delivering sessions around sex education, puberty, hygiene, relationships and birth to primary & secondary school pupils, young people, teaching staff, school governors and parents.



### Leanne Sutheran

**PSHCE Co-ordinator, The Grammar School at Leeds**

Leanne has been teaching for 20 years. She is PSHCE co-ordinator for Y7 - Y13 at the Grammar School at Leeds, including leading sex and relationship education. She is also a CEOP ambassador.



### Melonie Syrett

**Assistant Headteacher, Goose Green Primary School**

Melonie has been teaching, co-coordinating and consulting on PSHE since 2003. She became a chartered teacher of PSHE in 2012. She believes that all children deserve high quality provision in this area of life long learning.



### Gemma Curtis

**Head of Education, Diversity Role Models**

Gemma has a background in youth work and has taught in Primary schools for just under a decade. As the Head of Education at Diversity Role Models, she is passionate about opening up honest discussions around LGBT issues in schools, empowering young people to challenge discrimination and giving them the tools to critically engage with the impact of their behaviour.



### Stephen De Silva

**Education Consultant**

Stephen is an experienced teacher and former head of PSHE. He is now an independent consultant, with over 35 years' service in education and health sectors. He delivers PSHE and pastoral programmes for staff across the UK and with British schools in Europe and SE Asia.



### Lesley de Meza

**Consultant, Trainer and Writer**

Lesley has over 40 years' experience in education, health and media. She is known for her input to PSHE and has worked with a wide range of organisations including: NICE, DfE, DoH. She was Vice Chair of Trustees for a sexual health charity and is an Associate Trainer for the National Children's Bureau and Brook. She has recently produced a PSHE scheme of work covering Key Stages 1, 2, 3 & 4 for The Health Education Partnership.

09:00 – 09:45 Registration and refreshments

09:45 – 10:00 **Chair’s introduction and welcome: With relationships & sex education becoming compulsory in September 2019, what does the future look like and how should we adapt our practice**

10:00 – 10:35 **Staff Confidence**  
**Building staff confidence to teach challenging topics: Engage and equip non-specialist teachers with the skills and confidence to deliver RSE in a way that resonates with your students**

10:35 – 11:05 **Healthy Relationships**  
**Can your students identify the signs of an unhealthy relationship? How to open up meaningful classroom conversations about relationships with your students**  
*Rebecca Jennings, Sex & Relationship Education Consultant, RAISE*

11:05 – 11:15 Questions

11:15 – 11:45 Morning Refreshments

## 11:45 – 12:35 Streamed Sessions 1

### 1A: Pornography - Secondary

**Methods to open discussions with your students about the unrealistic expectations in pornography to enable them to develop healthy relationships**  
*Take away a toolkit of activities for discussing pornography sensitively*

### 1B: Online - Primary

**Learn how to talk to pupils about social media and online “stranger danger” and how they keep themselves safe from grooming**  
*Plus, gain access to our online terminology factsheet*  
*Melonie Syrett, Assistant Headteacher, Goose Green Primary School*

### 1C: LGBT

**Understand the challenges facing LGBT students and how self-esteem and mental health can be affected. Gain practical ways to support them whilst leading inclusive RSE**  
*Take away a plan for challenging gender stereotypes in an inclusive RSE lesson*  
*Gemma Curtis, Head of Education, Diversity Role Models*

12:35 – 13:35 Lunch

13:35 – 14:05 **Parents**  
**Work with and engage parents in RSE, challenge their misconceptions of what their children learn and ensure all pupils get access to this crucial area of education**  
*Stephen de Silva, Education Consultant – PSHE & Pastoral Care*

14:05 – 14:15 Questions

## 14:15 – 15:05 Streamed Sessions 2

### 2A: Curriculum – Primary

**Clear guidance on what you should be teaching and when you should teach it. Learn how to develop a RSE programme that builds and develops throughout primary education**  
*Take away a pack of age appropriate topics to cover in primary RSE lessons*  
*Lynwen Jones, Health Education Consultant*

### 2B: Curriculum – Secondary

**Clear guidance on what to teach and when you should teach it. Understand how to link your RSE teaching with the KS3 & KS4 curriculum**  
*Take away a pack of age appropriate topics to cover in secondary RSE lessons*  
*Lesley de Meza, Consultant, Trainer and Writer at Lesley de Meza Ltd*

### 2C: Consent

**Practical resources and new methods to talk in an age appropriate way to students about consent and keeping themselves safe**  
*Plus, share our quiz to gauge students’ understanding of consent*  
*Rebecca Jennings, Sex & Relationship Education Consultant, RAISE*

15:05 – 15:25 Afternoon Refreshments

## 15:25 – 16:15 Streamed Sessions 3

### 3A: Relationships - Primary

**How to embed relationships education early, talk to children about boundaries and their own bodies and ensure they’re comfortable in all relationships**  
*Gain access to our teaching relationships in primary school case study*  
*Joanna Feast, Senior Associate Consultant and Regional Manager, Jigsaw*

### 3B: Sexting - Secondary

**Understand the legal implications of sexting and learn how to work with your students to prevent sharing of indecent images**  
*Plus, gain access to our guide to understanding how the law applies, and how you can get the message across*  
*Leanne Sutheran, PSHCE Co-ordinator, The Grammar School at Leeds*

### 3C: Faith schools

**Know how to implement and deliver high-quality age appropriate RSE without undermining your faith and the core values of your school**  
*Read our case study on a faith school that is teaching RSE well*  
*Stephen de Silva, Education Consultant – PSHE & Pastoral Care*

16:15 Conference Close

# Relationships & Sex Education

ONE DAY NATIONAL CONFERENCE - 18th October 2017 - Ibis Hotel, Earls Court, London

## How to register

1. Book online and receive instant confirmation  
[www.oego.co/RSE](http://www.oego.co/RSE)
  2. Email: [jamie.maw@optimus-education.com](mailto:jamie.maw@optimus-education.com)
  3. Questions: Call Jamie on 020 3325 0376
- Please see  
[www.oego.co/TandCs](http://www.oego.co/TandCs) for our subscriptions, cancellations and refund policy

## Pricing

Prices	Book before 08/09/16	Book after 08/09/16
Primary	£269 + VAT	£299 + VAT
Secondary	£349 + VAT	£379 + VAT
LAs	£399 + VAT	£429 + VAT
Others	£429 + VAT	£459 + VAT
Unlimited CPD	Included in your Unlimited CPD membership fee	

## 4 steps to delivering age-appropriate RSE

1

**Before**  
the day

Create your account at [oego.co/RSEResources](http://oego.co/RSEResources) and share our quiz to gauge students' understanding of consent

**PLUS**

- Use the self-assessment survey to reflect on your current situation
- Gain access to a toolkit of activities for discussing pornography sensitively

2

**During**  
the day

Have your burning questions answered by our experts and outstanding practitioners

**PLUS**

- Discuss challenges with peers and build up a network of support
- Select targeted workshops to suit your specific needs

3

**After**  
the day

Log in at [oego.co/RSEResources](http://oego.co/RSEResources) to access a pack of age appropriate topics to cover in RSE lessons

**PLUS**

- Download the speaker presentations and share these with colleagues
- Use the self-assessment survey to see what you've learnt
- Gain access to our plan for challenging gender stereotypes in an inclusive RSE lesson

4

**Share**  
across your school

Use 2 units of the Sexual Exploitation and Grooming training\*

**PLUS**

- Raise staff awareness and develop a whole-school approach to tackling exploitation and grooming
- Show how to use an information-gathering tool to inform an appropriate response to concerns

Start accessing these resources today by creating a free delegate account on [oego.co/RSE](http://oego.co/RSE)

**Remember, Optimus Unlimited members can attend and access resources for 35+ conferences a year!**

**Get in touch to learn more**

\*Access for Unlimited members only