

DELIVERING STATUTORY RELATIONSHIPS & SEX EDUCATION 2020

RSE: it's not just about sex!

Schools need to be aware that RSE covers more than just sex education.

Charlie Roden signposts resources for some useful starting points

The [statutory RSE guidance](#) has sparked many debates around whether sex education should be taught in schools. However, it's important to remember that the new guidance covers much more than just sex.

Below is a list of resources that can be used as starting points for teaching other topics included in the RSE guidance, such as mental wellbeing, caring friendships and health and prevention.

Mental wellbeing

Both primary and secondary pupils should be aware that mental health is a normal part of life, in the same way as physical health. They should also know how to talk about their emotions, using appropriate vocabulary.

[The PSHE Association](#) provide free mental health and wellbeing lesson plans for Key Stages 1 to 4 including:

- understanding feelings
- strategies to manage emotions
- the link between mental and physical health
- awareness of common mental health issues
- challenging stigma.



Another way of making pupils aware of mental health is to put up posters in school. Take a look at our [understanding anxiety poster](#) for an example.

Friendships

RSE aims to give young people the information they need to help them to develop healthy, nurturing relationships of all kinds, not just intimate relationships.

This includes knowing the characteristics of positive and healthy friendships, including management of conflict, reconciliation and ending relationships.

[Primary resources](#) have a range of PowerPoint presentations and activity sheets to help teach primary school pupils:

- what makes someone a friend
- the ups and downs of friendships
- managing conflicts.

[Games for teaching children about conflict resolution](#) is also a fun and creative way for pupils to develop communication skills and tolerance, especially in a classroom or educational setting.

For secondary school pupils, [Rise Above](#) build on what should be taught in primary by providing a lesson plan pack on forming positive relationships. The pack covers:

- identifying positive relationships
- strategies for managing conflicts with friends
- where and how to access support and help on the complexities of relationships.



Health and prevention

Pupils should be taught how to protect and support their own and others' health and wellbeing, including simple self-care techniques, personal hygiene, prevention of health and wellbeing problems and basic first aid.

Sun safety

Pupils should know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including cancer.

Schools can register for free sun safety resources from [Sun Safe Schools](#), a national accreditation scheme that assists primary schools in their duty of care to educate children on the importance of sun safety.

These resources include lesson plans, posters, classroom worksheets and assembly plans.

Personal hygiene and germs

Pupils should understand personal hygiene and know how germs including bacteria and viruses are spread and treated, and the importance of handwashing.

[Teaching Ideas](#) provide a range of free lesson plans and resources for Key Stage 1 and Key Stage 2 pupils including:

- the five steps to clean hands
- understanding the spread of germs
- understanding the features and effects of microbes on the body.

Sleep

Pupils should understand the importance of good quality sleep, and know that a lack of sleep can affect weight, wellbeing, mood and ability to learn.



[Rise Above](#) have a free lesson plan, PowerPoint and accompanying action plan for KS2 pupils. The lesson plan will enable pupils to:

- list the benefits of good quality sleep
- explain how sleep can affect wellbeing
- recognise strategies to help improve their quality of sleep.

Dental health

Pupils should know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

[Dentalcare](#) have a range of free teaching guides, activities and worksheets that focus on:

- preventing tooth decay
- understanding the importance of going to the dentist
- the importance of flossing
- eating healthy food
- losing baby teeth.

Basic first aid

In primary schools, pupils will be required to learn how to make a clear and efficient call to emergency services and how to deal with head injuries, whilst secondary school pupils will have to learn life-saving skills, including how to administer CPR.

A great place to start is the [St John ambulance Key Stage first aid lesson plans and teaching resources](#). These are free and range from Key Stage 2 to Key Stage 4. As well as the skills mentioned above, the resources also cover:

- bleeding and shock
- bone, muscle and joint injuries
- allergies and asthma



- bites and stings.

The British Red Cross also have a range of [‘how-to’ videos](#) which show simple steps that people can follow for different first aid situations.

Screening and self-examination

By late secondary, pupils should know about the benefits of self-examination and screening.

The [Teenage Cancer Trust](#) provide lesson plans on:

- understanding cancer
- exploring the truth behind the myths
- signs of cancer in young people
- what to do if pupils’ have a concern.

The testicular cancer awareness website Orchid provides a [‘Your Privates’ schools pack](#), which helps schools to raise awareness of testicular cancer and outline the possible risk factors, causes, and treatment involved.

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