



Relationships and Sexual Health Education (RSHE)

September 2021 Newsletter

Health Education – Puberty & Relationships

Just a reminder that some Year 6 and Year 7 students will have missed lessons covering puberty at primary school.

It may be that secondary schools will need to re-cover this where possible.

If you require any support with delivering puberty education, please [get in touch](#).



Relationships & Sexual Health – For Parents

Would anyone be interested in offering a parents evening, explaining the content of the Relationships and Sexual Health Education that the students will receive?

Not only will this help to allay any fears parents may have, it will also help them understand the topic and what their children will be learning, as a lot of parents did not receive this information as a student themselves.

I would be happy to deliver this with a member of staff.



RSHE Evaluation

Don't forget to ask your students for their feedback!

- How did you do?
- What did they learn from your sessions?
- Did you miss anything that is important to them?

Offer post-it notes or forms to help keep feedback anonymous and confidential. (Ofsted will also be impressed!)

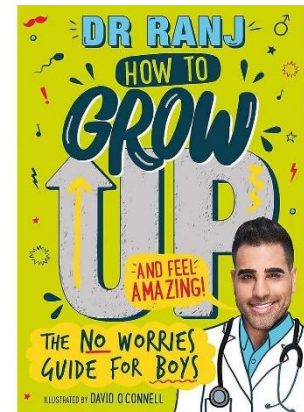


Resources to support RSHE

For excellent resources on all relevant topics, visit fpa.org.uk.

There are lots of leaflets which you can download for free, as well as other resources which can be bought from their shop including: [contraceptive display kits](#), [condom demonstrators](#) and more.

Another great resource is also [Dr Ranj – How to Grow Up and Feel Amazing](#).



C-Card Free Condom Scheme

All secondary schools/alternative education/colleges in Leicester, Leicestershire and Rutland are eligible for the free and confidential NHS condom scheme, C-Card.

If you are not running the scheme and are interested in joining, please email Alison at Alison.spooner@mpft.nhs.uk to discuss further.



World AIDS Day – 1st December

December 1st is also known as World AIDS Day.

This could be a great opportunity to discuss world health inequalities, the differences between HIV and AIDS, myths and stigma, safe sex, as well as reminding students that in the UK, HIV is now a well-treated and managed illness that is no longer life threatening.

If managed well the virus becomes undetectable and un-transmittable. For more information on HIV and AIDS, visit [Brook Charity](#).



UNDETECTABLE = UNTRANSMITTABLE

Female Genital Mutilation (FGM)

If you would like a 30-60 minute teacher training session around FGM awareness, I am happy to deliver this.

Can parents withdraw their children from lessons?

Parents **do not** have the right to withdraw pupils from relationships education.

Parents **do** have the right to withdraw their child from some aspects of sex education. This does not include what is taught as part of the science curriculum.

Before granting a request to withdraw a child from relationships and sex education, the Head teacher should discuss the value and importance of RSHE with parents.

A child can request sex education without their parents' consent from three terms before their 16th birthday.

How can users access our service?

Our Leicester, Leicestershire and Rutland sexual health services are offering a mixture of face-to-face, telephone, video and online services. ***These services are still appointment-only, with no queue and wait clinics available.***

Service users are able to book an appointment in any of the following ways:



[Book online](#) on our website



Call us on 0300 124 0102



Book via our kiosks at [Haymarket Health](#) or [Loughborough](#)

*Appointments are released **48 hours** in advance. There will be the availability of same-day appointments to support service users who are unable to access the service online or via the telephone, and support those who are vulnerable and/or high risk e.g. 18s and under, MSM, homeless, ethnic minorities etc.*

For more information, visit <https://leicestersexualhealth.nhs.uk/leicester-sexual-health/coronavirus-clinic-changes>



Leicester Sexual Health
0300 124 0102
leicestersexualhealth.nhs.uk

For more information on anything within this newsletter, or if you'd like to see anything included, please email Julie.Eason@mpft.nhs.uk

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Midlands Partnership Foundation NHS Trust Providing Sexual Health Services in Leicester, Leicestershire and Rutland.
Services commissioned by Leicester City and Leicestershire and Rutland County Councils.