



Relationships and Sexual Health Education (RSHE)

April 2022 Newsletter

Review of sexual abuse in schools and colleges – GOV.UK

Following on from the government requesting Ofsted to complete a review of sexual abuse in schools and colleges, Ofsted have said they will be keen to look at peer-on-peer sexual abuse in schools and how this is managed by the schools.

They write in the review that, *“inspectors will hold discussions with single-sex groups of pupils where this helps to understand better a school’s or college’s approach to tackling sexual harassment and sexual violence, including online.”*

[Click here](#) to read the full research and analysis.

Are you documenting and delivering work around consent, the law, gender equality, sexual violence, sexting, sharing sexual nude pictures and pornography ?

Do your students know how to report any inappropriate activities and what the consequences are if incidences are reported?

Teacher training & updates

I am available to offer teacher training and updates on the above subjects, or any other subjects in relation to RSHE.

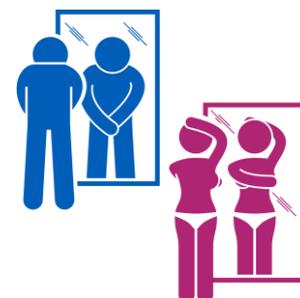
- Puberty lesson
- Safer sex
- Contraception
- Sexually transmitted infections (STIs)
- NHS services



Reminding young people to check for lumps and bumps

I was recently asked to deliver a short presentation to young people at a secondary school in Leicester City, reminding them to check their bodies for lumps and bumps.

I have enclosed the presentation for anyone who wishes to use/share the information.



Useful resources for teaching Online Safety

- www.childnet.com: Helpful information and guidance for teachers and professionals including online bullying, social media, grooming, gaming and more.
- www.internetmatters.org: Expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.
- www.healthforteens.co.uk: Tips for teenagers on their emotions and feelings, growing up, puberty, health, lifestyle, relationships and sexual health.
- www.parentzone.org.uk: Working to improve outcomes for children in a digital world.
- www.nspcc.org.uk: Support and tips to help keep children safe. From advice on children's mental health to staying safe online, support for parents and what to do if you're worried about a child.
- www.sexeducationforum.org.uk: A registered charity working for quality relationships and sex education

Period poverty

Are you registered on the government's free period products scheme for schools?

We understand this scheme is to continue running past July 2022.

[Click here](#) to find out more, including:

- choosing and ordering period products
- distributing products within institutions
- tackling stigma



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.



The Period Pack

The Period Pack is a great complementary product to be used when teaching the lessons on periods.

It was produced as teachers told FPA they needed easy access to the wide variety of period products available. The items include the whole range, such as tampons with and without applicators, period pants and the menstrual cup.

[Click here](#) to order.



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.