

Relationships & Sexual Health Education

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RSHE became mandatory in September 2019

- Relationships & Puberty in Primary Schools (Leicester City)
- Relationships & Sexual Health Education in Secondary schools
- Since 2018 Leicester City schools have worked hard to include good quality Relationships & Puberty/Relationships & Sexual health lessons into their curriculum.
- Still plenty to work on to improve the quality of the lessons as shown by a recent young persons poll carried out by the Sex Education Forum.
www.sexedforum.org.uk



Challenges

- Religion, culture and traditions.
- Role models/heroes influencing - badly.
- AI/fake information online.
- Gaining the trust of educators in school settings.
- Getting enough teaching time and prioritising the topics into an already overcrowded curriculum.
- Teaching - overstretched. Ideally needs a RSHE champion/time for teacher training.
- Less school nursing availability/service.

What can we do - Influencing positive change

- Saying the correct words for body parts
- Openly talking about puberty- ensuring boys learn about girls bodies as well as their own and vice versa - age appropriate
- Promoting body positivity- love it /respect it
- Ditch sanitary - Talk menstrual
- Age appropriate - discuss contraceptives to both males/females - reduce the stigma/embarrassment - go condoms !!!
- Acknowledge/talk about hormonal moods - testosterone too!!
- Acknowledge menopause -its not a secret society !!

Thank you