

# Relationships & Sexual Health Education (RSHE)

The latest RSHE information from Leicester Sexual Health

**Summer 2024**

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## Government RSHE Consultation Update

The consultation on RSHE guidance launched by the previous Government closed on 11th July. Many concerns had been raised over its content.

With the new Government in place, over 100+ organisations, led by Brook and the Personal, Social, Health and Economic (PSHE) Strategic Partners Group, are now calling for the draft guidance to be scrapped, and to start the review process again.

We've put together a summary of the key information - read more by clicking below.

[Get More Info Here](#)



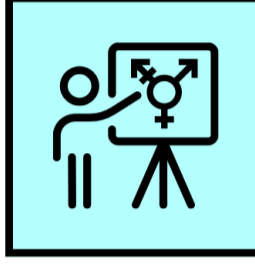
## Teachers Seminar: Transgender Inclusion in Schools

George White is an experienced teacher of R.E. and a Diversity & Inclusion Lead at a Catholic secondary school in Leicester. He has kindly shared with us his presentation on 'Creating Gender Inclusive Spaces in the Classroom and Beyond' to help facilitate conversations around transgender inclusion in schools.

The presentation covers topics such as government guidance, creating safe spaces and inclusivity around terminology, teaching practice, policies and classroom visuals.

Click [here](#) to download the presentation.

[Download the Presentation](#)



## C-Card Scheme Update

Calling all local schools and colleges!

With the new academic year just around the corner, the C-Card team is keen to promote awareness of the scheme offering free condoms and sexual health information to young people and adults in Leicester, Leicestershire and Rutland.

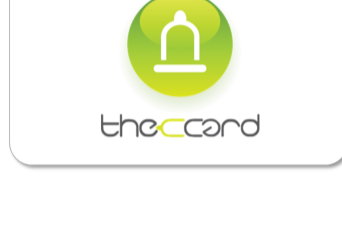
The C-Card Scheme is delivered by trained practitioners in over 150 venues locally, including pharmacies, schools and youth services. Our approach embeds the importance of delaying sex until young people feel ready and without pressure. We always stress the C-Card has no expiry date, and the products within the pack have long expiry dates (often several years).

Along with Julie Eason's offer of RSE training for teachers, the C-Card team offers:

- C-Card training for staff, including best practice when working with under 16s
- Delivery of termly on-site registration events for students in Years 11 to 13

Registration is offered as entirely optional to students and allows them to use their C-Card at local pharmacy venues. We can offer a presentation ahead of the registration event which highlights key messages.

We also have supplies of condoms for demonstration use in RSHE which we offer to complement awareness and delivery of the C-Card. For more information about training or to book a registration event, please contact the team: [LLRCCard@mpft.nhs.uk](mailto:LLRCCard@mpft.nhs.uk)



## Contraceptive Training Boxes & FPA Resources

Do you need resources to support your RSHE curriculum? The FPA has some useful literature available to purchase direct from their website, including some specific leaflets for SEN students.

You can also get the Contraceptives Display Kit containing excellent visual examples to help make your lessons interesting and engaging. Young people still visit our services with very little understanding or knowledge of menstruation, fertility and contraception.

[Visit the FPA Shop](#)



## Sexual Health Level 1 e-Learning Course

Would you like to improve your general sexual health knowledge? We offer a free 1-hour e-Learning module to help increase your confidence when talking about these topics. The Level 1 Sexual Health e-Learning course is aimed at practitioners working with young people to enhance their understanding of sexual health and to benefit their delivery of services.

The learning covers the range of sexual health services available and how to access them, including:

- Contraception methods
- Sexually transmitted infections (STIs)
- Consent and the law
- The C-Card condom scheme
- Info on other relevant services and resources

You will receive a certificate of completion once you complete the course.

[Access the Training](#)



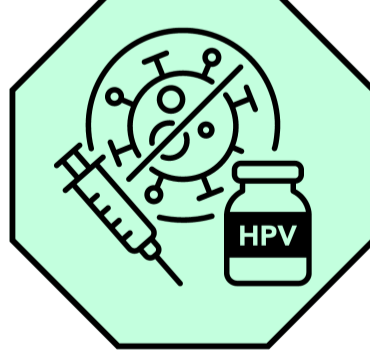
## HPV Vaccination Awareness

Nationally and locally, we are working with the [World Health Organisation \(WHO\) Roadmap](#) to accelerate the elimination of cervical cancer as a public health problem in the European Region 2022-2030.

In Leicester, we are working to promote positive awareness that primary prevention of cervical cancer is best achieved by high levels of immunisation among school age children. We are also promoting the availability of catch-up vaccinations.

If you do get the opportunity in your PHSE curriculum to discuss self-health checks and checks for testicular and breast lump, we also have a short presentation you may find useful to support your lesson. It also includes HPV vaccination awareness. Click below to download.

[Download the Presentation](#)



## Training & Support for RSHE Delivery

If you need support with delivery of RSHE subjects, I am available to offer teacher training and updates on subjects including puberty, safer sex, contraception, sexually transmitted infections (STIs) and available NHS services.

We can also support with resources such as posters on RSHE topics aimed at schools. Get in touch with me via email to arrange a discussion: [julie.eason@mpft.nhs.uk](mailto:julie.eason@mpft.nhs.uk).



For more information on anything within this newsletter, please email:

[SexualHeathComms@mpft.nhs.uk](mailto:SexualHeathComms@mpft.nhs.uk)

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