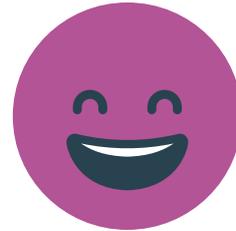


# Relationships and Sex Education (RSE) Day

RSE DAY  
24 JUNE  
2021

## Secondary age children Ideas to make the most of RSE Day



This list of ideas is designed to inspire you to join in with RSE Day on 24 June 2021. RSE Day is a time to celebrate excellent Relationships and Sex Education that promotes the wellbeing of, and safeguards, children and young people. Good quality RSE needs to happen all year round, with a planned curriculum, in line with the DfE statutory framework, but 24 June is an opportunity to celebrate, raise awareness and share what you are doing with others.

This year the theme for RSE Day is 'Faces'. You will find ideas to support this theme identified in the list below. There will be an RSE Day live stream all day on 24 June with engaging content to enrich your celebrations – sign up to receive updates [here](#).

Effective RSE is the responsibility of both parents and schools, it is good practice to engage parents/carers in your plans for RSE Day and encourage involvement. If you are covering any elements of sex education on the day you should follow your usual procedures regarding the rights of parent to withdraw.

Remember to let us know what you are doing via social media using the hashtag **#RSEday** and follow us on

 **@RSE\_day**

 **@RSEday2021**

to see good practice shared by others.

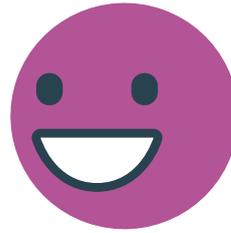
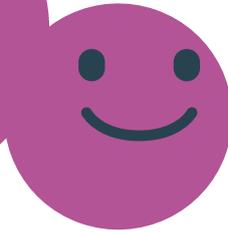
1. Record short videos of students talking about their RSHE lessons. Edit these together with details of your provision in an information film for new parents.
2. Create a photo collage or montage of the diverse 'faces' that make up your school community – explore with students how everyone contributes to make it a great place to be. (Faces)
3. Hold a non-uniform day or other fundraising event to raise money for a local charity that supports survivors of domestic abuse. Run an assembly or workshops during the day to highlight facts about domestic abuse and local and national help that is available.
4. Run a competition involving students creating tweets about healthy relationships and sexual health. Invite a guest judge to decide which ones the school will tweet on RSE Day.
5. Ask students to create letters to their older selves about the type of relationships they would like and how they would be as a partner, relative, friend, or colleague.



DON'T  
FORGET THE  
HASHTAG



WHY ARE FRIENDS IMPORTANT?



CREATE A HEALTHY RELATIONSHIP BOARD

6. Run an art competition entitled **#mybestselfie**. Ask students to create self-portraits highlighting their positive personality qualities. (Faces)
7. Run a whole school virtual quiz on healthy relationships. Award a prize to the winners in each year group.
8. Ask staff to discuss an RSE Day big question in tutor time, such as 'What is love?', 'What makes a healthy relationship?', Why are friends important? Choose responses to be shared on a noticeboard, email or on the school website.
9. Students create play-lists for RSE Day featuring songs about love, relationships and friendships (age-appropriate). Explore why they have chosen these songs, what are the key messages?
10. Gather a group of students from different year groups to attend a focus group on RSHE teaching resources. Identify what works well with current resources and what could be replaced. Share new resources and ideas. This could feed into your ongoing consultation around RSHE.
11. Ask students to contribute ideas for a healthy relationships charter for your class or school. Together, create a display showing rights and responsibilities in relationships.
12. Hold an RSE Day bake-off, with students bringing in heart-shaped or relationship themed cakes or biscuits. Use the competition as a stimulus to discuss healthy relationships and why they are important.
13. Identify positive relationship role models in school: Who has positively supported a friend?; Who shows respect for others?; Who makes a difference to people in their community? Ask for nominations from pupils. Award them a 'Face of RSE day' certificate. (Faces)
14. Explore with students how air-brushing and filters distort the images they see online and in the media. Ask students to identify something positive about their own image without filters. (Faces)
15. Create a healthy relationships shout-out board for students and staff to share positive comments about kind acts and behaviour they've experienced from others in school.
16. Ask students to write a 'Thank you' text or email to someone who has recently supported them, explaining how they helped, what it meant to them and how it made them feel. These can be printed out to create a 'gratitude display.'
17. Have a real or virtual post-box where students can post their thoughts about the RSHE provision they receive in school. Respond to comments received using a 'You said', 'We did' format.
18. Encourage students to carry out random acts of friendship in the month of June. Brainstorm ideas beforehand such as giving compliments; helping someone out; gifting. Share students' experiences of friendship on RSE day.
19. Hold an assembly for all students based on this year's RSE Day theme 'Faces'. You could focus on diversity, selfies, expressions, emotions or something else of relevance to your school. Set students a task to complete during the day based on the theme. (Faces)
20. Watch parts of the [#RSEday livestream](#) on the day and get creative with the challenges! Find out how Discovery Education Health and Relationship's virtual friendship tree can demonstrate the power of showing kindness and being a good friend. Help grow the tree by asking pupils to write down acts of kindness on leaves and share them with friends.