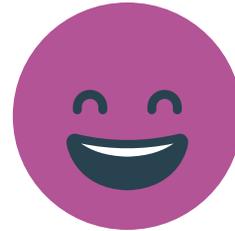


# Relationships and Sex Education (RSE) Day

RSE DAY  
24 JUNE  
2021

## Primary 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. Create a family tree in school. Ask pupils to bring in a photograph of their family or draw a picture and display on a tree-shaped wall display or sculpture. Use the tree to explore the diversity of families in your class or school. (Faces)
2. Hold an RSE Day bake-off, with pupils 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.
3. Teach pupils how to say relationship sentences in different languages, for example: 'Will you be my friend?', 'I love you', 'Thank you for being my friend'.
4. Create a photo collage or display of the diverse 'faces' that make up your school community – explore with pupils how everyone contributes to make it a great place to be. (Faces)
5. Ask pupils to contribute ideas for a healthy relationships charter for your class or school. Together, create a display showing rights and responsibilities in relationships.



DON'T  
FORGET THE  
HASHTAG

## HOW DO WE SHOW EMOTIONS?



## WHAT DOES 'RESPECT' MEAN TO YOU?

- Using heart cut-outs ask pupils to draw a self-portrait and write something positive about themselves. Display the hearts in the classroom or school. (Faces)
- Make a friendship cube with 6 faces to represent 6 emotions linked to positive friendships. Pupils roll the dice and describe a time when they felt happy, excited, grateful, kind, trusting, calm with friend or friends. (Faces)
- Explore RSE-related celebrations across different faiths and cultures, eg. Coming of age; marriage. Plan an assembly to share pupils' learning.
- Identify positive relationship role models in your school community: Who has shown good friendship skills? Who shares well with others? Who involves people in their play? Award them a 'Face of Healthy Relationships' certificate in a special assembly on RSE Day. (Faces)
- Explore how we show emotions in our faces. Take pictures and create a display to show the range of emotions people experience. (Faces)
- Read stories about friendship and explore what makes a great friend. Ask pupils to write their own story or draw a picture with the title 'A good friend'.
- Cut out in large letters the word 'RESPECT'. Discuss with pupils what respect means and how it is shown. Ask pupils to decorate the letters with words, phrases or pictures that signify respect. Display your 'RESPECT' sign in your class or school.
- Hold an art competition in school using a heading related to **#RSEday**, for example 'friendship', 'family', 'love'. Announce the winners on 24 June and display entries in a gallery in the school building or online.
- Ask pupils to create hearts using different media; you could use paint, chalk, twigs, paper, recycling, stones, leaves or something else! Be creative. Discuss what love is and why it is important in relationships. Photograph or display the hearts.
- Decorate stones with hearts and healthy relationship words. Use these to create an entrance pathway on **#RSEday**. Families and community members could also contribute.
- Hold a virtual RSHE sharing session for parents. Pupils share what they have been learning about healthy relationships, families, safety and growing up.
- Invite a virtual or in-person speaker into school to talk about a relationship they've had that has inspired them in some way. This could be a governor, faith leader, ex-student – someone who has a positive story to tell. Discuss with pupils the people in their lives that inspire them. Write letters or draw pictures for that person.
- Create storyboards about how to show respect to self and others using photos.
- Record a podcast about why healthy, respectful relationships are important in your school. Include interviews of pupils talking about their learning and how they show this in their relationships in school.
- Watch parts of the **#RSEday** livestream on the day and get creative with the challenges! Sign up [here](#) to be kept up to date! 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.

Remember to share your great work on **#RSEday** via

 **@RSE\_day**

 **@RSEday2021**

and with your school community.

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