

RSE DAY

Celebrating relationships & sex education

Relationships and Sex Education (RSE) Day

RSE DAY
30 JUNE
2022

Parents

Ideas to make the most of RSE Day

RSE Day on 30 June 2022 is a day to celebrate Relationships and Sex Education that promotes the wellbeing of, and safeguards, children and young people.

Parents and carers have an important role to play in teaching children and young people about healthy relationships and positive sexual health. RSE Day highlights that this work is the responsibility of all and is an opportunity for families and schools to work in partnership.

Here are some ideas for how families can join in. Feel free to let us know how you celebrate via our socials! Choose activities you feel are appropriate for the age and maturity of your child(ren). Your child(ren)'s school may also be running activities you can join in with.

Find out more about RSE Day on our [website](#).

Remember to let us know what you are doing via our socials using **#RSEday** so we can find you!

 @RSEday22

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#RSEday

1. Read a book with your child(ren) about celebrating differences. Talk with them about why it is positive that we are all different and how to show respect for others. Ask for suggestions at your local library or check out the book lists on the [Book Trust website](#).
2. Begin a journal with your child(ren) to document your year as a family. Include key events, anecdotes and photos. Through the process talk about the importance of family and all the things you do for one another.
3. If your child(ren) are approaching puberty, put together a bag or box of useful products. Talk with them about which products will help them to manage the changes of puberty, for example deodorant, menstrual pads, and shower gel. You may want to include a book explaining some of the changes. Talk with your child(ren) about any particular puberty traditions or celebrations within your own family or faith and the responsibilities that come with this growing independence.
4. Listen to some music from around the world using the [Nottingham Music Hub playlist](#). Which music does each person in your family prefer? Explore with your child(ren) similarities and differences between people and how we all have different preferences.
5. Dedicate an hour to doing something together as a family. This could be a walk, playing a board game, a sporting activity, or something else that everyone enjoys doing. Make a bucket list of things to do in the future and plan when you will do them.

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6. Plan a meal featuring something new that no-one in your family has tried before, for example, an unusual fruit or vegetable, a spice, or a recipe from a culture different to your own or even another part of the world. Prepare and eat the meal together and discuss your thoughts and feelings about the experience.
7. Bake or make heart-shape cakes, cookies or other food. If baking is not your thing, decorate some biscuits, cakes or other food bought from the shop with hearts and symbols of love. Talk about what love is with your child(ren). Share your baking with family or friends.
8. As a family, decorate stones with positive quotes or messages. Leave these around your neighbourhood for people to find. Talk with your child(ren) about how someone might feel when they find the stone, encourage them to think about the positive impact they can make on others.
9. Create something with your child(ren) to gift to a loved one, this could be a cake, a card, a letter. Encourage your child(ren) to think about what this person likes and how this is similar or different to themselves.
10. Draw or make a collage featuring the people in your close family. Write words to describe the similarities and differences between each person.

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HEALTH &
RELATIONSHIPS

NOTTINGHAM
music hub
led by nottingham music service

challenge
Nottingham's Cultural
Education Partnership



Nottingham
City Council