

An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: Relationship and Sex Education (RSE)
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The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month we are focusing our campaign on **Relationships and Sex Education (RSE)** and this includes linking into Sexual Health Week 16th to 22nd September. The theme for this year is sex, relationships and disability. To find out more please visit the [Brook](#) website.

There is lots of information in this publication which would be really beneficial to share with your wider school community. **Please do share this bulletin** via your website, parent mail - or any other place you feel relevant.

Family Wellbeing

Information for parents/carers to be disseminated via your newsletters/parent mail/website

[How can we talk to our children about difficult topics?](#) The NSPCC recommend creating the right situation, for example, in a relaxed and neutral place like on a bike ride or in the car. To get the conversation started you could use a relevant character on TV or in a book, they provide suggestions on their website. It is important to also listen to your child and start by asking questions that do not just have 'yes' and 'no' answers.

[The National Autistic Society](#) have many ideas on how to talk to your child about puberty, sex, sexuality, and relationships. A list of suggested books are also provided.

The Department of Education is introducing compulsory Relationships Education for primary pupils and Relationships and Sex Education (RSE) for secondary education from September 2020. Also, from September 2020 it will be compulsory for all schools to teach Health Education. To find out more please [click here](#).

References

Please use these references to further your reading and find out more information on the topics covered this month.

1. Brook (2019). Sexual Health Week 2019. Available at: <https://www.brook.org.uk/about-brook/sexual-health-week-2019>
2. NSPCC (2019) Talking about difficulty topics. Available at: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/talking-about-difficult-topics/>
3. The National Autistic Society (2019). Sex education and puberty. Available at: <https://www.autism.org.uk/about/communication/sex-education.aspx>
4. Department for Education (DfE) (2019). Relationships education, relationships and sex education (RSE) and health education: FAQs. Available at: <https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virginicare.co.uk

