



Relationships and Sex Education (RSE) Day

RSE DAY
24 JUNE
2021

Ideas to make the most of RSE Day for Parents

RSE Day on 24 June 2021 is a day to celebrate Relationships and Sex Education that promotes the wellbeing of, and safeguards, children and young people. The theme for RSE Day 2021 is 'faces'.

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 RSE 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 it goes! Choose activities that you feel are appropriate for the age and maturity of your child. Your child's school may also be running activities that you can join in with.

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.

**DON'T
FORGET THE
HASHTAG**

1. Read a book with your child about love and healthy relationships. Talk with them about the relationships they have with others.
2. Look back on old photographs or memories from when your child was younger. Discuss what being a parent means to you, how they have grown and developed, and what you hope for the future.
3. Make a puberty box with your child. This could include products to help with the changes of puberty (eg. Deodorant, menstrual pads, shower gel) and books or leaflets explaining some of the changes. Talk with your child about any particular puberty traditions or celebrations within your own family or faith and the responsibilities that come with this growing independence.

4. As a family carry out some random acts of kindness for neighbours or the community. Discuss the importance of giving to others, whether that be things or time. Examples include: leaving a plant or flower on a doorstep with a little note; litter picking; collecting some groceries.
5. Create a visual family tree with your child featuring the faces of family members and 'people who care for me', naming the relationships and how people in the tree are connected and what they do for one another. (Faces)
6. Prepare and eat food together as a family. Talk about why family is important and the things that each member of the family contributes.
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. Share your baking with family or friends.
8. Use chalk to decorate your walls, yard or pavement with positive messages of friendship and love for others.
9. Draw or make a collage showing the faces in your close family. Write words to describe the positive qualities that each person has. (Faces)

10. 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.