

Best Practice Forum

Emphasising the R in relationships and sex education

Further research, resources and good practise from the Best Practice Forum on Emphasising the R in relationships and sex education discussion group: Becoming Sex Positive can be found below:

- 1, [Good Sex Project](#): A brilliantly engaging site that draws together all of Dr Ester McGeeney's [research](#), reflections on practice, musings about her work and ideas for effective resources.
- 2, [Brook's Sex:Positive](#) campaign. Developed by young people for young people, challenges society's negative views on all things sex and encourage's young people to get involved.
- 3, [BiSH](#) is a really user-friendly site. Aimed at those aged 14+ years-old, it is really easy to engage with. The 'visually striking' and the use of animated pictures is a real strength. There is also a useful advice page linked to becoming sex positive. The site founder Justin Hancock has recently written an interesting article as well: [This is what sex education should look like](#)
- 4, [International Planned Parenthood Foundation](#): Keys to youth-friendly services; adopting a sex positive approach is a really important document for anyone looking to develop their 'sex positive' practice. It contains a great section on obstacles and how to overcome them. To read the full text click [here](#). Also worth a read is an [article written by the IPPF's senior adviser on adolescents and young people, Doortje Braeken, called Sex education: we should teach young people about more than the mechanics](#)

5, [A sex positive approach to SRE](#) is an engaging blog written by former Brook CEO, Simon Blake and highlights the challenges associated with adopting a sex positive approach.

6, [The Pause, Play, Stop campaign](#): organised by [Somerset and Avon Rape and Sexual Abuse Support \(SARSAS\)](#). Offers free, simple and easy to use resources to get involved. We recommend a visit as it explores how little young people seem to understand about sexual consent, and how key it is to becoming sex positive.

7, The Crown Prosecution Service's campaign [#ConsentIs](#) is aimed at undergraduate students and is an interactive resource that maximises the benefits of social media. It features easy ideas that can be applied to any aged young people.

8, [Sexual consent is simple. We should all be clear what constitutes rape](#) is written by Alison Saunders (Director of Public Prosecutions at the CPS) and builds on the success of the [#ConsentIs](#) article and references to the 'cup of tea' consent analogy.

Contact information

Contact name: Nikki Giles

Contact job title Specialist Health Improvement Practitioner

01454 866196

www.southglos.gov.uk