



Enabling Young People to Enjoy Happy, Healthy and Safe Relationships: Piecing together the Jigsaw

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Examining RSE Content

**Consent and
Coercion**

**Gender Roles and
Expectations**

**Knowledge of / Access to
Specialist Support Services**

**What do young people need
from their RSE in order to enjoy
happy, healthy and safe
relationships?**

**Relationships:
Definitions and Purpose**

Rights and The Law

**Communication
And Negotiation Skills**

With the person next to you, spend a moment discussing;

- Examples of content under each 'heading'
- Where are the links between content areas
- What is / is not currently covered in your school's programme

Current Context

2011 Brook study found the 10 most popular things 14 to 18yr olds want covered by '21st Century RSE' are (in order of % of respondents identifying them as top priority):

1, Body confidence

2, Strategies to avoid the peer pressure to have sex

3, Awareness of how to treat a boyfriend or girlfriend

4, Love

5, Virginity

6, Are the feelings I have similar to those my own age?

7, Sexual attraction

8, How to behave in a relationship

9, Understanding of whether my experiences are similar to others my own age

10, Same sex relationships

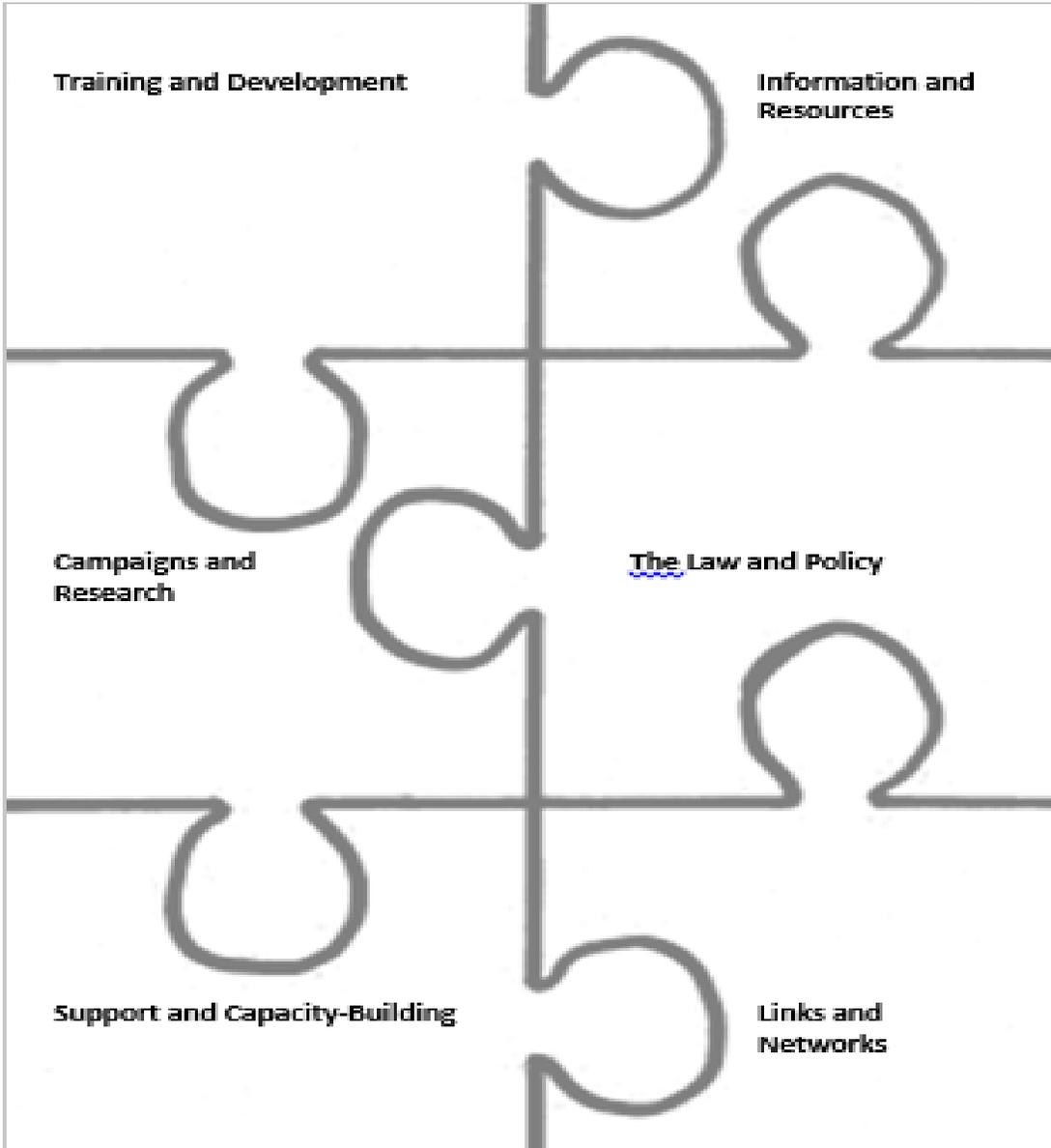
Current Context

- 2014 survey by the Sex Education Forum found 1 in 3 young people (15-24) report not having been taught about consent at school. And 57% were taught nothing about what is 'good' or 'bad' in a relationship
- Since 2012 Childline report 168% increase in counselling appointments for on-line sexual abuse
- In a study of 1400 young people aged 13 to 17, 33% of females and 16% of males reported experiencing sexual violence from a partner
- The same study found that in relationships where the male was 2+ years older, prevalence of violence was so high as to warrant the young person being classified as a 'child in need'

Current Context

- 1 in 3 16 to 18 yr old girls report experiencing unwanted sexual touching or groping in school
- 40% of young women aged between 13 and 19 report having been coerced or pressured into having sex
- 44% of young women and 32% of young men admit to having sent sexually explicit images of themselves to a boyfriend or girlfriend
- 40% of young women who admitted sending images to a partner, reported that these were subsequently shared without their knowledge or permission

What do Professionals need?



Delivering effective RSE requires professionals to have;

1. Access to effective training and development opportunities
2. Access to a range of Information and Resources
3. Knowledge of current Campaigns and Research
4. An understanding of the Law and Policy
5. Access to effective support and capacity-building mechanisms
6. Knowledge of relevant Links and Networks

Training and Development

Young people say they don't want experts, they want;

- Someone confident who isn't embarrassed and can answer questions honestly
- Someone who cares about what they think and how they feel
- Someone who doesn't make judgements or assumptions
- Someone who recognises that emotions, feelings and experiences are more important than the biology of reproduction

Training and Development

Fully subsidised training is available from;

- South Gloucestershire Council
- SGSCB

Topics covered:

- ✓ Delivering Effective RSE work
- ✓ CSE
- ✓ E-Safety
- ✓ LGBT&Q Awareness
- ✓ Traffic Light Tool Kit (early identification of problematic sexual behaviour)
- ✓ Working with Boys and Young Men
- ✓ Pregnancy and Abortion: options and Dilemmas

Additional Development Opportunities

Additional development opportunities are offered by;

- ✓ Sex Education Forum
- ✓ PSHE Association
- ✓ CEOP: Think u Know
- ✓ Barnardos: research and policy
- ✓ Survive DV

Information and Resources

“A trained, confident and competent teacher is better than any video, card pack or other teaching material” (SRE for the 21st Century, 2014)

Information and resources are available from;

www.sexeducationforum.org.uk

www.pshe-association.org.uk

www.brook.org.uk

www.thinkuknow.co.uk

www.rsehub.org.uk

www.bristol.resourcesorg.co.uk (the health promotion resource service, KRIS)

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Campaigns and Research

NSPCC: fighting for childhood (% of young women coerced into sex)

<http://www.nspcc.org.uk/fighting-for-childhood/news-opinion/40-percent-teenage-girls-pressured-into-sex/>

The Sex Education Forum: SRE Evidence

<http://www.sexeducationforum.org.uk/media/28306/SRE-the-evidence-March-2015.pdf>

Brook: SRE Fit for the 21st Century – we need it Now

http://www.brook.org.uk/images/brook/professionals/documents/press_releases/sreforthe21stcenturyreportfinal.pdf

PSHE Association: Sex and Relationships Education for the 21st Century

<http://www.pshe-association.org.uk/uploads/media/17/7910.pdf>

Campaigns and Research

NSPCC: Partner Violence in Intimate Teen Relationships

<http://www.nspcc.org.uk/globalassets/documents/research-reports/partner-exploitation-violence-teenage-intimate-relationships-summary.pdf>

Home Office: This is Abuse campaign

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/415327/Discussion_Guide_-_This_is_Abuse_to_update_v7.pdf?dm_i=HSS,39TI9,IW0F8M,BPO72,1

SARSAS: Pause, Play, Stop campaign around sexual consent

<http://pauseplaystop.org.uk/>

Office of the Children's Commissioner for England; "sex without consent, I suppose that is Rape". How young people in England understand sexual consent

http://www.childrenscommissioner.gov.uk/content/publications/content_744

The Law and Policy

The Sexual Offences Act (2003) should be used to provide clarification on the legality of actions such as provision of education or access to services

<http://www.legislation.gov.uk/ukpga/2003/42/contents>

Outline of the Law relating to Consent

http://www.cps.gov.uk/legal/p_to_r/rape_and_sexual_offences/consent/

NCB briefing paper on sexual health confidentiality for schools

http://www.ncb.org.uk/media/244997/sef_ff_38.pdf

The rights of a young person to access confidential sexual health advice, information and treatment

<http://www.fpa.org.uk/sites/default/files/under-16s-and-confidentiality-policy-statement.pdf>

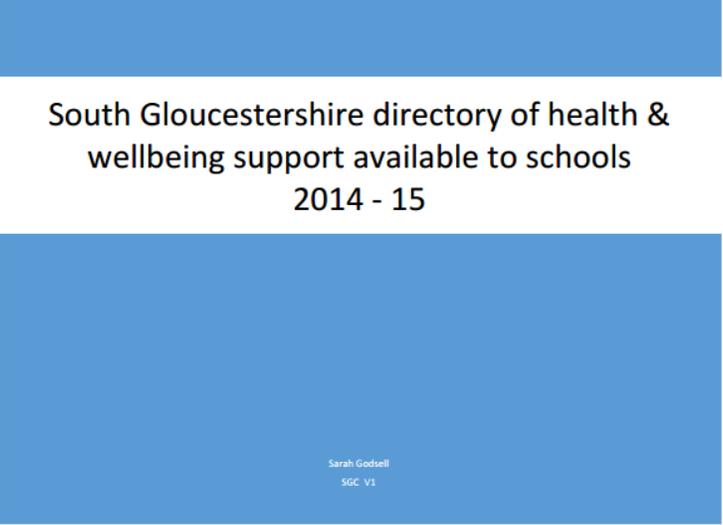
Policy guidance is available from the PSHE Association

https://www.pshe-association.org.uk/resources_search_details.aspx?ResourceId=497

Support and Capacity-Building

Directory of Health and Wellbeing Support for Schools –

To order your copy email: sarah.Godsell@southglos.gov.uk



South Gloucestershire directory of health &
wellbeing support available to schools
2014 - 15

Sarah Godsell
SGC V1

Sex Education Forum have a great 'Practice' page – sharing examples and case studies of best practice

<http://www.sexeducationforum.org.uk/practice.aspx>

Survive DV providing new service in South Glos schools. Contact helen@survivedv.org.uk for more details

Brook Bristol (young people's sexual health service) have limited capacity to support schools in South Glos.
Email: Rhiannon.Holder@brook.org.uk or ring 0117 945 0728

Nikki.giles@southglos.gov.uk for advice, support, information, ideas, resources, strategies, contacts etc

Links and Networks

www.sexeducationforum.org.uk

www.pshe-association.org.uk

www.brook.org.uk

www.thinkuknow.co.uk

www.rsehub.org.uk

<https://humanism.org.uk/>

<http://www.efc.org.uk/>

<http://sexpression.org.uk/>

<http://survivedv.org.uk/>

<http://www.nspcc.org.uk/>

<http://www.childrenscommissioner.gov.uk/>

Any questions?

What happens now?