

Relationship and Sex Education (RSE)



How to support your child at home?

As parents and caregivers, it's completely normal to feel a bit uncertain about how to support your children after they've had lessons on Relationships and Sex Education (RSE) at school. The aim of these lessons is to equip children with knowledge and understanding about their bodies, relationships, and how to make informed decisions. However, it can be a bit overwhelming trying to navigate these discussions at home. But don't worry, this guidance sheet is here to help you every step of the way!

First and foremost, it's important to create an open and safe environment at home. We encourage you to have discussions with your children so they can come to you with any questions or concerns they might have about what they have learned in school. Phrasing it in a casual manner – perhaps saying something like, “So, how did your RSE lesson go today?” – can encourage them to share their thoughts. Make sure they know they won't be judged or dismissed, as it's crucial for them to feel comfortable discussing these topics.

One key aspect of Relationships and Sex Education (RSE) is teaching about healthy relationships. You can reinforce this at home by discussing the importance of respect and communication in relationships. Use opportunities as they arise to talk about relationships. For example, if you watch a film together that portrays a healthy friendship, you might discuss what made that relationship positive. This not only reinforces learning but also helps children understand these concepts in a relatable way.

Continue to encourage your children to express their feelings and opinions about relationships. You might ask them their thoughts on friendship dynamics or how they feel in certain social situations. This helps them develop emotional intelligence and gives you insights into their feelings. Remember to listen actively and validate their emotions; even if their concerns seem minor to you, they could be significant to them.

Another aspect of RSE is understanding bodies and personal safety. Another aspect of Relationship and Sex Education (RSE) is understanding the body and personal safety. It is important for children to know that they have control over their private parts and to recognise that their body parts are private. Providing reassurance that it is okay to say no or to set boundaries is essential. Use everyday situations, such as discussing safe touch or the difference between good secrets and bad secrets, to help them navigate these concepts.

Equally important is the topic of online safety. In today's digital age, children can be easily exposed to inappropriate content or harmful interactions. Have open conversations about the internet—what's okay and what's not—and encourage them to come to you if they ever feel uncomfortable online. It's helpful to talk about social media, privacy settings, and the importance of keeping personal information safe.