**A parent’s guide to teaching about Relationships and Health Education in lockdown**

***Why is this education important?***

Good Relationships and health education equips children with knowledge and skills to help them keep safe, know what a healthy relationship is, prepare for the changes of adolescence and the responsibilities of adult life. Through this education children learn the importance of family, friendships, and healthy relationships of all kinds.

***The role of parents***

The first and primary teachers of relationships and health education are parents. Learning around relationships takes place in many different ways, including in day-to-day interactions within the home. In this pack you will find some ideas for activities and resources to cover some elements of the Relationships and Health Education learning children may be missing at school. Select those that fit with your own views and values as a family.

***RSE Day***

RSE Day is a national day of celebration that began in Nottingham in 2018. This year it falls on Thursday 25 June. It is a day to celebrate education around healthy relationships and positive sexual health in schools, families and other settings.

On the ChalleNGe Nottingham website you can find a whole day of online creative content for children and families. A range of local artists will be sharing creative workshops and challenges focused on the themes of: cooperation; collaboration; respect; trust; and, resilience. The content will be streamed during the day via the Challenge Nottingham website. You can find out more information and the latest schedule here <https://challengenottingham.co.uk/%40rse-day>

This year’s theme for RSE Day is ‘Books I Love About Love’. You can join in by reading a book about love with your child or sharing your favourite books on social media using #BooksILoveAboutLove #RSEday. Here is a list of books about relationships for different ages, some you may have at home already and some you can borrow as e-books from Nottingham Library Service <https://literacytrust.org.uk/communities/nottingham/celebrate-rse-day-2020-read-nottingham/>

If you would like to explore kindness, gratitude and thankfulness in relationships you can find some activities here <http://www.nottinghamschools.org.uk/teaching-and-learning-support/relationships-and-sex-education/wellbeing-resources/>

You could use the creative ideas below to stimulate discussion with your child/ren about your own family views and values about healthy relationships and marriage and the importance of respecting those who have different views.

* Decorate the heart template in this pack using pens, paints or collage and display in your home or window as a symbol of healthy relationships.
* Bake or make heart-shape cakes, cookies or other food. <https://www.bbcgoodfood.com/recipes/basic-biscuit-dough>. If baking is not your thing, decorate some biscuits, cakes or other food bought from the shop with hearts and symbols of love.
* Use chalk to draw hearts on pavements with messages of friendship and love for others.
* Use the question cards in this pack to generate some discussion about families and relationships, take it in turns to answer as a family.

If you would like to share what you do on RSE day, use the hashtag #RSEday on social media.

***Education about puberty at home for children aged 10 to 11***

During the Covid-19 epidemic many children in years 5 and 6 will miss out on planned puberty education lessons at school. You may feel that this is something you would like to cover at home. Below are some activities and links that can be used to inform children about the physical and emotional changes of puberty. Please do read/watch these first to check suitability for your child and ensure they fit with your own family views and values.

To prepare yourself for discussions, the NHS website gives information on some of the changes associated with puberty <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>

***Discussion:***

Using facts from the website above, explore with your child some of the changes that will happen to their bodies and minds as they journey towards adulthood. Discuss the importance of hygiene and any products you would recommend. Explore coming of age customs associated with your faith if appropriate.

***Books:***

A factual book about puberty changes is often a useful starting point. You could explore sections of the book with your child or give them one to read themselves. Below are some examples:

What’s happening to me? By Susan Meredith published by Usborne books – exploring changes for boys and girls.

Help your kids with Growing Up – Robert Winston Dorling Kindersley – a factual book exploring many different topics associated with puberty and adolescence.

There are many more, search the library online or purchase via Amazon or an online bookstore.

***Videos:***

Here are some videos that help to explain some of the physical and emotional changes of puberty. Ensure suitability for your child by watching them beforehand.

This video looks at the impact of puberty on the emotions, designed to help those already experiencing changes <https://www.youtube.com/watch?v=6Dg2eMCx9TE>

This American animation gives information about periods <https://www.youtube.com/watch?v=RX4NJrJxwss>

Puberty changes in girls <https://www.youtube.com/watch?v=j_mFJ2d0qxQ>

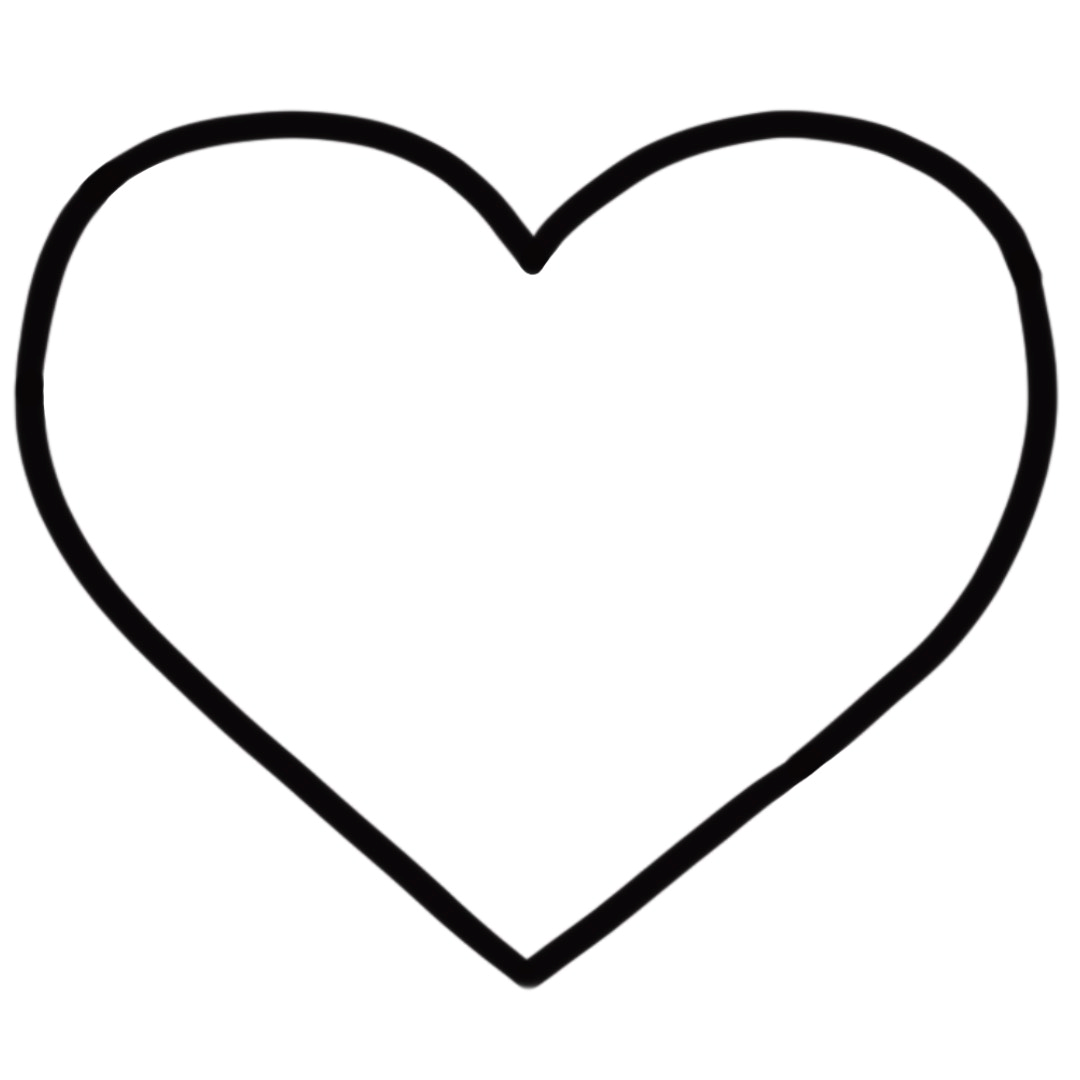
Puberty changes in boys <https://www.youtube.com/watch?v=uDmTeU6H40s>

***Additional resources***

Some parents may like to cover the content their child would have received in school. In this case contact your child’s school to request materials.

***Exploring kindness in relationships***

Follow this link to find some activities about gratitude, kindness and thankfulness in relationships <http://www.nottinghamschools.org.uk/teaching-and-learning-support/relationships-and-sex-education/wellbeing-resources/>





***Question cards –discuss as a family.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Why are families important? |  | What does love mean? |  | What is commitment and why is it important? |
|  |  |  |  |  |
| How do I contribute to my family? |  | How can I show someone that I care about them? |  | What do I admire about my friends? |
|  |  |  |  |  |
| What makes me a good friend? |  | What is trust and why is it important? |  | What makes a relationship healthy? |