

# Let's Talk About Relationships & Sex Education (RSE)

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

## The Sexual Health Promotion Team (SHP) & No Limits (NL)

**Let's Talk Relationships & Sex Education (LTRSE) is delivered by experienced facilitators, trained in the delivery of RSE for young people; having enhanced DBS checks and children's safeguarding training**

**Solent NHS Trust Sexual Health Services provide an integrated provision of community health improvement and clinical care/treatment**

**No Limits provide advocacy and support to young people**

# Learning Outcomes

- **Recognise the value of LTRSE as a framework for targeted RSE**
- **How to recognise young people who may be at risk of poor sexual health outcomes**
- **Identify the process to successfully run a LTRSE programme**
- **An overview of the activities that are used to deliver LTRSE**
- **Increased knowledge of the Sexual Health Promotion (SHP) service and the support we offer**

# Why Solent NHS SHP and No Limits...

## FREE Commissioned Sexual Health Service

- **Consistency**
- **Building relationships**
- **Improving access to health care & specialist services**
- **One to one work Intensive Behaviour Change (IBC) Brief Intervention (BI)**
- **We are guided by our stringent governance, quality and assurances policies, including confidentiality and safeguarding**
- **Solent Practitioners are all accredited level 4 award, 'Teaching relationships and sex education' practitioners.**

## Let's Talk Relationships & Sex Education



- **LTRSE has been developed in line with the government mandatory RSE outcomes for key stage 3 and 4 related to 'intimate and sexual relationships, including sexual health'**
- **In accordance with the government guidelines for compulsory RSE, all sessions are delivered with the Equality Act 2010 as a core theme throughout**
- **Bespoke sessions**
- **Needs led**
- **Concentrated learning**
- **Safe environment**
- ***'RSE has more impact on reducing sexual risky behaviour if it is taught through small group work with a focus on skills and attitudes (rather than knowledge)'***  
(Trivedi et al)



# Statutory RSE 2020

The new curriculum has been mandatory from September 2020

- Relationships Education is compulsory in all primary and secondary schools
- Health education is compulsory in all state schools
- PHSE continues to be compulsory in independent schools
- SEND students are recognised as being more vulnerable
- LGBTQ+ should be integrated throughout rather than stand alone lessons
- Parents/Guardians can withdraw pupils from some or all sex education elements. However, young people can participate without parental consent from year 11, *(three terms before the young person turns 16)*

# Why RSE is Important?

Evidence shows that when young people receive high quality RSE they are:

- **More likely to report sexual abuse**
- **More likely to delay first sex until they are ready**
- **More likely to experience first sex which is consensual**
- **More likely to use contraception and condoms**
- **Less likely to have an unplanned pregnancy or sexually transmitted infections**

**There is no evidence to suggest that RSE will encourage a child to become sexually active**

*(Sex Education Forum)*

# LTRSE Programme

**LTRSE is an NHS Relationships and Sex Education programme for young people aged 13 plus, delivered in conjunction with our partners No Limits**

**Our staff are aware of Confidentiality, Safeguarding Competencies and all Relevant Policies**

**Delivered in a safe and respectful space with a Group Agreement**

**LTRSE comprises of 6 sessions of x 2 gender-based groups (diversity inclusive)**

- 1. Puberty**
- 2. Relationships**
- 3. Consent**
- 4. STIs and Contraception**
- 5. Pregnancy**
- 6. Self Esteem**

**The programme is Needs-Led and Adaptable**





# LTRSE Programme: Example

<b>Target Group: Young People 13+</b>	<b>Length of Session: 45 – 60 mins</b>
<b>Keywords:</b>  Body, Hormones, Emotions, Changes, Genitals, Gender	<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>• To understand: LT RSE Programme, Confidentiality and Respect in the group</li> <li>• To understand the impact of physical and emotional changes that occur during puberty including reproductive health and the range of experiences that may happen to young people</li> <li>• Identify the anatomy of genitals including scientific and slang terms commonly used</li> </ul>

Activity	Discussion Points	Resources Needed
Introduction (See Document for Full Method) <ul style="list-style-type: none"> <li>➤ Introduce Staff and LT RSE Programme</li> <li>➤ Ask YP to Introduce themselves</li> <li>➤ Cover Titles of each Session</li> <li>➤ Ice Breaker (optional/ depending on group)</li> </ul>	<ul style="list-style-type: none"> <li>○ In the group young people may not be friends with each other</li> <li>○ Explain service confidentiality and safeguarding</li> <li>○ Overview of the sessions</li> </ul>	Pens  Flip Chart Paper/ Paper

# Attitudes and Skills

*“It is essential that schools can help children and young people develop confidence in talking, listening and thinking about sex and relationships. Teachers and other staff may need to overcome their own anxieties and embarrassment to do this effectively.”*

*Department for Education- Sex and Relationship Education Guidance  
Last updated 25 July 2019*

# What May Make Young People Vulnerable to Poor Sexual Health?

No clear definition of a young person who is vulnerable, however there are known risk factors:-

- Living in an area of Social Deprivation
- Low Education Attainment
- Poor School Attendance / Not in education, employment or training
- Children Looked After & Care Leavers
- Young carers
- Young Offenders
- Family Breakdown
- Poor Mental Health
- Learning Disabilities
- Alcohol / Substance Misuse
- Domestic Violence
- Asylum Seekers & Refugees
- Faith and Culture Groups
- Teenage Parents
- Sexually abused child/being sexually exploited
- Homelessness
- Previous identification of vulnerability (child protection plan/known to Social Care)
- Under 13 and sexually active
- Unsure of sexuality or Gender identity
- Children of parents with vulnerabilities

## Potential Outcomes for Vulnerable young People

- Low self esteem
- Low aspirations
- Low expectations

What is going on internally

- High numbers of sexual partners
- Least access to sexual health services
- Least confidence in 'helping' professionals

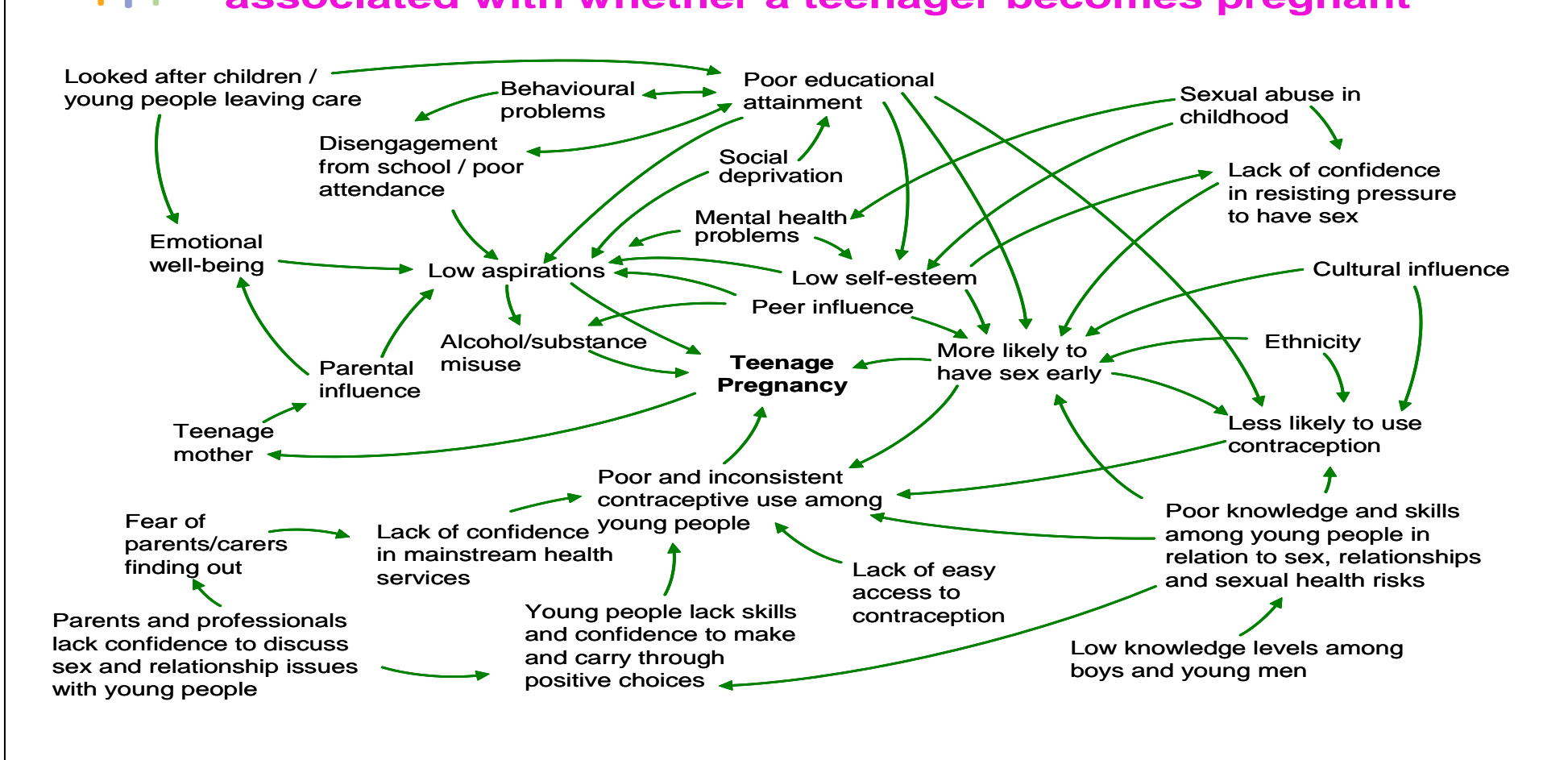
How they behave

- Higher rates of unplanned pregnancies
- Higher risk of STIs
- Greater risk to psychological well being

The consequence



**The issue is complex as there are a range of factors that are associated with whether a teenager becomes pregnant**



## Selecting the Group?

- **Based on vulnerability**
- **More sexually aware**
- **Sexually active**
- **In a relationship**
- **Sending/receiving nudes**
- **Accessing inappropriate media online**
- **Looked After Children**
- **LGBTQ+**
- **Those who would benefit from small concentrated group work**

## School to student -Why have I been chosen?

- They are ready for this...
- Students will share their knowledge with their peers
- It helps to build more skills and confidence
- They're already in a relationship/been in an unhealthy relationship
- Students have disclosed risk behaviours to staff
- Student showing lack of relationship and sexual health knowledge

## Pre LTRSE-Delivery Agreements

- **Sharing information**
- **Select the students / preparing them for sessions**
- **Safe environment**
- **Private room**
- **Safeguarding**
- **Confidentiality and disclosures**
- **Service Level Agreement**
- **Parents and Carers informed**
- **Covid risk assessment**



# Handouts

**Each participant will receive an information handbook in the final session. The handbook will contain information delivered in the sessions, as well as reference information about STIs, Contraception, Accessing Services, Condoms, Consent and signposting options**

- **LTRSE – Contraception**
- **LTRSE – Condoms**
- **LTRSE – STIs**
- **LTRSE – TOP (Termination of pregnancy)**

# Discussion Time/Q & A

## What are your thoughts?

**How can SHP support you to offer LTRSE to your Yr. 9 students?**

**You may be thinking.....**

- **Sharing information**
- **Disclosures**
- **Challenges**
- **Ongoing support**
- **Professionals on-site**

## Extra SHP Information/Website

[www.letstalkaboutit@nhs.uk](mailto:www.letstalkaboutit@nhs.uk)



- Referrals
- RSE toolkit
- Spotlight series
- Previous and upcoming webinars
- Video Clinics
- Young Persons Walk-in Clinics

## Website & Resources

- [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)
- <https://nolimitshelp.org.uk/>
- <https://www.letstalkaboutit.nhs.uk/referrals/sexual-health-promotion-11-support-referral/>
- [www.letstalkaboutit.nhs.uk/relationships-sex-education-support](http://www.letstalkaboutit.nhs.uk/relationships-sex-education-support)
- [www.hants.gov.uk/socialcareandhealth/getiton](http://www.hants.gov.uk/socialcareandhealth/getiton)
- [www.hampshirescp.org.uk/training/](http://www.hampshirescp.org.uk/training/)
- [pshe-association.org.uk](http://pshe-association.org.uk)
- [www.brook.org.uk](http://www.brook.org.uk)
- [www.bishuk.com/about-bish](http://www.bishuk.com/about-bish)
- [www.scarleteen.com](http://www.scarleteen.com)
- [www.sexeducationforum.org.uk](http://www.sexeducationforum.org.uk)
- [www.contraceptionchoices.org](http://www.contraceptionchoices.org)

# End



## Thank You for Your Time