

## **“Spotlight On...” Relationships and Sex (RSE) Resource**

### **What is Spotlight On...?**

Spotlight On is a resource series to support the delivery of Relationships and Sex Education within the guidelines of the government curriculum RSE 2020.

Spotlight On provides bite sized resources that can be used for time limited sessions (approximately 20 minutes) on a number of key aspects of young person’s sexual health.

They can be used with young people aged 13+.

### **How to use Spotlight On...?**

Each Spotlight On session will include facilitators notes on how to use the resource. Many can be used in both one to one and group settings and if required, used virtually.

Each session includes an activity, facilitator notes, information pages (which can be used as a handout) and links to online resources.

If you need advice and support about using these sessions, please email our practitioner team on [snhs.sexualhealthpromotion@nhs.net](mailto:snhs.sexualhealthpromotion@nhs.net).

### **Who should use Spotlight On...?**

Facilitators should be trained in delivering Relationships and Sex Education, safeguarding, consent and the law and the diversity in gender identity and sexuality.

Facilitators should be aware of sexual health conversations that may trigger disclosures or emotional distress and be experienced in creating a safe environment in which young people can learn about RSE.

### **Signposting Information**

- Solent NHS Trust Sexual Health Service [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)
- Young Persons Advice Guide [www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/young-persons-advice-guide/](http://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/young-persons-advice-guide/)
- Information about Sexually Transmitted Infections <https://www.letstalkaboutit.nhs.uk/worried-about-stis/information-about-common-stis/>
- Information about Contraception and contraception tool: <https://www.letstalkaboutit.nhs.uk/contraception/>
- Information about Get it On Condom Card Scheme <https://www.letstalkaboutit.nhs.uk/contraception/get-it-on-condom-card/>
- Information about Emergency Contraception <https://www.letstalkaboutit.nhs.uk/pregnancy-worries/emergency-contraception/>
- Support Services for Young People [www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/](http://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/)
- LGBT+ Support Services [www.letstalkaboutit.nhs.uk/other-services/lesbian-gay-bisexual-trans-plus/](http://www.letstalkaboutit.nhs.uk/other-services/lesbian-gay-bisexual-trans-plus/)
- Information about Sexual Health Services for Transgender, non-binary, intersex and gender diverse people [www.letstalkaboutit.nhs.uk/gender-diversity](http://www.letstalkaboutit.nhs.uk/gender-diversity)