



Nottingham
City Council

RSE DAY

Celebrating relationships & sex education

Relationships and Sex Education (RSE) Day Embracing Change



Parents

Ideas to make the most of RSE Day

RSE Day on 27 June 2024 is a day to celebrate Relationships, Sex and Health Education that promotes the wellbeing of, and safeguards, children, and young people. The theme this year is 'Embracing change'.

Parents and carers have an important role to play in teaching children and young people about healthy relationships and positive sexual health. RSE Day highlights that RSE is the responsibility of all and is an opportunity for families and schools to work in partnership.

Here are some ideas for how families can join in. Let us know how you celebrate via social media using **#RSEday**! Choose activities you feel are appropriate for the age and maturity of your child/ren. Your child/ren's school may also be running activities that you can join in with.

1. **Set family challenges in the week of RSE Day related to embracing change**, such as eating a new food, trying a new activity, or swapping chores. Talk with your child/ren about how change can be positive.
2. **Choose a small home improvement project to tackle together as a family**, such as painting a wall, building a piece of furniture, or rearranging a room. Use the experience to bond as a family while embracing change and creativity.
3. **Use collage to create a family vision board.** Work together to share your dreams, goals and aspirations celebrating the journey of change that lies ahead for each family member.
4. **Read a book about change with your child/ren.** Talk about how the characters in the book embrace change. Try asking at your local library for books about change or search on the **Book Trust website**.
5. **Make a puberty box with your child/ren.** This could include products to help with the changes of puberty (eg. deodorant, menstrual pads, shower gel) and books or leaflets explaining some of the changes. Talk with your child/ren about any particular 'coming of age' traditions or celebrations within your own family or faith and the responsibilities that come with this growing independence.
6. **Look back through old photographs together as a family.** Talk about how people, places and situations in the photos have changed over time. Ask your child/ren to tell you how they have embraced the changes they have encountered.
7. **Create a family 'comfort box' filled with items that bring each member comfort during times of change or uncertainty.** This could include favourite books, snacks, photographs, or objects. Use this as a source of support and reassurance for each family member as they deal with life's changes.
8. **Draw and decorate butterflies with positive words about change such as adventure, growth, surprise, bravery, wonder.** These could be created on paper, with collage, or on walls or floor with chalk. Talk with your child/ren about how these words relate to changes they have encountered.
9. **Create a new school survival kit if your child is about to transition to another school or education setting.** Discuss any worries your child may have and what will support their transition. Gather useful items together, such as a backpack, a reusable water bottle, a pencil case, tissues, disposable poncho, and motivational notes.
10. **Encourage family members to write down favourite memories or moments of change on paper and place into a memory jar over the course of a week.** At the end of the week, gather together and take it in turns to read out memories from the jar and discuss the importance of embracing change and cherishing special memories.