

Relationships and Sex Education (RSE) Day

It begins with me

Ideas for Supporting Others in the Community

Helping People Directly

- Offer to tutor younger students in subjects you're good at.
- Help elderly neighbours with shopping, gardening, or tech support.
- As a group, check in on isolated community members

Improving the Environment

- Join or start a local litter-picking group.
- Plant flowers or trees in public spaces (with permission).
- Create a recycling awareness campaign at school or in the neighbourhood.

Sharing Skills & Creativity

- Host free art, music, or sports workshops for younger students
- Paint community murals to brighten public areas.
- Organise a talent show or open mic night to raise funds for a cause.

Supporting Charities & Causes

- Collect food, clothes, or toiletries for local shelters.
- Run a bake sale or car wash to raise money for a charity.
- Volunteer at an animal rescue centre or food bank.
- Volunteer to give music lessons or hold an art class at a care home

Using Social Media for Good

- Promote local events, small businesses, and fundraisers online.
- Create short videos to spread awareness about important community issues.
- Share positive news and stories from your area to inspire others.



Activity: Create a video clip on Community Kindness

Helping others has been proven to boost our own happiness levels. What are some of the ways you like to give back to your community?

Choose one of the suggestions for helping others from the list on page one and then work as a small group to create a short video clip explaining one way people can help others out. This video should aim to inspire viewers into taking action to support others.

