

# RSE DAY

Celebrating relationships & sex education

## Relationships and Sex Education (RSE) Day Embracing Change

### Secondary age children Ideas to make the most of RSE Day

This list of ideas is designed to inspire you to join in with RSE Day on 27th June 2024. RSE Day is a time to celebrate excellent Relationships, Sex and Health Education that promotes the wellbeing of, and safeguards, children and young people. Good quality RSHE needs to happen all year round, with a planned curriculum, in line with the DfE statutory framework, but 27th June is an opportunity to celebrate, raise awareness and share what you are doing with others.

This year the theme for RSE Day is 'Embracing Change'. You will find ideas to support this theme in the list below.

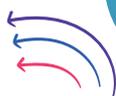
Effective RSE is the responsibility of parents and schools, it is good practice to engage parents/carers in your plans for RSE Day and encourage involvement. If you are covering any elements of sex education on the day you should follow your usual policy and procedures regarding requests for withdrawal as applicable for your nation.

Remember to let us know what you are doing via our socials using **#RSEday** so we can find you! You can also share using our **Padlet**.

 @RSEday24

 @RSE\_day

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1. Use **Beyond RSE's Assembly** to explore the RSE Day theme of Embracing Change with all year groups.
2. Give small groups an **empathy map** and **break-up scenario**. Students discuss the scenario and complete the empathy map for their character. Once complete, explore similarities and differences between the responses and consider the most useful strategies for managing relationship break-ups.
3. Ask students to discuss things that helped them manage the transition from primary to secondary school and come up with a list of top tips. Film 'talking heads' style videos with students sharing their top tips on transition. Share the video with new year 7s.
4. Create an interactive wall display showcasing **butterflies** as a metaphor for change. Students decorate their butterfly with advice or positive affirmations around the theme of embracing change. Alternatively use post-its and arrange them in the shape of a butterfly.
5. Present a range of objects or **photographs** to students representing change or loss in relationships. In groups, ask students to create a scenario to go with the object. In groups, ask students to create a scenario linked to one of the photographs or objects.
6. Run the **Great RSE Day quiz** in assembly or tutor time. Use the discussion points to further learning.



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7. Play the **Nottingham Music Hub Embracing Change** playlist to students. Explore how change is represented in the music and lyrics. In groups, students create song lyrics focused on embracing change in relationships.
8. In groups, ask students to think about the messages they could use to support their peers to embrace change successfully. Ask them to work in groups to plan and create some memes to share their ideas, either digitally or using collage. Share these on your social media platforms on RSE Day and beyond.
9. Use the **ChalleNge Nottingham Embracing Change illustrations** to explore feelings around change with your class. Ask students to create their own illustrations to show the impact of change on people and relationships.
10. Create a podcast about embracing change. Students plan the podcast for a particular year group in school, including developing questions to interview people about their experiences of change. Record the podcasts and share with others within school.
11. Hand out the **Social Media Timeline**. In groups ask students to consider how they feel the evolution of social media has impacted on the way people form and manage relationships. Encourage them to identify positives and negatives. Use the **prompt sheet** to support discussion around the impacts of social media on relationships.
12. In groups, ask students to discuss what embracing change means. Explore responses as a whole class using the **prompt sheet**. Ask students to consider why it is important to embrace change and what helps a person to do this. Lead students in a **guided mindfulness exercise** focusing on embracing change.
13. In pairs, students work out the stages of the change cycle from the **coded words**. Once complete, explain the change cycle using the **slides**. In groups ask students to create a relationship change scenario using each stage of the cycle, using the **example** for inspiration.
14. Share the **sentence starters** with small groups and ask them to complete. Hold a group discussion about responses to the sentence starters. Ask what students learnt from the activity.
15. Give each group of a copy of the **Emotional Mix and Match worksheet**. Ask them to discuss the scenarios and match an emotion to each one. Discuss each as a whole group, explore similarities and differences in responses. What does this tell us about change?
16. In pairs, students design flipbooks to illustrate how embracing change can lead to positive outcomes. Give students some **ideas** to start them off.
17. Read out the **attitudes and values statements** and ask students to share whether they agree or disagree. Lead a discussion on how people deal with change differently.
18. Fundraise for a local domestic abuse charity or refuge. Through this hands-on experience, students can develop empathy, compassion, and a sense of responsibility towards others during times of change.
19. Students plan, perform and record short TikTok style videos with their advice for others on how to embrace change.
20. Use **Beyond RSE's** fantastic set of teacher-made resources to explore all aspects of Embracing Change in your classroom or learning setting.

[Click the logos to get more resources and information](#)