



Celebrating relationships & sex education

Relationships and Sex Education (RSE) Day

Communicate



Ideas to make the most of RSE Day

RSE Day on 26 June 2025 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 'Communicate'.

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's school may also be running activities that you can join in with.



www.rseday.com



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1. Go for a walk as a family and take turns pointing out sounds you hear, for example, birds, cars, footsteps. Afterwards, talk about what it means to really listen to the world and to each other.
2. Create a jar filled with conversation starters like "What made you smile today?" or "What's something you're worried about?". Take turns picking one each evening and discussing it together as a family.
3. Sit in a circle and pass an object like a soft toy or ball. When someone receives it, they give a compliment or kind word to another family member. Keep passing until everyone's heard something nice!
4. Let your children be "parents" for a short time giving you instructions or planning your dinner. Then switch back. Talk about how it feels to give and receive instructions. What type of communication does every family member like best?
5. Brainstorm words that represent what matters most to your family, for example, honesty, laughter, teamwork. Create a colourful word cloud poster to hang up. Use this as a prompt to discuss your family values regularly.
6. Create your own family code by making up hand signs for phrases like 'I love you' or 'I need help'. Use these in public or when words are difficult to find.
7. Decorate stones with positive quotes or messages. Leave these around your neighbourhood for people to find. Talk with your child(ren) about how someone might feel when they find the stone, encourage them to think about the positive impact they can make by communicating with others.
8. Put up a whiteboard or chalkboard in a shared area at home. Use it to leave messages, reminders, questions, or pictures for one another. This is a fun way to stay connected and improve communication.
9. Play a game where family members have to express different emotions, actions, or needs without using words, just gestures, facial expressions, or drawings. Afterwards, talk about how we communicate in lots of different ways, not just by speaking.
10. Start a family kindness chain. Each day, add a link to a paper chain with a kind thing that a family member said or did for someone else. Reflect on how kind communication and acts strengthen relationships.