

# Relationships and Sex Education (RSE) Day

## It begins with me

### 15 Feel Good Films to Watch as a Family

These films feature themes of self love, inclusivity, resilience and acceptance.

**The Pursuit of Happyness** (Themes of resilience and perseverance through life's challenges)

**The Greatest Showman** (self acceptance and belonging)

**Wonder** (acceptance, kindness and standing up to bullies)

**Akeelah and the Bee** (perseverance and overcoming obstacles to achieve dreams)

**The Secret Life of Walter Mitty** (self acceptance and the value of dreaming)

**Turning Red** (adolescence, peer pressure and identity, acceptance and growth)

**Legally Blonde** (empowerment, self discovery and challenging stereotypes)

**K Pop Demond Hunters** (self acceptance, and identity)

**The Lion King** (identity, self-discovery and responsibility)

**Mulan** (courage, honour, self discovery and personal growth)

**Inside Out** (emotions, growth and change, identity)

**How to Train Your Dragon** (friendship, courage, self-acceptance and understanding)

**Matilda** (resilience, inner strength, empowerment through education, standing up to bullies)

**The Karate Kid** (inner strength, bullying, self worth and identity)

**Pay it Forward** (kindness, goodwill, inspiring others and positive change)

