



Relationships and Sex Education (RSE) Day

It begins with me

Ideas to make the most of RSE Day

RSE Day on 25 June 2026 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 'It Begins with Me'.

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

 [@RSEday26](https://www.facebook.com/RSEday26)

 [@RSE_day](https://twitter.com/RSE_day)

 [@RSE_day](https://www.instagram.com/RSE_day)

1. Use the **Self-esteem challenge calendar** to cross off as individuals or as a family. You could see which family member manages to cross off the most challenges over the course of a month.
2. Read a book as a family which centres on ideas of **empowerment and healthy self-esteem**. Check out the **booklist** from the Book Trust.
3. Have a family movie night with films that focus on celebrating individuality and self-belief. See **this list** for movie suggestions.
4. Paint **positive affirmation pegs**. Take some wooden laundry pegs and colour them with paint or marker pens. Add positive affirmations such as 'You are loved.' You could peg these onto others' belongings as a kind surprise.
5. Discuss how everyone can have imperfections and still be lovable. You may wish to read the book 'Broken Crayons Still Color' by Toni Collier, which is about embracing imperfections. Support children to take a box of broken crayons and melt the wax to create a new object of beauty. See instructions and an example **here**.
6. Go for a family walk in nature and take photographs of all the things you think are beautiful. Print them and frame them at home as reminders of the beautiful things around us in life. It has been proven that practising gratitude for small things can make us happier.
7. Design a **family coat of arms**. Choose symbols that represent the strengths of different family members and come up with a motto that represents your family/household's beliefs and values.
8. Create a **gratitude jar with children**. Decorate a jar with stickers, pens or paint. Cut out small pieces of paper. On the paper, take turns to write down all the things you are grateful for. Pick one out each day to read or add anything new you are thankful for.
9. Play **self-care bingo together**. Hand out the bingo cards and one family member will call out some methods of self-care. The first player to cross off 3 squares in a row on their bingo card wins the game.
10. Host a **family talent show**. Each family member can showcase their amazing gifts and talents. Dress up, grab a mic and hand out awards to celebrate one another!