



## Relationships and Sex Education (RSE) Day It begins with me

Who is someone you greatly admire and why?

Have you ever been inspired by the actions of a celebrity? If so, who, and what did they do to inspire you?

How do you think young people can challenge any negative behaviour examples in the media?

In what ways does having a role model affect a young person's self-esteem?

How would you define yourself using three words or phrases?

What qualities do you think a good role model should possess?

Do you know of any role models who break societal beauty standards or celebrate being different?

How do you think social media influences our self-image? Is this for good or bad?

Can you think of 3 people who you consider to be good role models?

If you were to become influential or famous, what would it be for?

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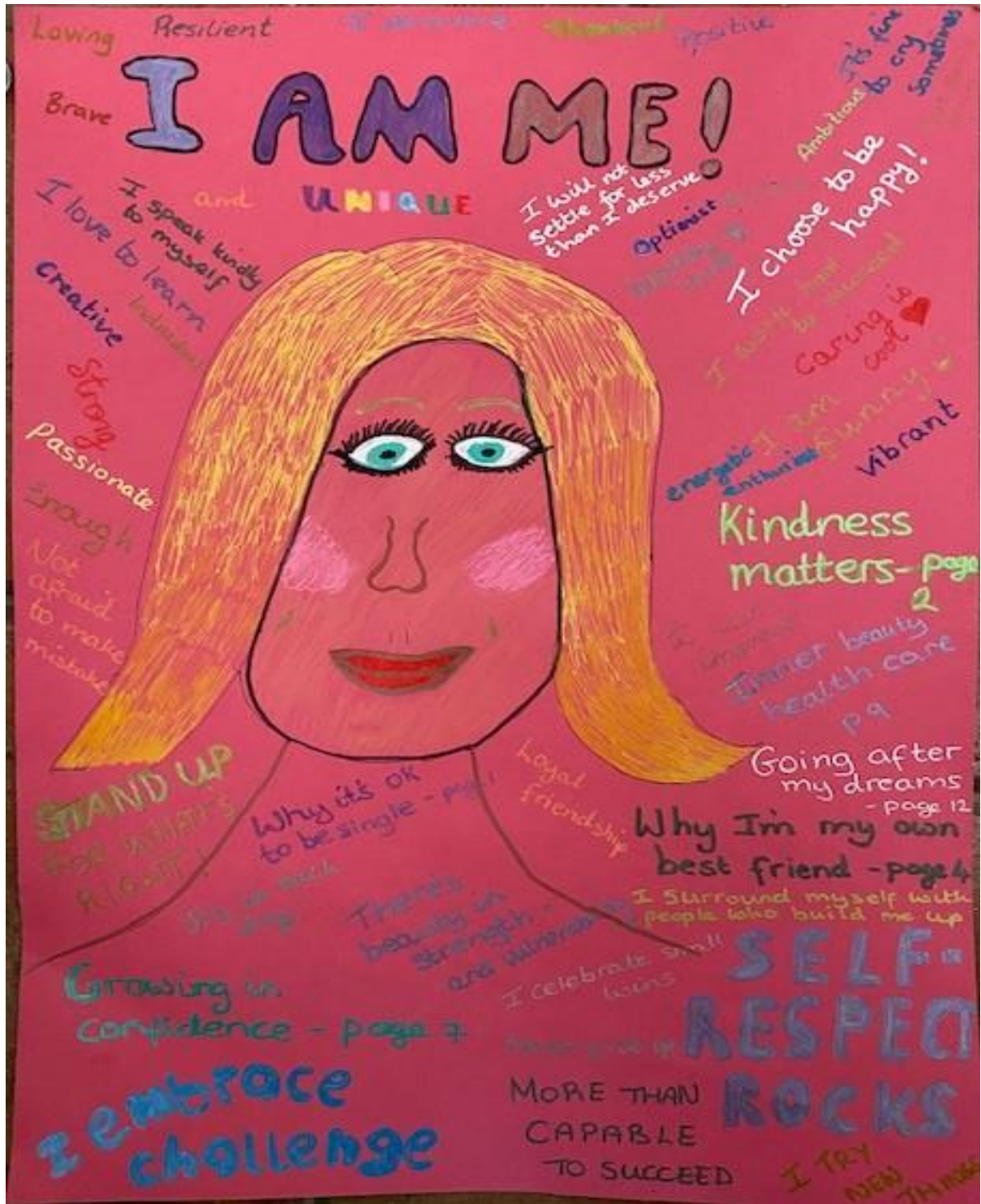
# RSE DAY

Celebrating relationships & sex education



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I am enough

I can say no

I'M CONFIDENT

it's okay to rest

I ADD VALUE TO THE WORLD

I AM beautiful

I am CAPABLE

I am LOVED

I am STRONG

I matter!

I deserve the best

I am kind

it's okay to make mistakes

I deserve good things

I am One of a Kind

I CAN and I WILL

I AM UNSTOPPABLE

LITTLE STEPS MATTER



I am limitless

I am thankful