



Relationships and Sex Education (RSE) Day

Communicate

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 26th June 2025. 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 26th June is an opportunity to celebrate, raise awareness and share what you are doing with others.

This year the theme for RSE Day is 'Communicate'. 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**.



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1. Deliver **Beyond RSE's Assembly** on the theme of 'Communicate'.
2. Invite students work to create a rap, poem, or spoken-word piece about the power of good communication in relationships. They can perform these in class or record them to be compiled into a school-wide communication playlist.
3. Give small groups a **template** to create a short comic strip featuring a conversation where effective communication solves a **problem**. Share the comics and discuss what makes communication successful.
4. Ask students to act out a **face-to-face conversation** in pairs, paying attention to **tone, body language, and expression**. Then ask them to rewrite the conversation as a text, Tweet, or DM to explore how tone and meaning can change in digital communication. Discuss the challenges of online communication and strategies for being clear and respectful.
5. Provide groups with a **set of emojis** and ask them to create a short text message incorporating them. Share the messages as a class and identify similarities and differences. Explore how visual symbols influence communication and how interpretation can vary between people.
6. Explore simple **text messages** by asking students to read them in different exaggerated tones, eg. excited, angry, sarcastic, confused. Discuss with the group how tone affects the interpretation of the messages. Encourage the group to consider how this could impact on communication in relationships.

7. Create a mural around the theme of healthy communication in relationships. This could be on paper, cardboard, or a wall. Use the **information** from artist Millie Yarwood and ChalleNGe Nottingham to support you.
8. Analyse **song lyrics** to identify examples of clear or unclear communication in relationships. In groups, students discuss what messages are being conveyed and how effectively they communicate emotions.
9. Share the **communication titles** with students. In pairs, ask them to research, prepare, and deliver a short speech (30-60 seconds) on one of the titles. The speeches can be recorded, presented in class or shared via the school's social media channels.
10. Role-play **conflict scenarios** in pairs, where students act out both a poor and effective way of handling situations, then discuss what made the second version better.
11. Use one or more of the **communication statements** to run a quickfire debate. Split the class into two teams and give each 60 seconds for an opening argument for or against the statement. Then allow 30 second quickfire responses from either team. Finish with 15 second closing arguments and a vote.
12. Ask students to communicate with you about what and how they would like to learn in RSE. Display the **prompt questions** on flip-chart paper in a common area in school and encourage students to respond.
13. Use the **quotes** to spark discussions about communication in relationships. In groups, give students one quote and ask them to discuss what this tells them about communication, do they agree or disagree with the quote?
14. Explore the power of communication with this **MadLibs activity**. Students fill in the blanks with random words to create humorous conversations that reveal how tone and word choice impact relationships. Reflect on the results to understand the importance of clear, kind and respectful communication.
15. Play songs from the **Nottingham Music Hub's Communicate playlist**. Ask students to listen and reflect on how the song communicates with them, what is it telling them? After each song, discuss the students' views and identify similarities and differences.
16. Discuss what communication is like in healthy relationships. How can we communicate in a way that is respectful and kind? Ask students to use their learning from the discussion to create an acrostic poem using the word Communicate.
17. Design communication survival guides for **real-life scenarios**. Ask students to include practical tips, key phrases, and strategies for respectful, clear and empathetic communication.
18. Complete a **'No Words' challenge**, such as students silently arranging themselves in age. Explore how they used gestures, facial expressions, and body language to communicate. Link this to the use of non-verbal cues in relationships, such as their role in giving, receiving, and understanding consent.
19. Play reverse Pictionary; start by having one student describe an **image** in detail while the rest of the class draws based on that description. Then, share and compare the drawings to reveal how differences in interpretation emphasises the need for clear communication. Apply this to communication in relationships using the **prompt questions**.
20. Use **Beyond RSE's** fantastic set of teacher-made resources to explore the theme of 'Communicate' in your classroom or learning setting.

Click the logos to get more resources and information

