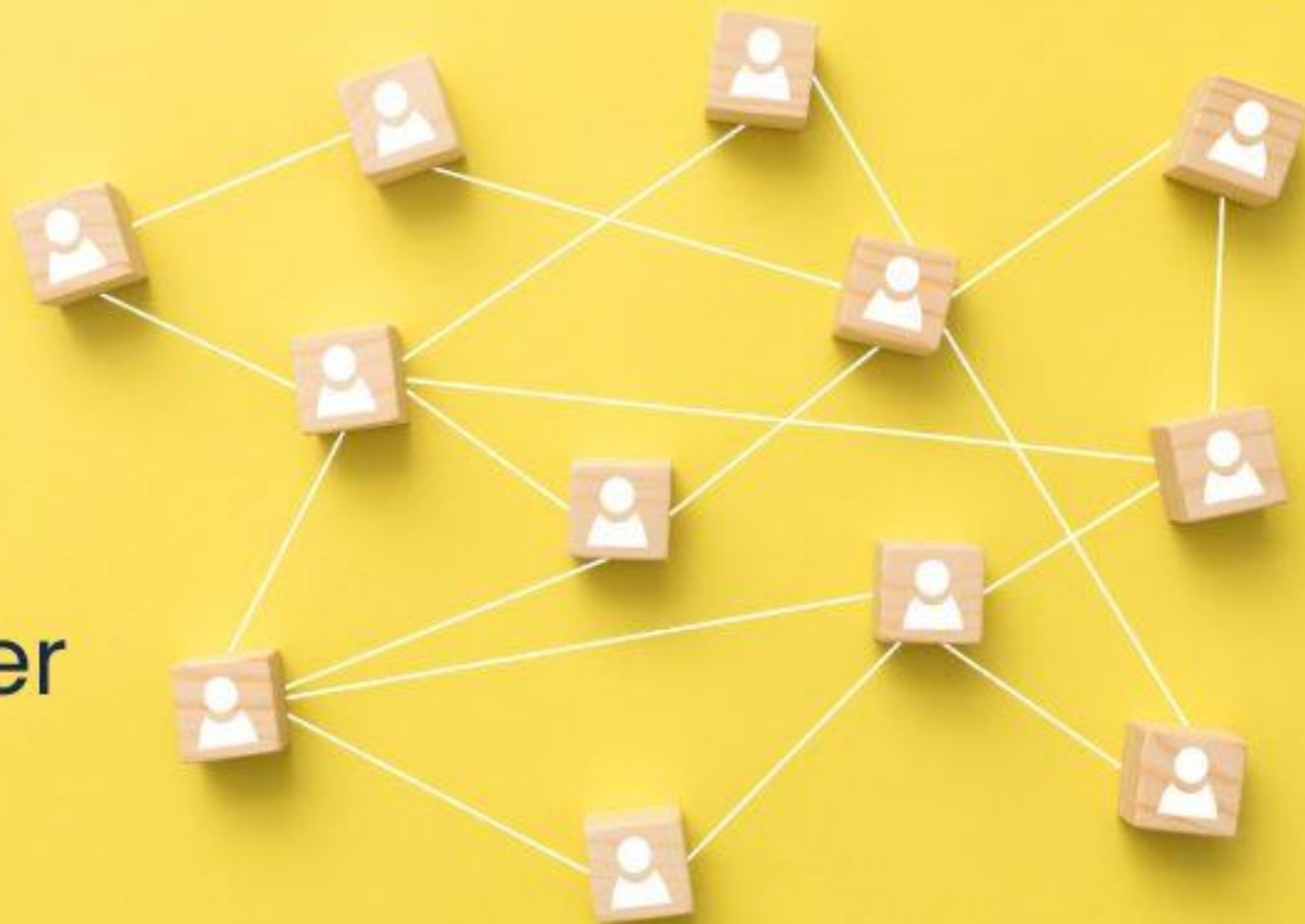


Network Event

Tuesday, 21 November
13:00 – 15:30



Agenda

- 13:00** Coffee and networking
- 13:15** Welcome and introduction
- 13:30** New resources for young people with learning disabilities
- 13:40** Stop It Now! (Scotland); Harmful sexual behaviour overview and Edinburgh schools' projects
- 14:10** Sexual health and BBV strategy: Supporting young people's sexual health
- 14:25** Tea, coffee / Wellbeing break
- 14:45** Sexual health services for young people in Lothian
- 14:55** Conversation café – sharing practice working with young people on sex and relationships
- 15:15** Plenary
- 15:25** Final remarks and evaluation
- 15:30** Close



Safer space agreement

- Respect
- Confidentiality
- Participate at your own pace

Taking care of yourself

Some of our content today can be sensitive. Here are some self-care suggestions you can use throughout today's session and afterwards.

Try a short breathing exercise



Go out for a walk



Doodle



Take a movement break

Help yourself to tea or coffee



Read a chapter of a book on your phone



Do a short activity that refreshes your mind.



Listen to music for a while



Write down 5 things you feel positive about

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Two consultations on relationships, sexual health & parenthood (RSHP) education

- One is a consultation **on practitioner/teacher guidance on the delivery of RSHP.** (Closing date 23rd November)

<https://consult.gov.scot/learning-directorate/teaching-guidance-for-relationships-sexual-health>

- The second is **a new parental engagement project** finding out what parents and carers want and need to support their child's learning around RSHP. www.thechat.scot

