





Welcome Confident RSHP training

Trainers:

Rachel Barr rachel.barr@nhs.scot

Socks Rolland Sophie.Rolland@lgbtyouth.org.uk

www.healthyrespect.co.uk





Name, pronouns,
role and org



Programme

Welcome & Introductions

Reflecting on our own experiences of RSHP

Context and policy landscape

Bringing the resource alive

Values

Condoms

Relationships

Responding to young people

Learning outcomes

- Increased knowledge of the evidence base and policy context for RSHP
- More familiar with the national RSHP resource
- Increased awareness of own values and how these can impact on planning and delivery of RSHP to young people
- Feel more confident to deliver RSHP

Education, Services and Information



Training and events



Professional resources



Latest news

www.healthyrespect.co.uk





Services

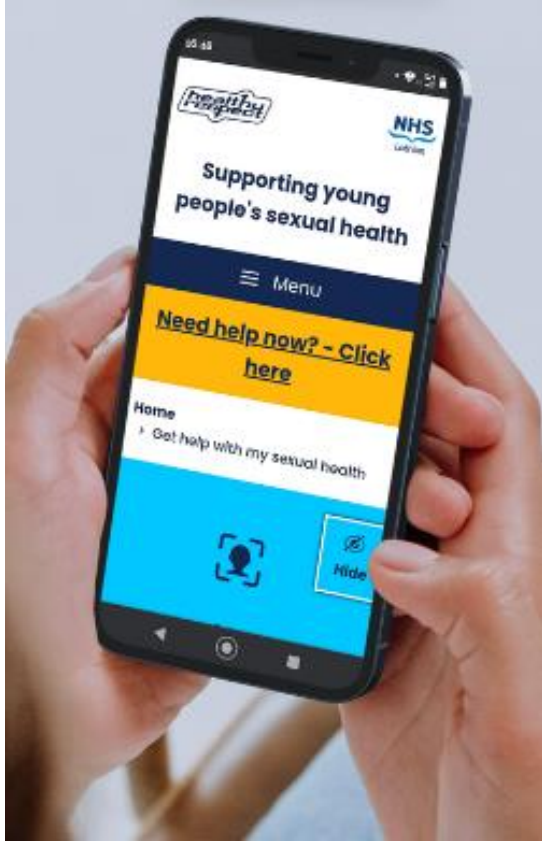
- ✓ Safe place to talk about sexual health and relationships
- ✓ Local trusted adult
- ✓ Confidential
- ✓ Non-judgemental & friendly



[Find services near me – Healthy Respect](#)

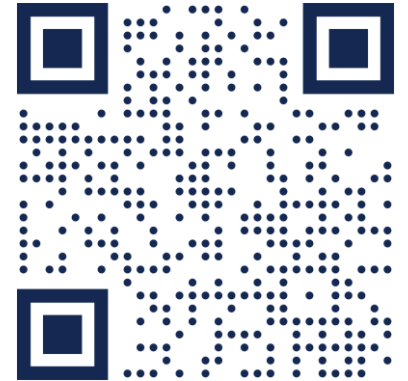


Information

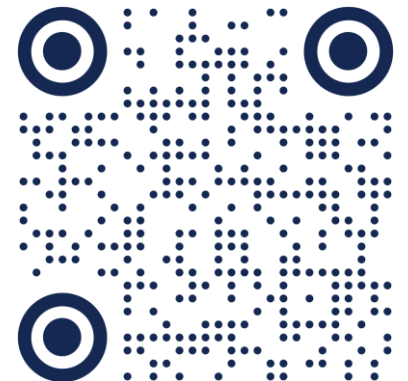


- ✓ Up to date sexual health and relationship information
- ✓ Great tool to support conversations with young people

www.healthyrespect.co.uk



- ✓ Easy to Understand (ETU) accessible sexual health and relationships information for young people with learning disabilities
- ✓ www.healthyrespect.co.uk/etu

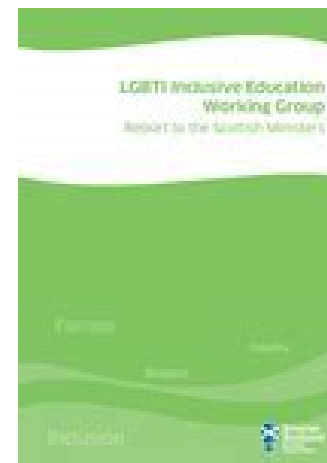
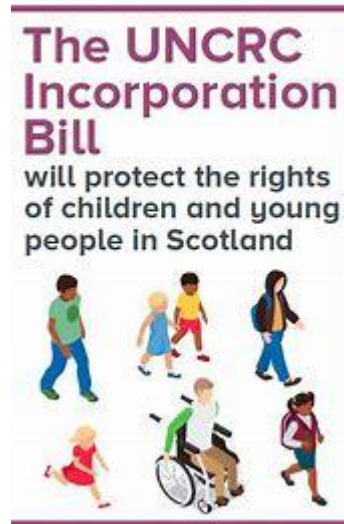
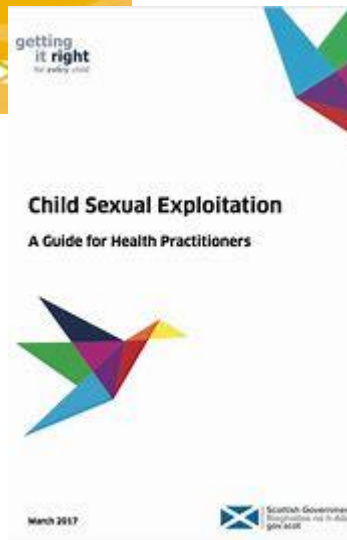
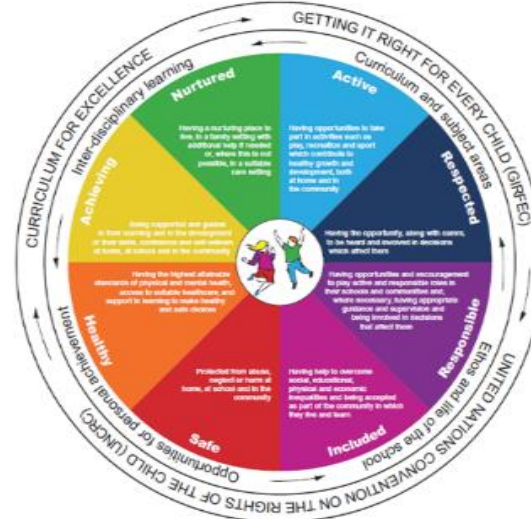




Safer space agreement

- Language
- Respect
- Challenge the statement
- Confidentiality
- Participate at your own space

Context for RSHP resource





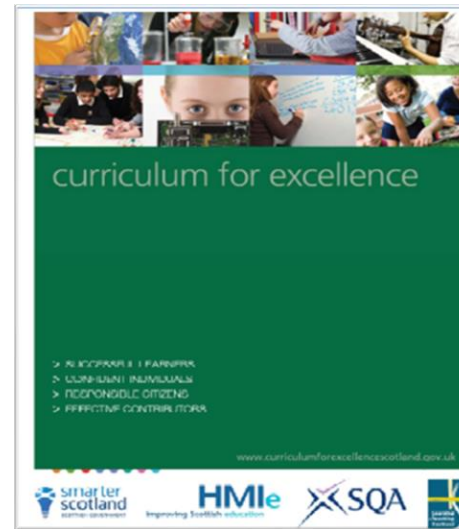
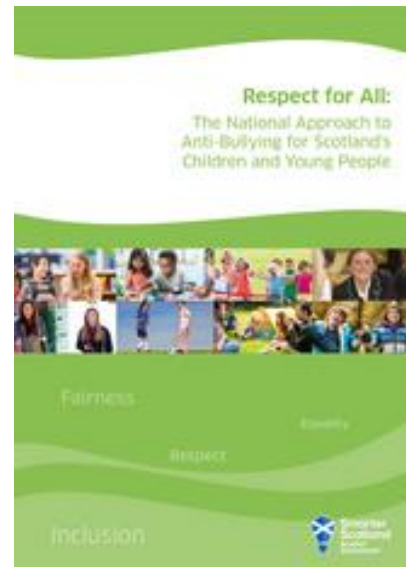
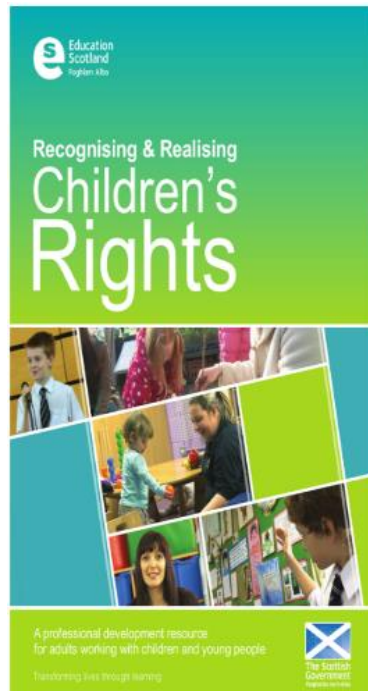
National RSHP Guidance

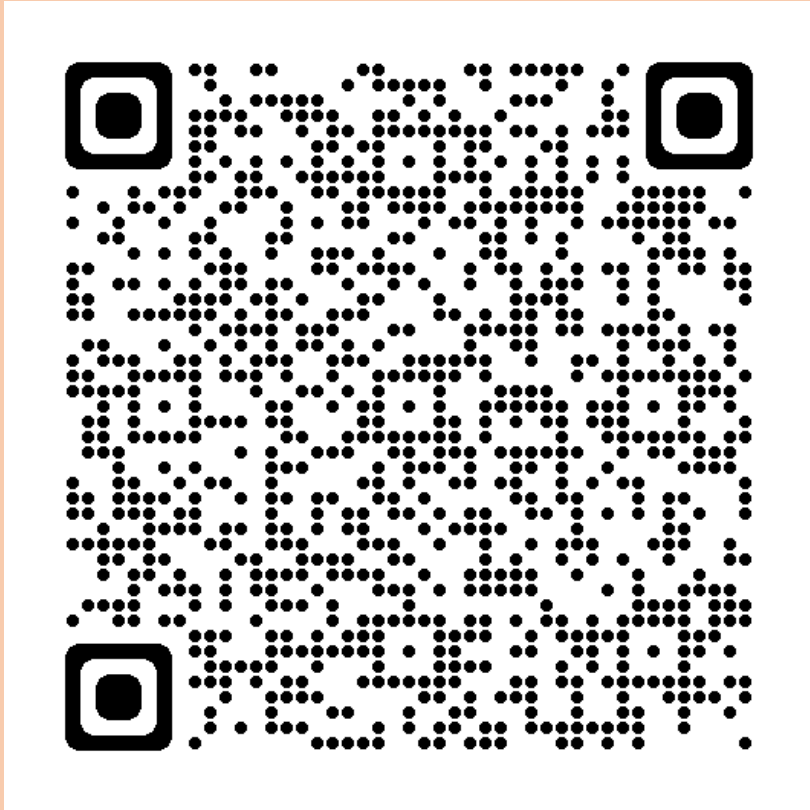
**Conduct of Relationships,
Sexual Health and Parenthood
Education in Schools**

December 2014



PSE review





[A summary of Relationships, Sexual Health and Parenthood \(RSHP\) resources | Learning resources | National Improvement Hub \(education.gov.scot\)](#)



National
Improvement
Hub





Equality and diversity

As a teacher, you should strive to promote equality and diversity ensuring that everyone is treated with respect and that individual differences are valued.

Inequality against those with protected characteristics – age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation – must be addressed and prevented.

[professional-guide-equality-diversity.pdf \(gtcs.org.uk\)](https://www.gtcs.org.uk/professional-guide-equality-diversity.pdf)



Why does RSHP matter?

FAQs - RSHP



International technical
guidance on sexuality
education: an
evidence-informed
approach - UNESCO
Digital Library





The research affirms...

- Delayed initiation of sexual intercourse
- Decreased frequency of sexual intercourse
- Decreased numbers of sexual partners
- Reduced risk taking
- Increased use of condoms
- Increased use of contraception



What young people say

Start education early and make it compulsory for PSE because often it gets missed out

All resources should be new and up to date

We should be taught how to put condoms on on more than one occasion

We need to learn about relationships. How to deal with break-ups, turning points and conflicts

There was a lack of lessons related to LGBT+

Best lesson ever

Content

The approach

Atmosphere in class

The teacher role



What makes a good RSHP practitioner?

A word cloud of qualities for a good RSHP practitioner. The words are arranged in a roughly rectangular shape, with some larger and more prominent than others. The colors of the words are primarily blue and red, with some grey text for smaller words.

Engaging Innovative
Practical Supportive makes me think
Their feedback helps me improve
Gives prompt feedback Inspiring
Organised Encouraging Cares
Authoritative Collaborative Clear
Communicates well Passionate
Enthusiastic Reliable Open to new ideas
Teaches me valuable skills

Values, Norms & Rights

Our **views** on what behaviour constitutes as appropriate sexual behaviour, are driven by our values, perceived norms and the laws of where we live.

Sexual / intimate/ romantic behaviour is deeply rooted in **values and norms** e.g. loyalty, respect, modesty, kindness, honesty, equality, getting married, monogamy.

Our values are very **personal** and maybe quite ingrained.

Crucial to **be aware** of our personal views and how they might **impact on our approach** with young people.

Values & Norms

Values are principles or standards of behaviour; a person's judgement of what is important in life.

Norms refers to attitudes and behaviours that are considered normal, typical or average within that group. What **we think others do & what we think others think we do/should do.**

Sexual behaviour is one of the most judged aspects of life. There are huge pressures on people to behave in a sexually **appropriate** manner and **conform** to perceived norms.

Values Activity

1. As individuals reflect in private on the following statements and think about whether these things are...

Right, Wrong or Ok in some situations

2. In groups discuss some of the statements that had the biggest emotional reaction

3. Discuss the impact strong emotional responses might have on our approach to delivering RSHP to young people

3. Values and Norms session

	Right	Wrong	Ok in some situations
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

1. Abortion
2. Sex under the age 16
3. Having an operation to change your sex (to align with your gender identity)
4. Discussing pornography with S2 pupils
5. Teaching young people with learning disability sexual health education
6. A trans girl using the girls toilet
7. Parents removing their child from RSHP lessons
8. Same sex couples adopting children
9. Talking to young people about sexual pleasure
10. Under 16's accessing confidential sexual health services without parental knowledge
11. 'Sexting'
12. Casual sex

How could not being aware of our personal values impact on children and young people?



- Gaps in learning, putting young people at risk
- Might feel unsupported, isolated, judged
- Reinforce negative stereotypes
- Might impact on access to support & services
- Deny them of key life skills
- Restrictive, protective measures

Strategies for working with strong values

- Recognise that we all have areas/topics that we are less comfortable with
- Knowing your triggers/topics that make you feel uncomfortable, or you have strong feeling about
- Share good practice
- Ask for help from peers
- Plan across the organisation and create an honest and supportive culture
- 121 Supervision
- Role model/share
- Be open to other approaches

Key messages



- Aspects of RSHP may be challenging but it is an essential area of learning for children and young people (Rights)
- It is important to be aware of any areas that are challenging for us personally but...
- Our practice needs to take place within the legislation and policies we are expected to work within.



Break

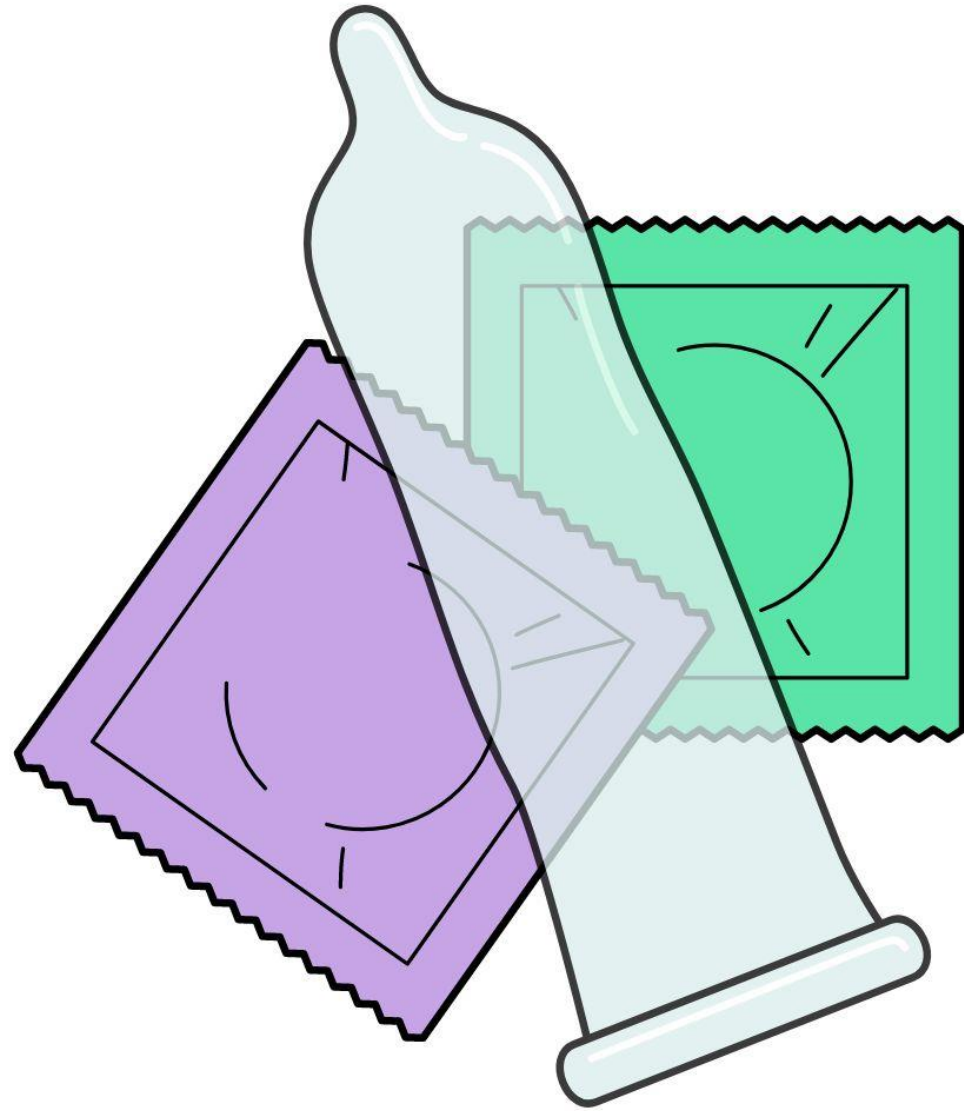
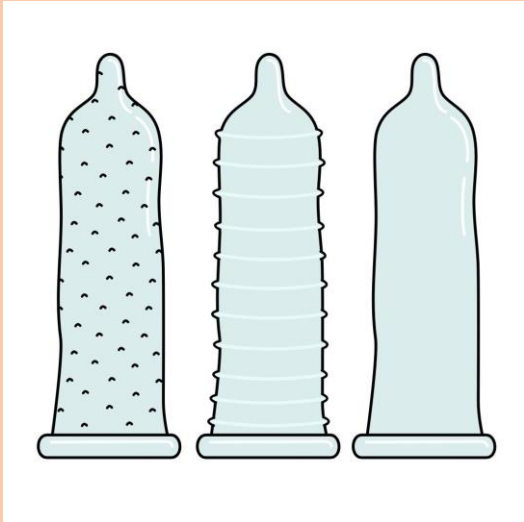
Relationships, sexual health and parenthood (RSHP) www.rshp.scot



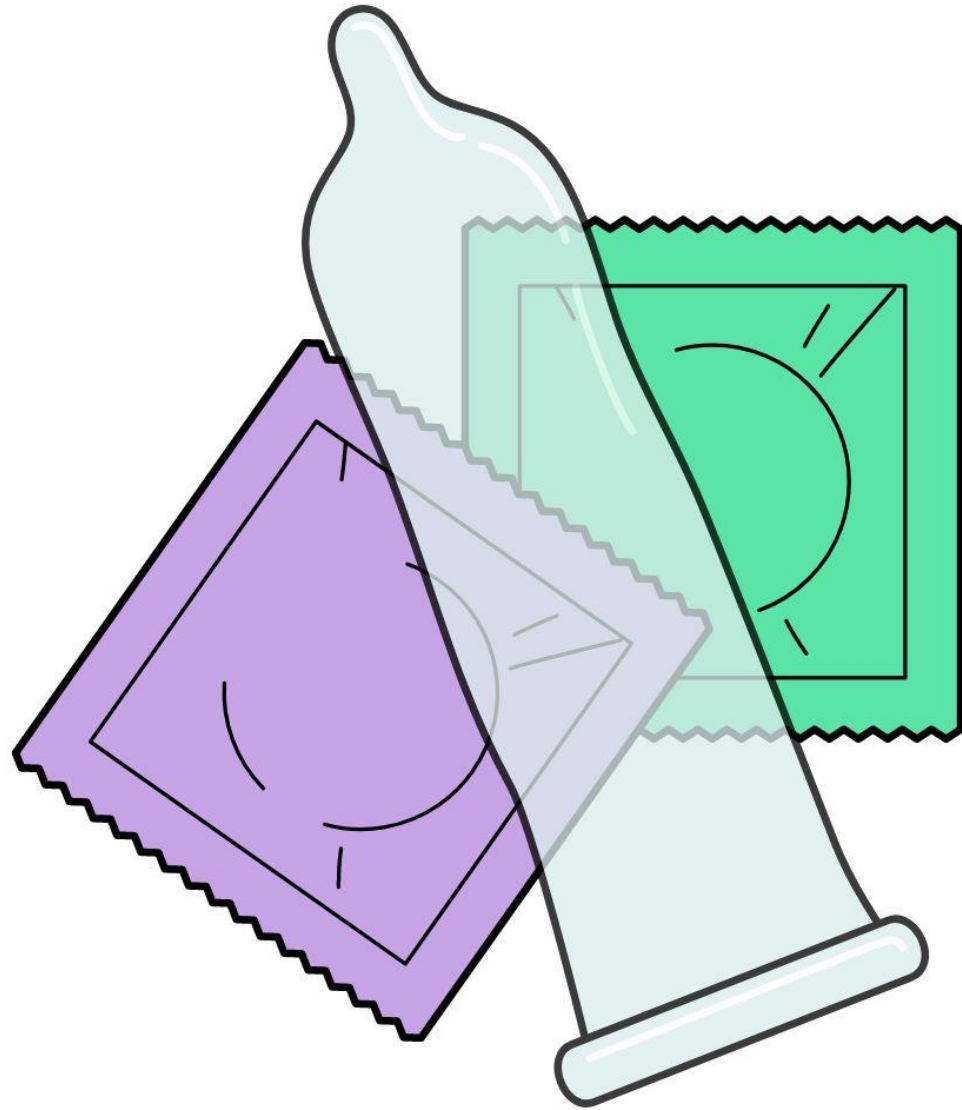
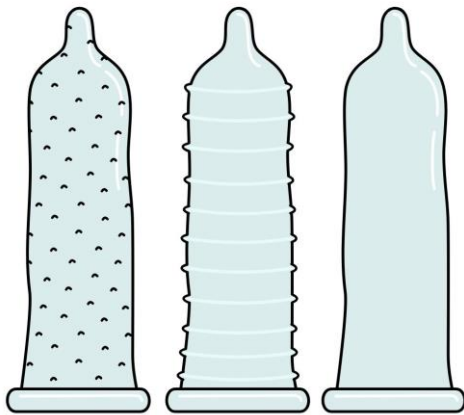
Welcome to the national resource for **relationships, sexual health** and **parenthood** (RSHP) education for children and young people. The resource can be used in early learning settings, schools, colleges and community-based learning. It is organised to sit within Curriculum for Excellence.

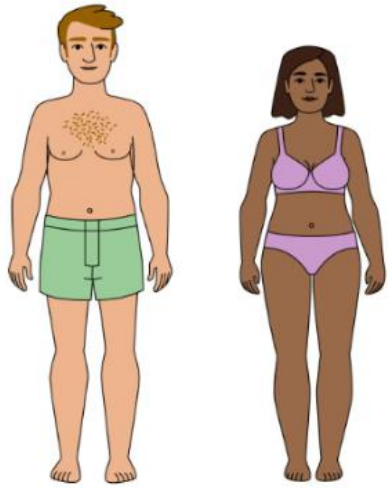
You can join our network at [get involved](#) and once subscribed, you will be kept informed of any developments in the delivery of RSHP education.

Condoms



Condoms





All about bodies



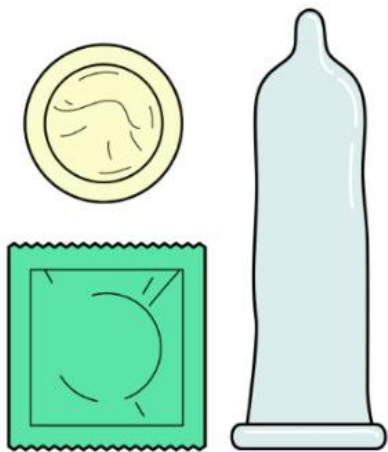
All about sex



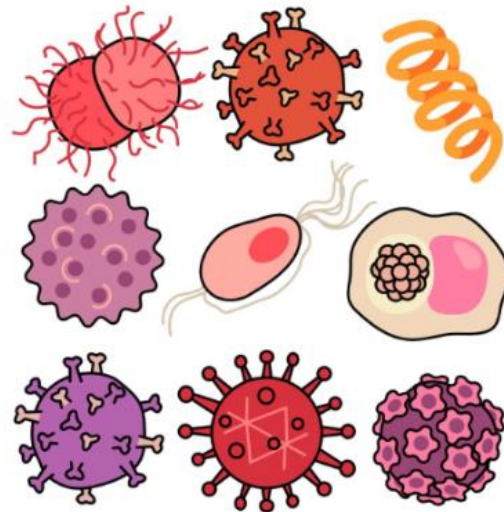
LGBT+



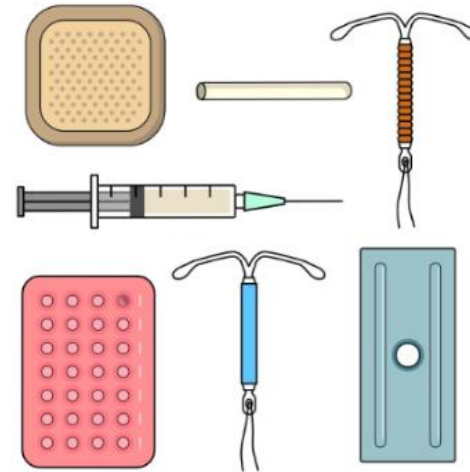
Find sexual health services near me



Condoms



STIs - Sexual infections



Contraception - Preventing pregnancy



Pregnancy


75% of male and **72%**
of female 19–20 year-olds with a
learning disability have had sexual
intercourse

vs. 89% of male and 88% of
female 19–20 year-olds
without a learning
disability

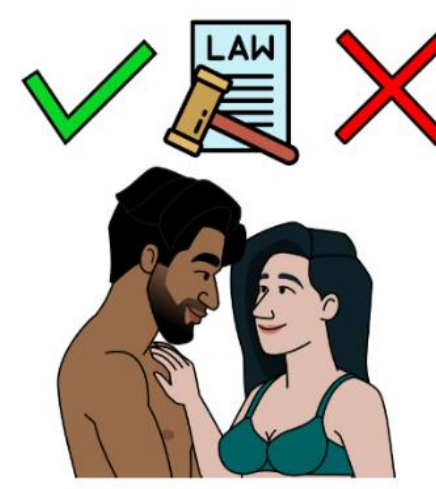




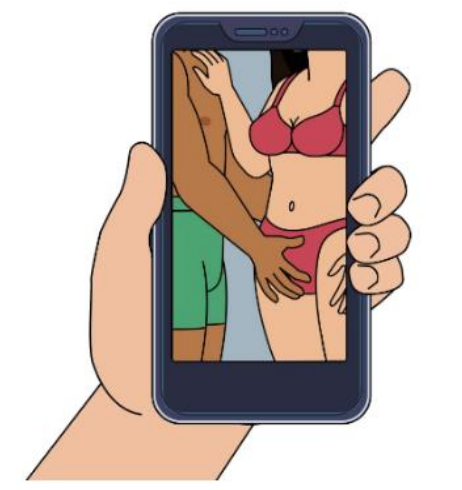
Abortion




Help if you have been sexually abused



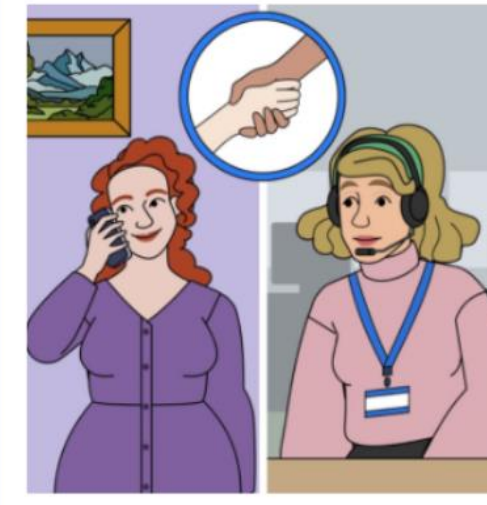
LGBT+



Porn



Other support and information

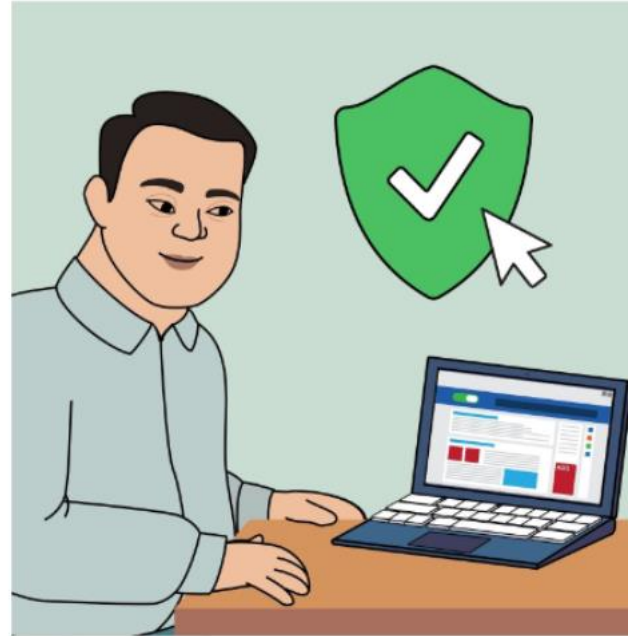


Support organisations

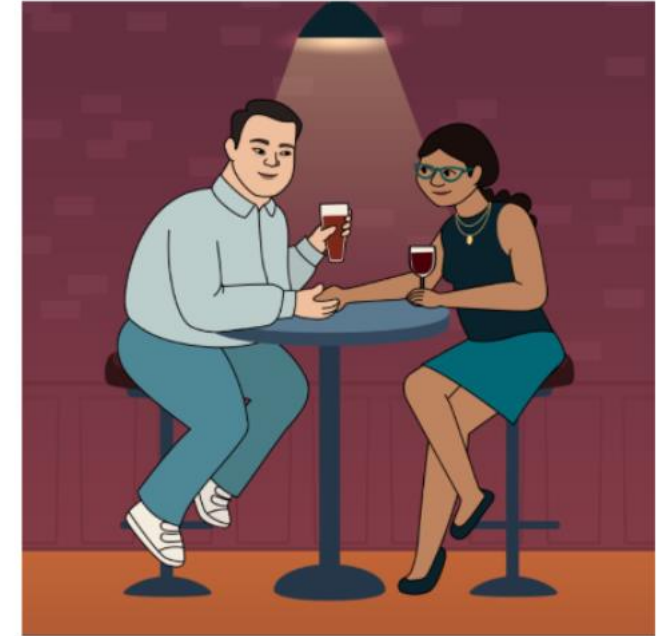
Coming soon



My sexual health rights



Online safety



Relationships



Content warnings and age restrictions used in some sections.



A Lothian based resource, with links to national Services.



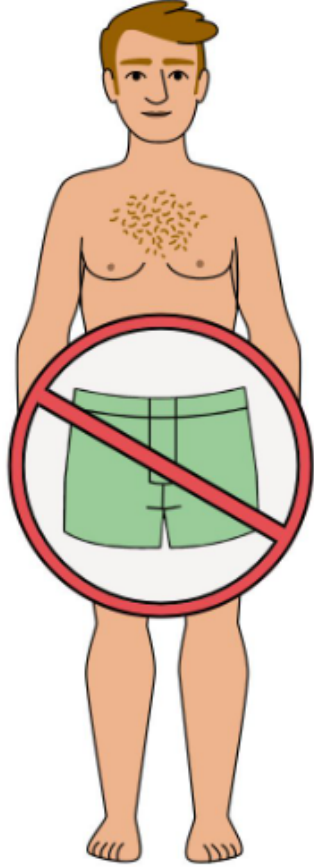
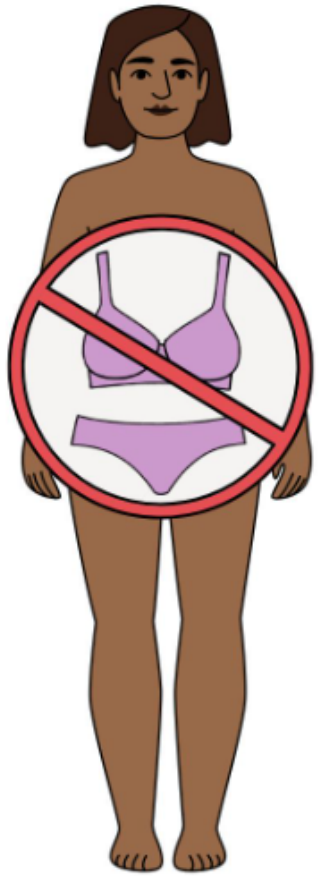
Tested for digital accessibility by DAC (e.g. Screen readers, image descriptions)



The target audience for the website is young people aged 13-18.



Content warnings



This page has drawings of private body parts and people with no clothes on.

The drawings are used to help you understand.



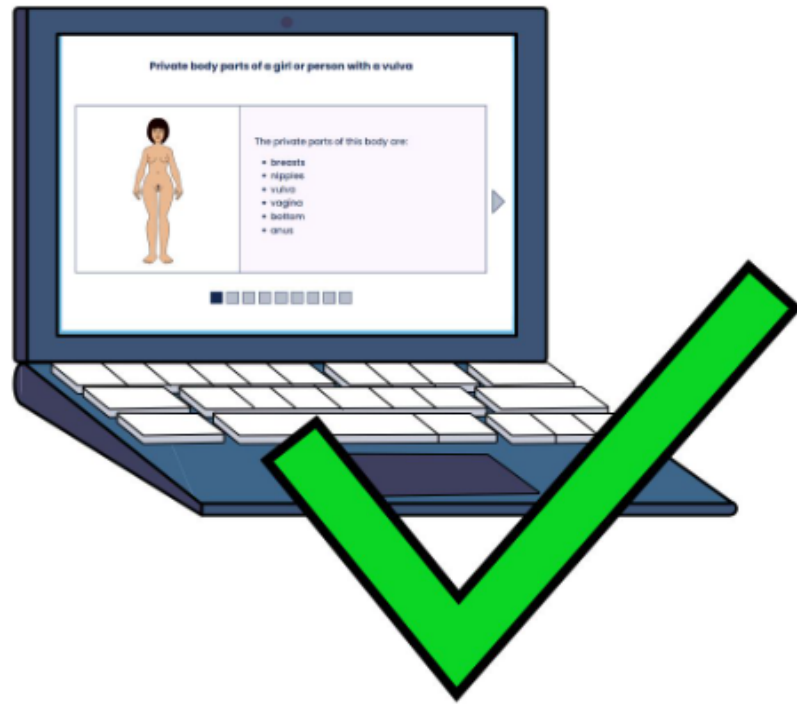
Real Photo



Our Drawings



There are no photos of real people's private body parts on our website.



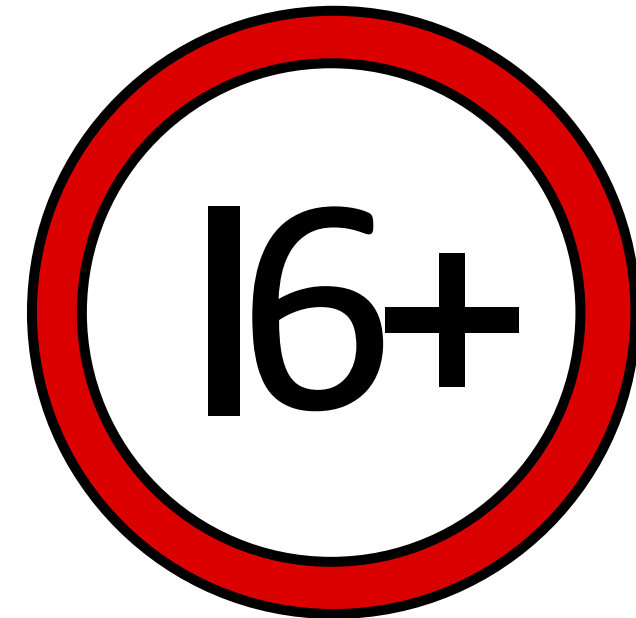
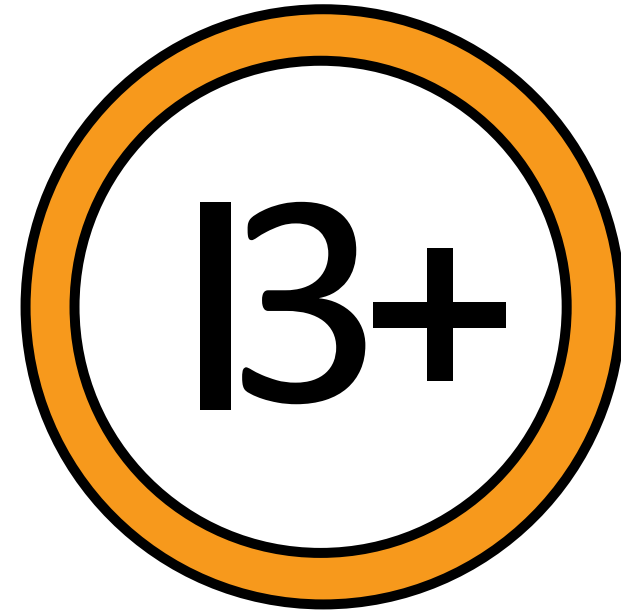
It is ok to see these drawings because you are learning about private body parts.



If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.

Age restrictions

Example age
group
progressions for
sexual activity





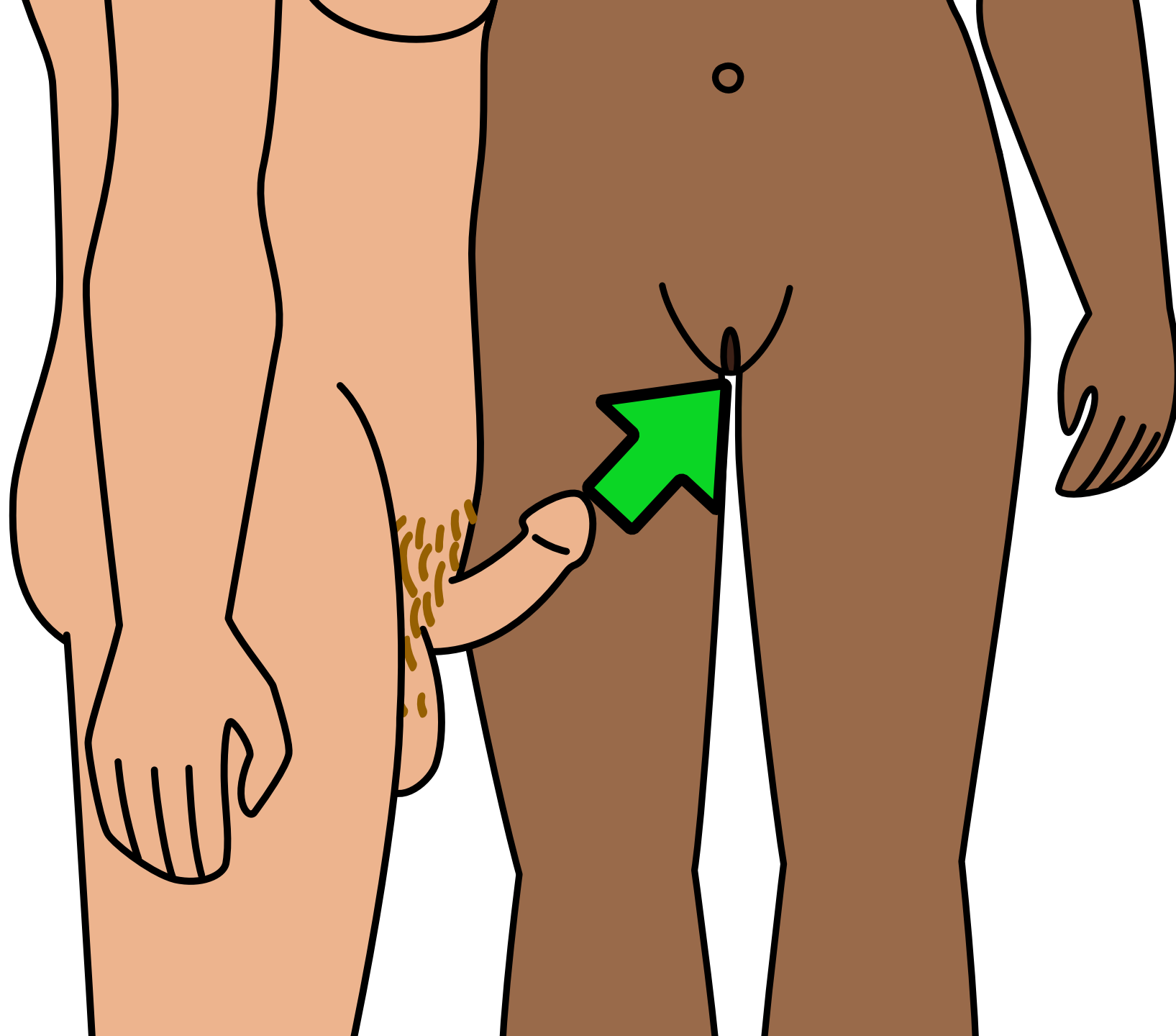
This page is for people aged 13 years and older.



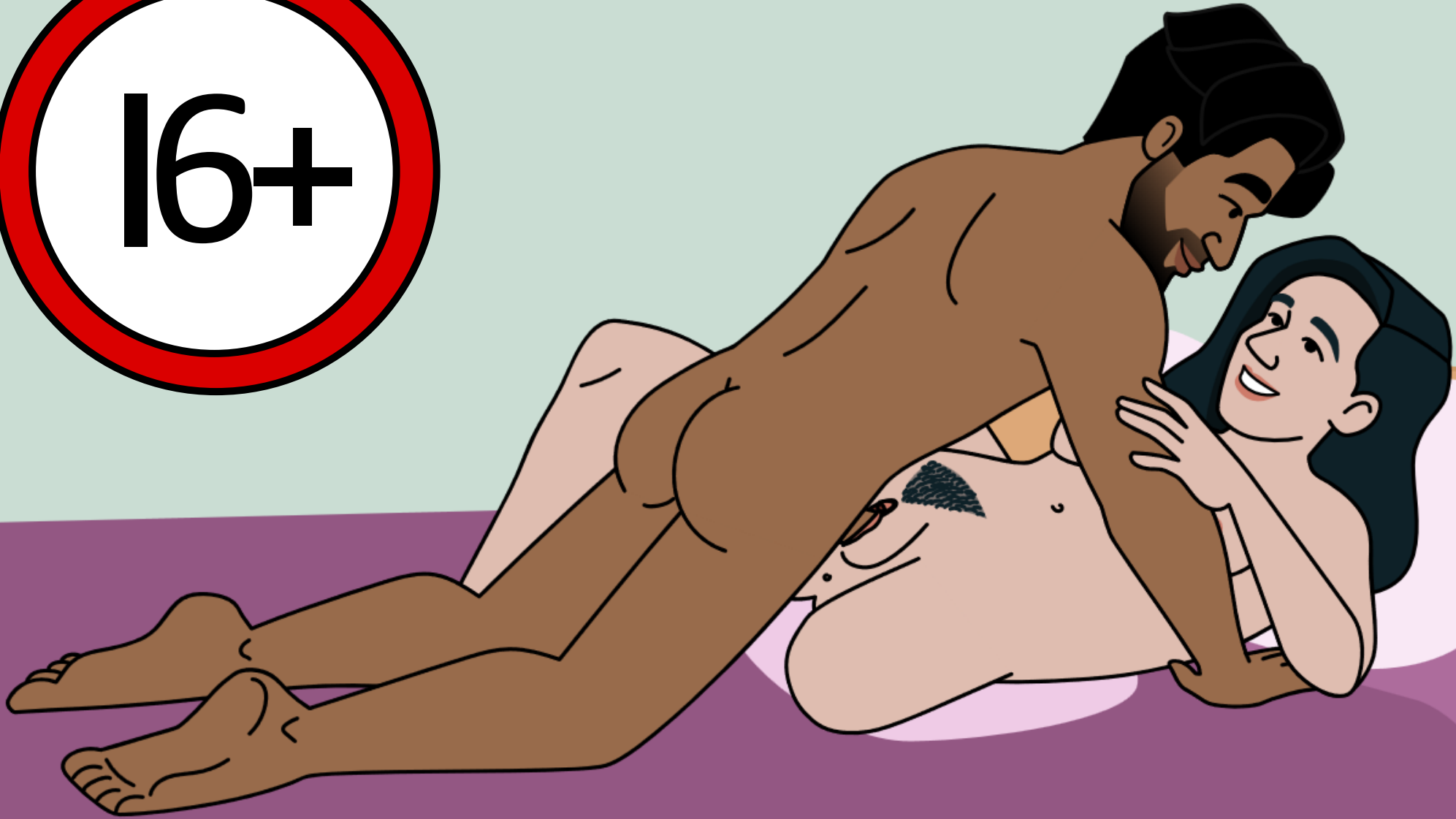
If you are younger than 13 and want to learn about sexual abuse, you can talk to a trusted adult or **learn about it on the Childline website.**

You can also contact **Childline.**

13+

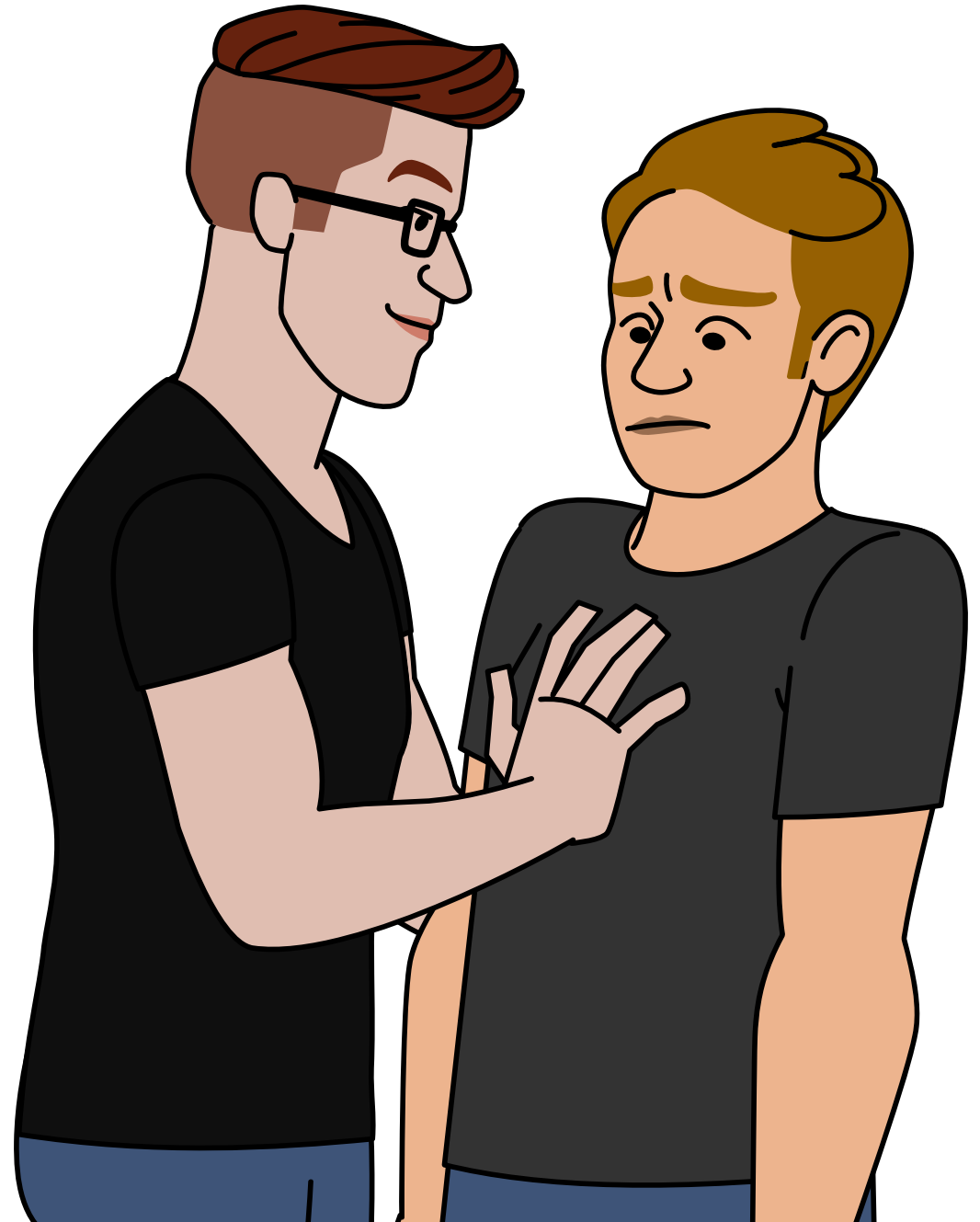


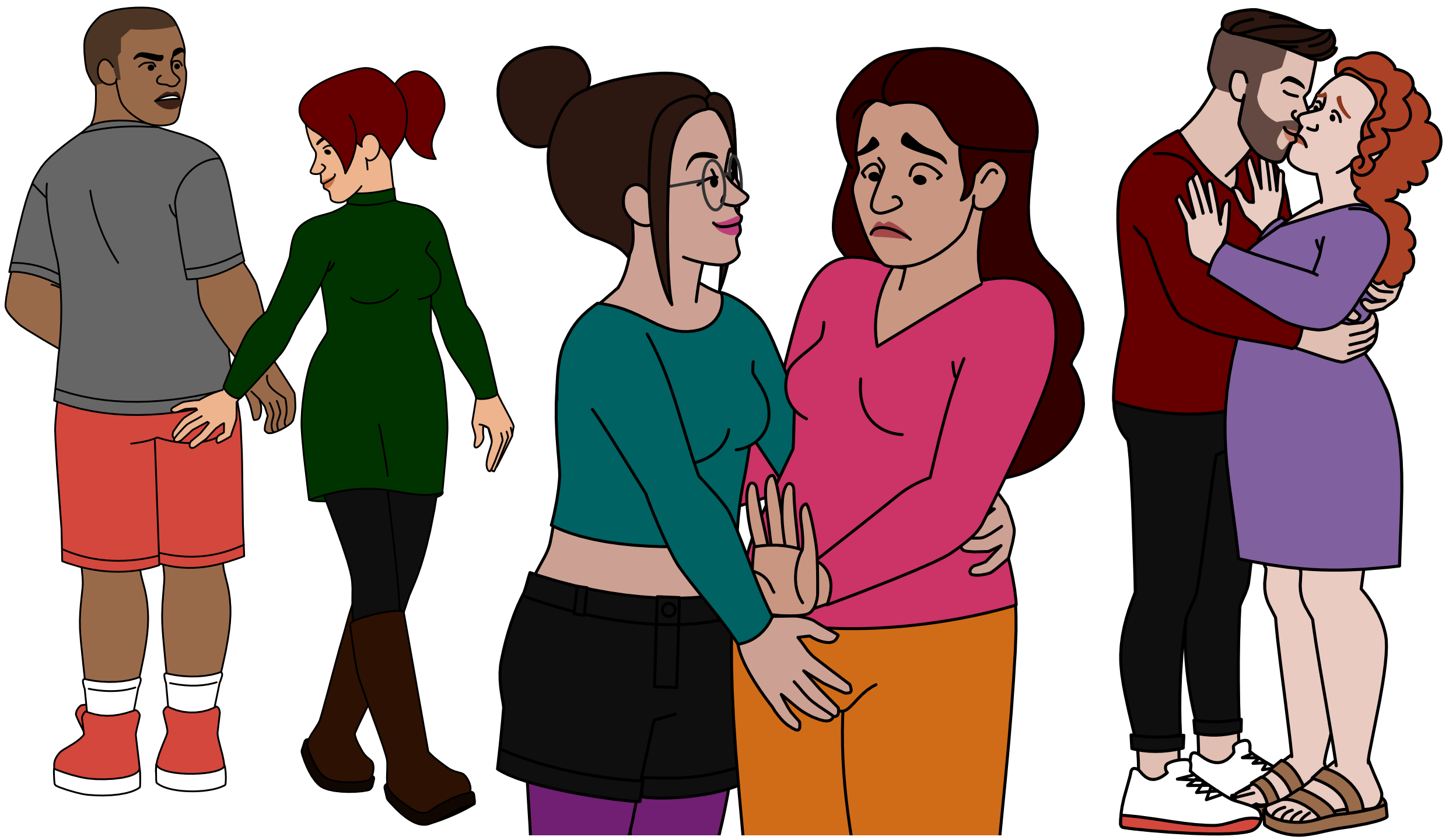
16+



Abuse

Approached as sensitively as possible to reduce triggering imagery while still being descriptive.



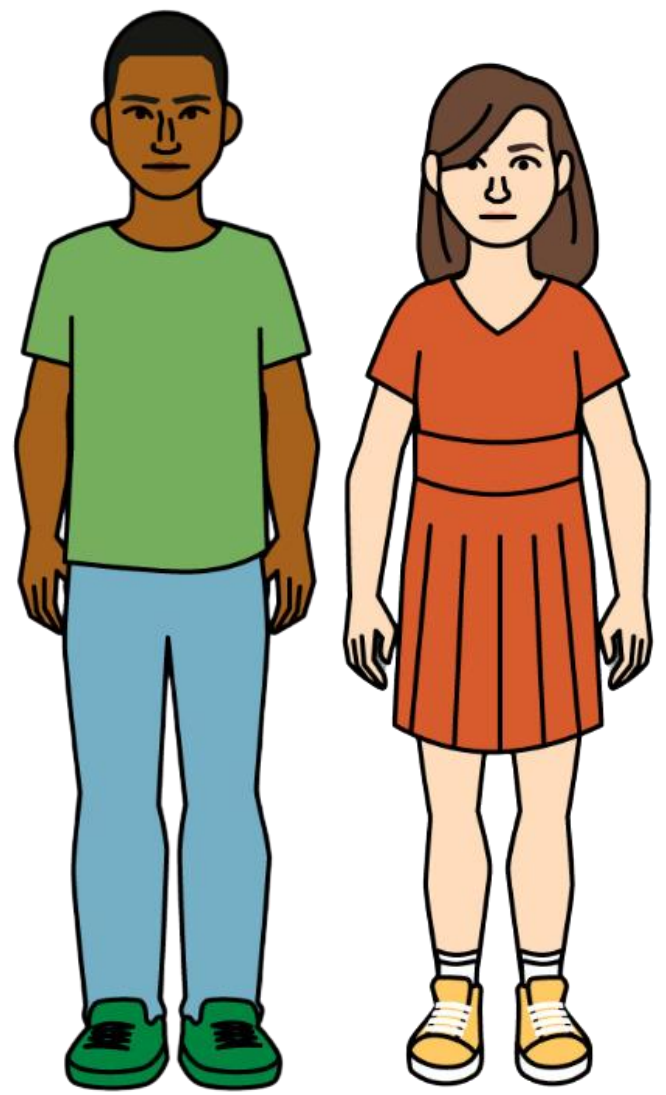


No 

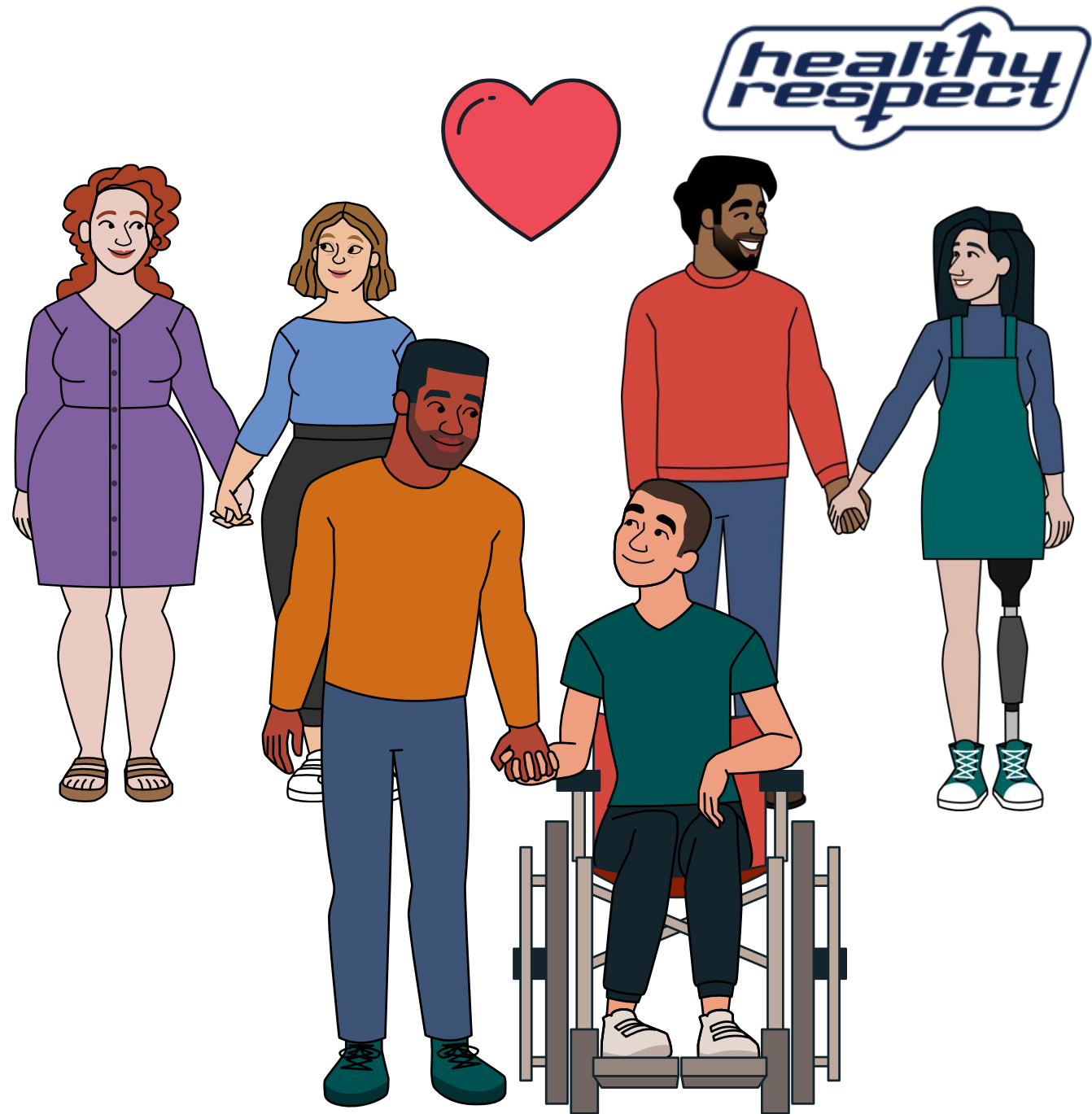


Children

~~Sex~~



Site navigation



Relationships: Why do they matter?

- **Healthy relationships:** positively affect our mental & physical health
- **Unhealthy / abusive relationships:** negatively affect our mental & physical health
- **No relationships:** can lead to loneliness and isolation – negatively affects our mental & physical health



Relationships with friends, families and partners are fundamental to our wellbeing and the quality of those relationships has a major impact of our health. **Evidence shows** that our relationships can **protect us** from the effects of **long-term health conditions, aid recovery,** and even **prevent us from becoming ill in the first place.**"

The Best Medicine: The importance of relationships for



What messages do young people get about relationships?



Representation is everything



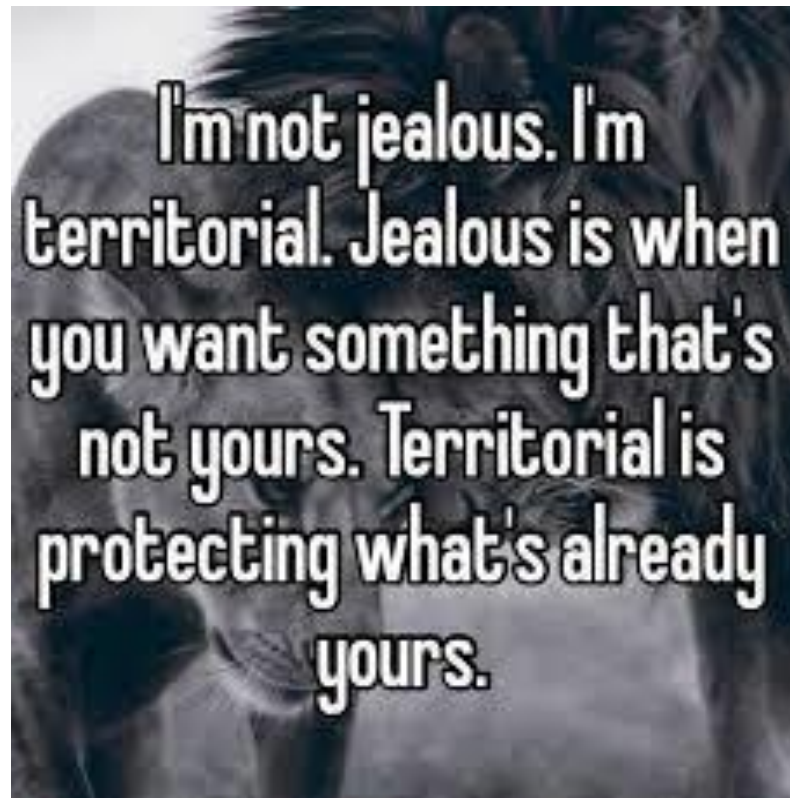
Healthy & Unhealthy Relationships:

- What makes a **healthy / unhealthy / abusive** relationship?
- How do I **behave** in a healthy relationship?
- How should a healthy relationship **feel**?
- How do I behave if I want to create/maintain a healthy relationship?

- How might it **feel** to be in an **unhealthy** relationship?
- How would I **recognise** an **abusive** relationship?
- How do I behave if I want to avoid creating/maintaining an abusive relationship?
- **How do I get out of an abusive relationship?**

Relationship activity





A real boyfriend 🍷

- Calls you for nothing
- Texts you all the time
- Wants to see you
- Gets jealous
- is overprotective
- loves you



**WHAT TEENS
THINK ABOUT:
RELATIONSHIPS**

[What Teens Think About: Healthy Relationships](#)

Pause, play stop activity

PAUSE

PLAY

STOP



PAUSE

PLAY

STOP

We can help by

- Promoting and modelling healthy relationship behaviours
- Teaching relationship skills
- Highlighting unhealthy and abusive behaviours
- Promoting services that support those in unhealthy/abusive relationships





Responding to young people



Strategies

- Take a moment
- It is okay to say I don't know
- If appropriate let us find out together
- Clarify their understanding
- Ask questions
- Keep to the question avoid overloading
- Keep facial expressions and body language non-judgemental

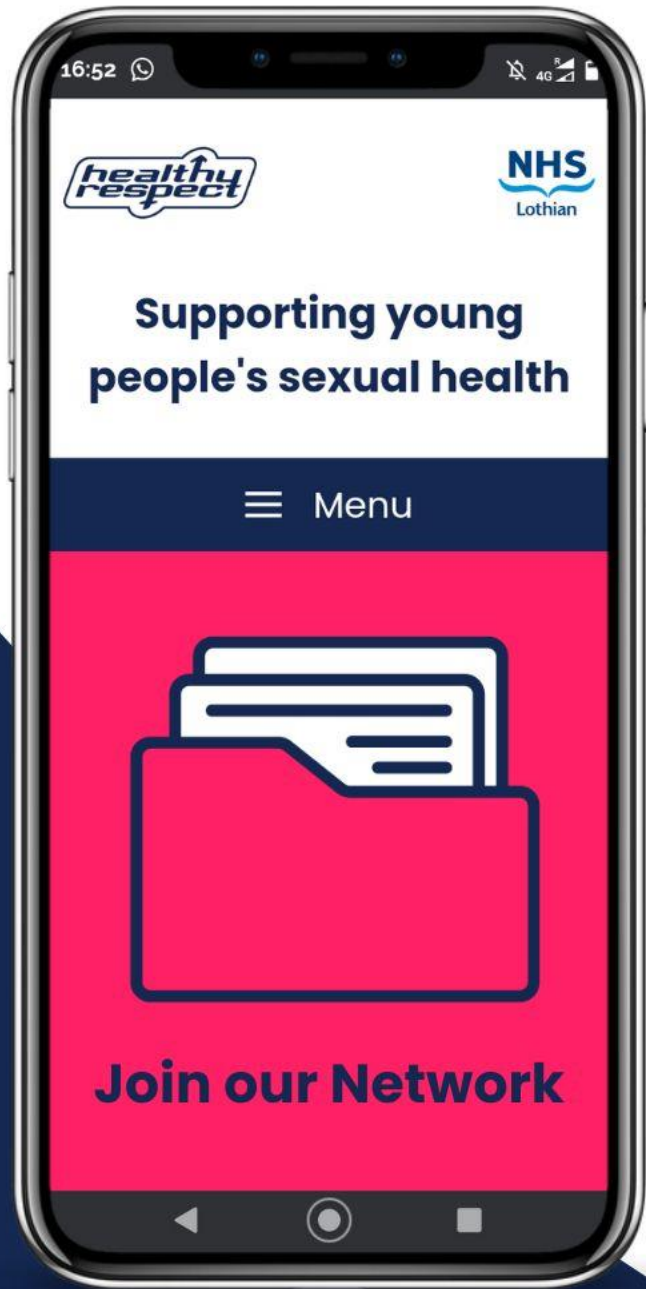
What does RSHP
equip children and
young people to
deal with?

<https://vimeo.com/showcase/6310425/video/361992291>





<https://vimeo.com/showcase/6310425/video/361992291>



Keep up to date with **information** and **training** on relationships, sexual health and parenthood.



Join our Network
bit.ly/Network-HR

Evaluation and
thank you 😊



Evaluation link

<https://app.onlinesurveys.jisc.ac.uk/s/nhslothiansurveys/post-confident-rshp-training-evaluation-nov-2024>

