

WHAT IS RSE?

RELATIONSHIPS AND SEXUALITY EDUCATION (RSE)

TEACHES YOUNG PEOPLE HOW TO FORM HEALTHY AND POSITIVE RELATIONSHIPS FOR FUTURE LIFE. THIS IS A LIFELONG JOURNEY AND THE INFORMATION WE RECEIVE IN SCHOOL IS JUST A PART OF THAT.

TOPICS I WILL STUDY ARE:

- RELATIONSHIPS

- IDENTITY

- SEXUAL HEALTH AND WELLBEING

- EMPOWERMENT, SAFETY AND RESPECT

- MAKING HEALTHY CHOICES

- CONSENT



WHAT ARE THE COMMON ISSUES YOUNG PEOPLE FACE?

← KEEPING SAFE ONLINE

← FRIENDSHIP AND PEER PRESSURE

← HEALTHY RELATIONSHIPS

← ISSUES AROUND CONSENT

← SPOTTING RED FLAGS IN RELATIONSHIPS

← IDENTITY

← SELF ESTEEM AND SELF WORTH

← BODY IMAGE



A YOUNG PERSON'S GUIDE TO RSE



HSC Belfast Health and Social Care Trust
caring supporting improving together

IS PROUD TO SUPPORT
THE WORK OF THE PUPILS IN
BANBRIDGE AREA LEARNING COMMUNITY

BANBRIDGE AREA COMMUNITY..

..IS COMMITTED TO A COLLABORATIVE APPROACH TO PROVIDING ALL OF OUR PUPILS WITH RELATIONSHIP AND SEXUALITY EDUCATION.

THIS LEAFLET WAS WRITTEN BY YOUNG PEOPLE IN BANBRIDGE POST PRIMARY SCHOOLS.

IT IS FOR YOUNG PEOPLE FROM AGE 11-18 YEARS OLD. ALL SCHOOLS WORK HARD TO ENSURE THAT WE ARE PROVIDED WITH GUIDANCE ON RESPECT, TRUST AND SAFETY IN SUPPORTIVE SCHOOL ENVIRONMENTS.

RESPECT TRUST
SAFETY



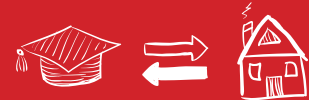
WHAT ARE THE BENEFITS OF STUDYING RSE?

- UNDERSTANDING YOUR IDENTITY AND WHO YOU ARE
- INFORMATION HELPS US MAKE BETTER DECISIONS AND HEALTHY CHOICES
- THIS PREPARES US FOR ADULthood
- REDUCES SEXTORTION OR HARASSMENT



WILL MY PARENTS KNOW WHICH TOPICS I WILL LEARN ABOUT IN RSE?

YES, RSE IS COMPULSORY IN ALL SCHOOLS AND PARENTS ARE KEPT UP TO DATE ON WHAT IS DELIVERED IN YOUR SCHOOL.



ORGANISATIONS WHICH COULD HELP ME ARE

common
YOUTH.



WOMEN'S AID



Relate NI

CARA FRIEND

CHILDLINE

CCEA.ORG.UK
SEARCH: RSE HUB



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