Pre-training evaluation





Welcome Confident RSHP training

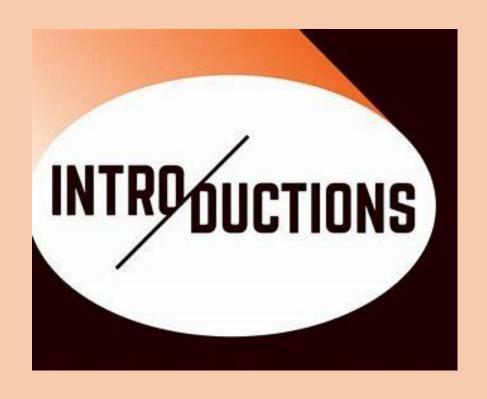
Trainers:

Rachel Barr rachel.barr@nhs.scot

Louise Queen <u>lousie.queen@nhs.scot</u>



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

Education, Services and Information











Services

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









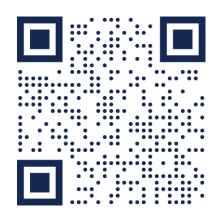
Information

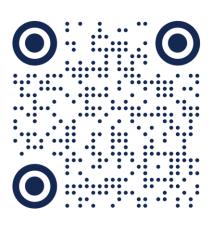
- ✓ Up to date sexual health and relationship information
- ✓ Great tool to support conversations with young people

www.healthyrespect.co.uk



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



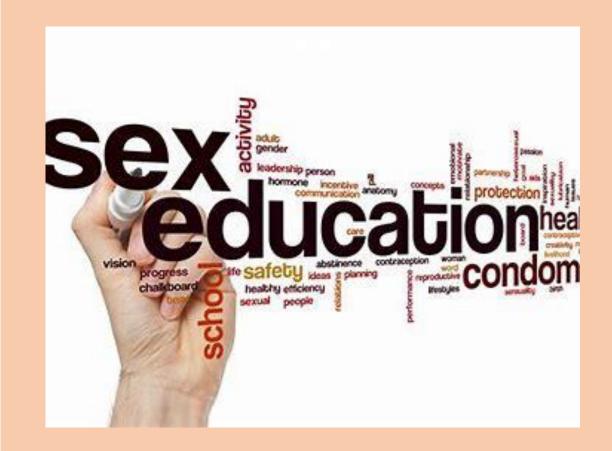




Safer space agreement

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

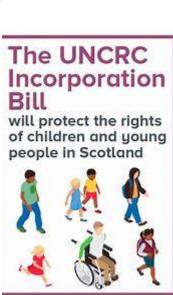
What were you own experiences of sex education?

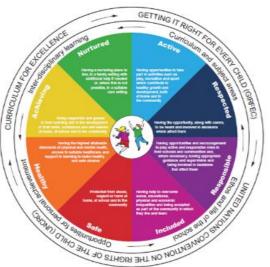


Context for RSHP resource

















National RSHP Guidance

Conduct of Relationships, Sexual Health and Parenthood Education in Schools

December 2014





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







Equality and diversity

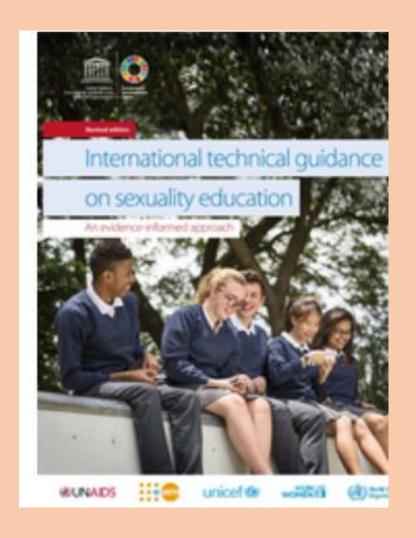
As a teacher, you should strive to promote equality and diversity ensuring that everyone is treated with respect and that individual differences are valued. Inequality against those with protected characteristics - age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation - must be addressed and prevented.

professional-guide-equality-diversity.pdf (gtcs.org.uk)

Why does RSHP matter? FAQs - RSHP



International technical guidance on sexuality education: an evidence-informed <u>approach - UNESCO</u> **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?



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.			
	I	I	l

- 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. Parents removing their child from RSHP lessons
- 7. Same sex couples adopting children
- 8. Talking to young people about sexual pleasure
- 9. Under 16's accessing confidential sexual health services without parental knowledge
- 10. 'Sexting'
- 11. 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



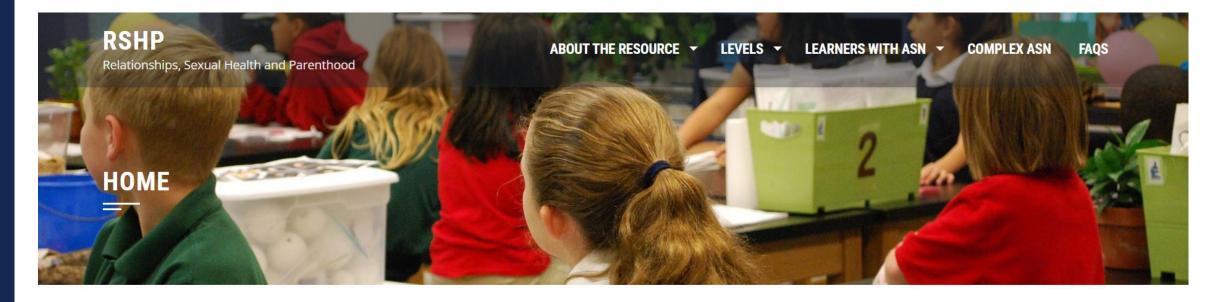
Key messages

- 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 polices we are expected to work within.



Break

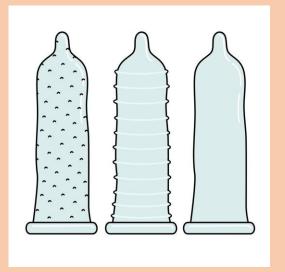
Relationships, sexual health and parenthood (RSHP) <u>www.rshp.scot</u>

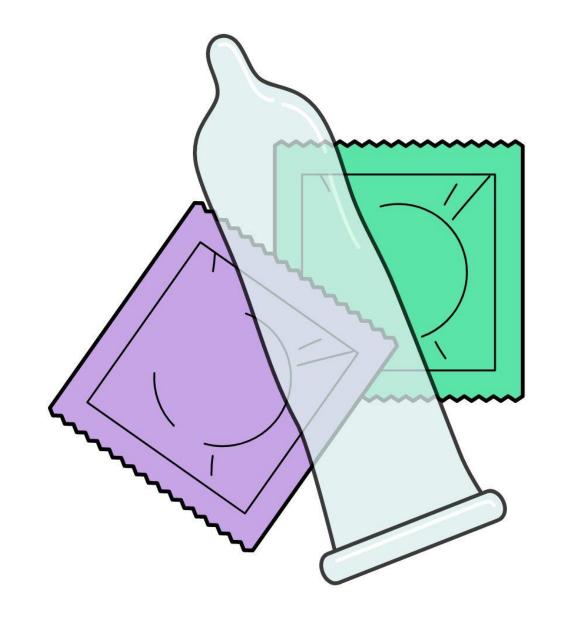


Welcome to the national resource for **relationships**, **sexual health** and **parenthood** (RSHP) education for children and young people. The resource can be used in early learning settings, schools, colleges and community-based learning. It is organised to sit within Curriculum for Excellence.

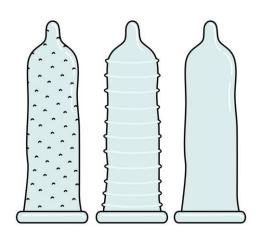
You can join our network at **get involved** and once subscribed, you will be kept informed of any developments in the delivery of RSHP education.

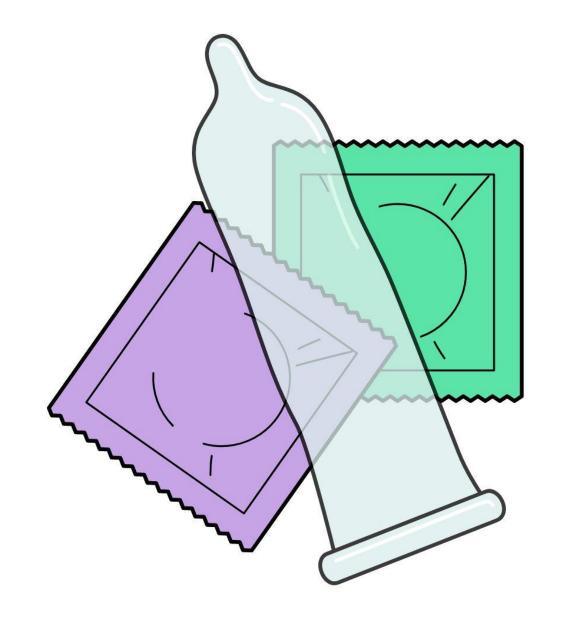
Condoms





Condoms







Content warnings and age restrictions used in some sections.



A Lothian based resource, with links to national Services.



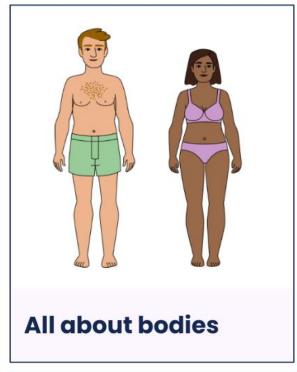
Tested for digital accessibility by DAC (e.g Screen readers, image descriptions)



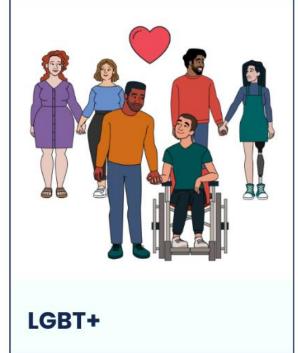
The target audience for the website is young people aged 13-18.

Site navigation



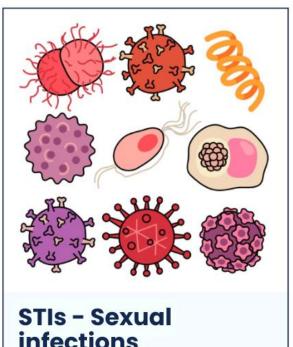


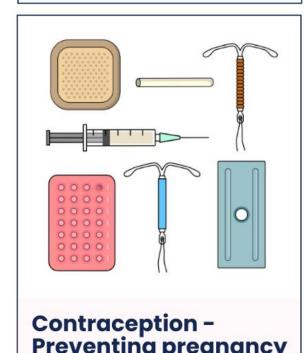








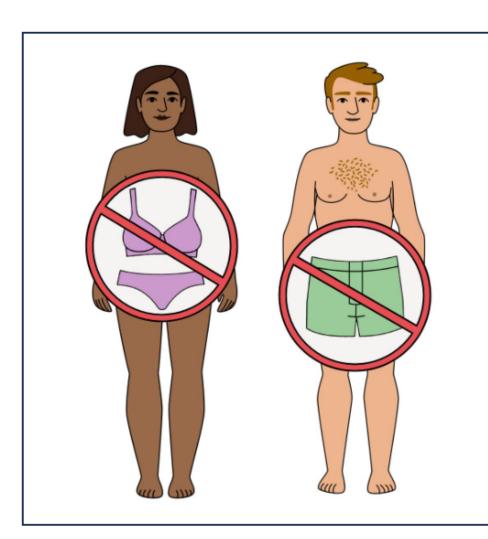






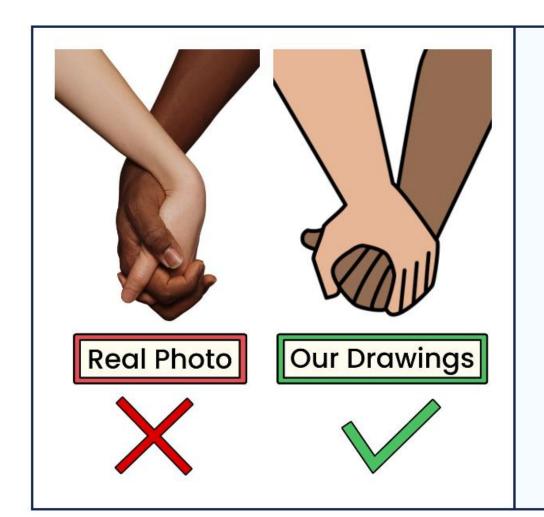


Content Warnings

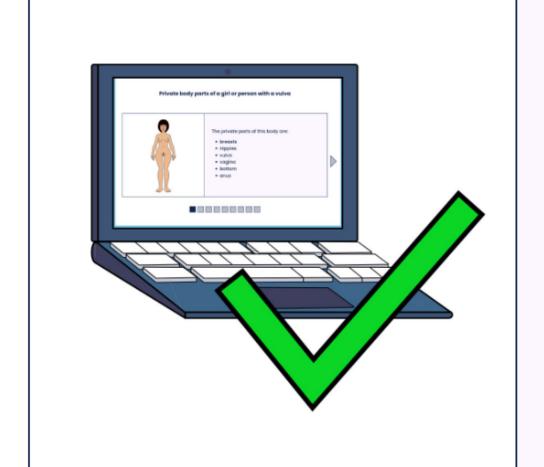


This page has drawings of private body parts and people with no clothes on.

The drawings are used to help you understand.



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



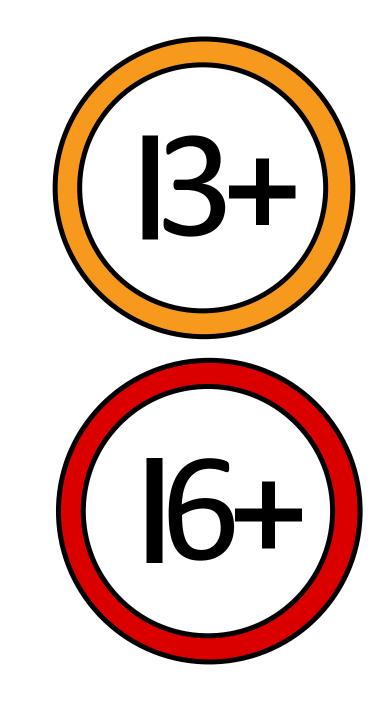
It is ok to see these drawings because you are learning about private body parts.

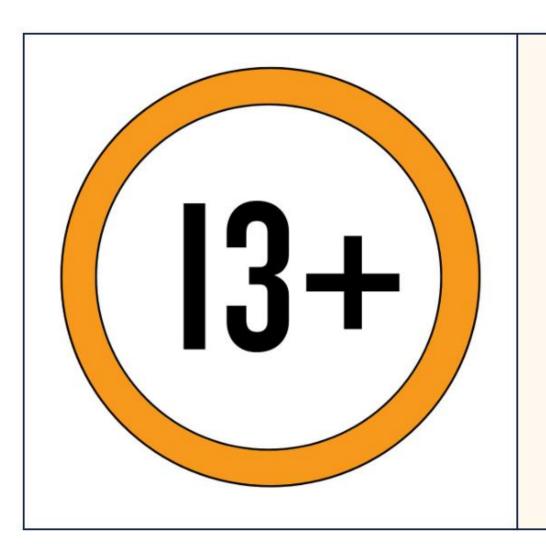


If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.

Age restrictions

Example age group progressions for sexual activity



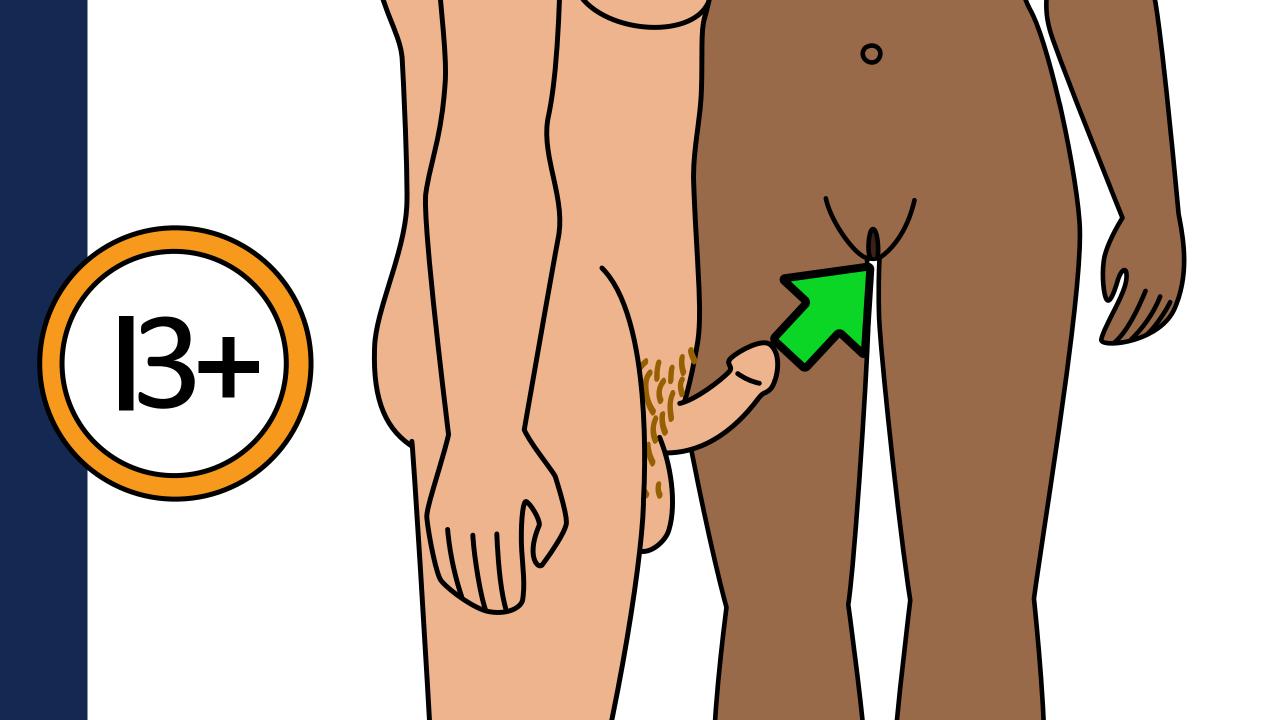


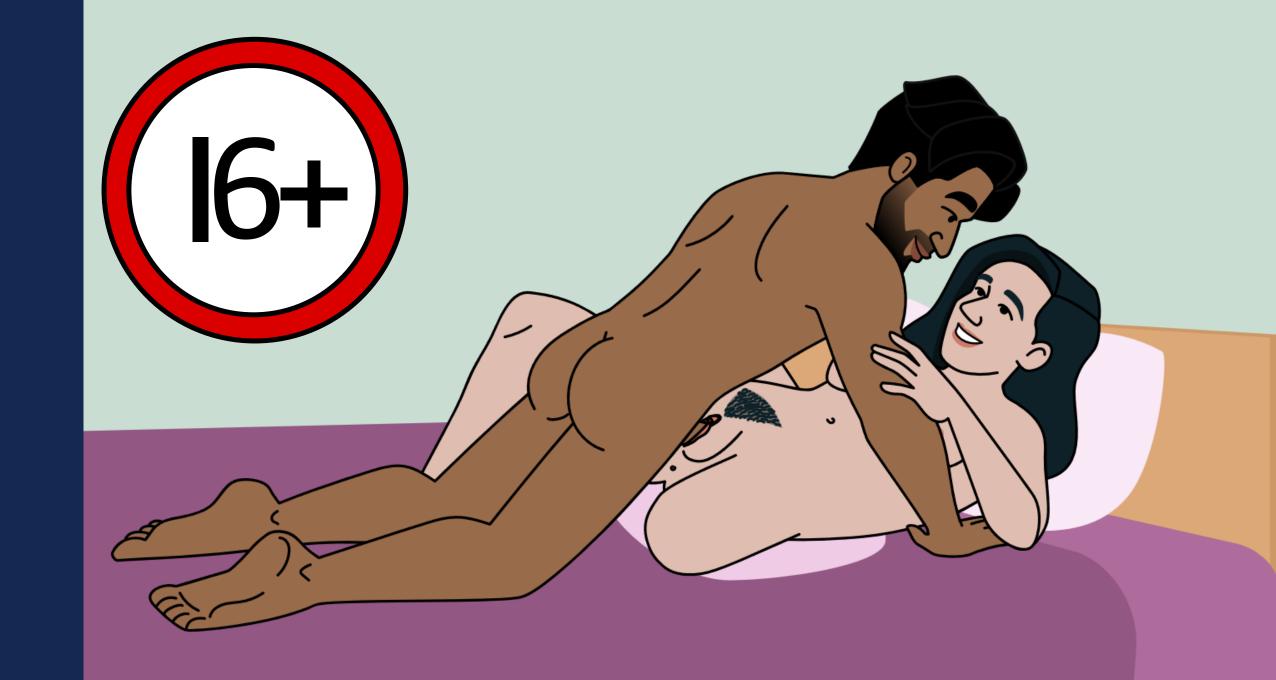
This page is for people aged 13 years and older.



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

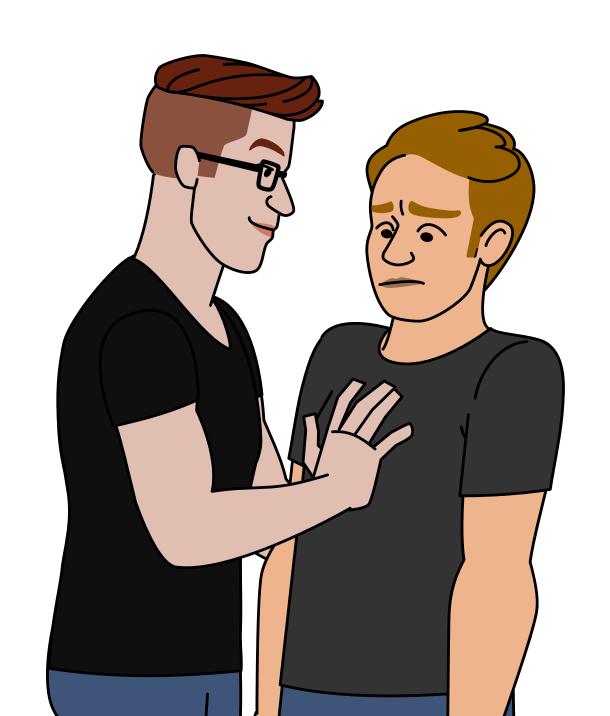
You can also contact Childline.





Abuse

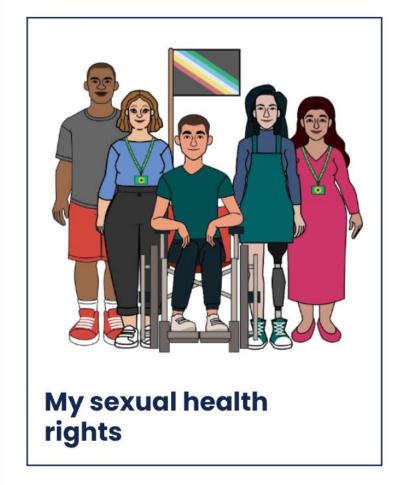
Approached as sensitively as possible to reduce triggering imagery while still being descriptive.







Coming soon









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

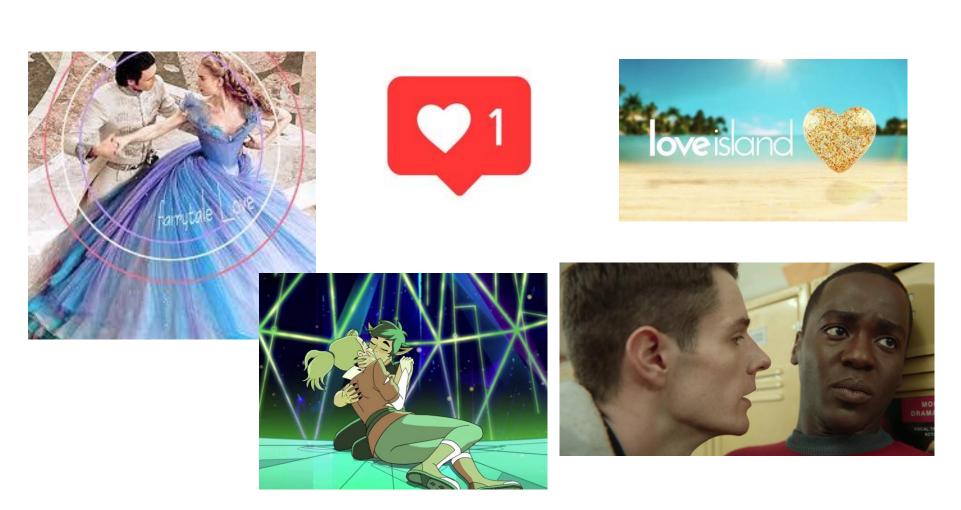


Relationships with friends, families and partners are fundamental to our wellbeing and the quality of those relationships has a major impact of our health. **Evidence** shows that our relationships can protect us from the effects of long-term health conditions, aid recovery, and even prevent us from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



l'm not jealous. l'm territorial. Jealous is when you want something that's not yours. Territorial is protecting what's already

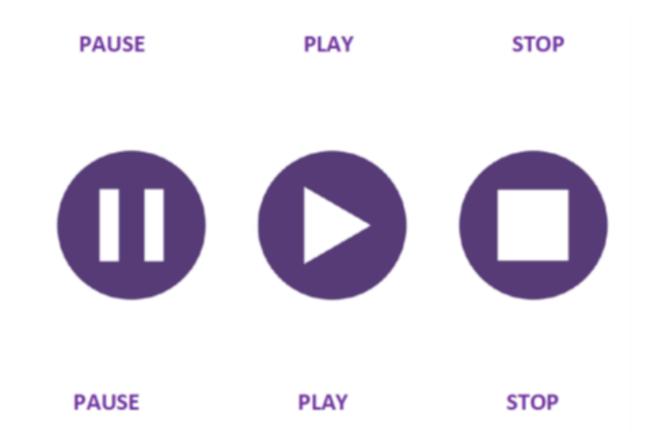
A real boyfriend 🥴



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



Pause, play stop activity



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





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

https://app.onlinesurveys.jisc.ac.uk/s/nhslothiansurveys/post-confident-rshp-evaluation-june-2025

