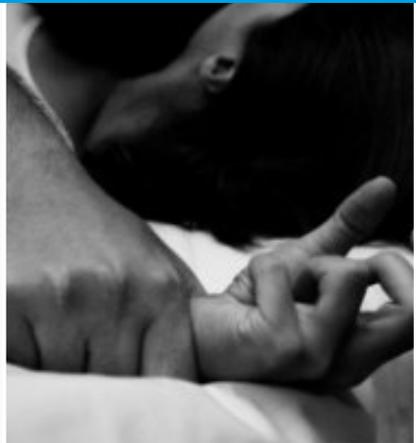


# Relationships and Sex Education Training

Relationships and Sex Education (RSE) is lifelong learning about sexuality, emotions, relationships and sexual health. It has an important role in helping young people sift through and reflect on all this information and develop the skills to make positive health and relationship choices for themselves.

This course uses real life case studies and different interactive learning styles to raise awareness of these issues and how to respond in terms of education, interventions and policy.



## Course Outline:

- What is RSE and what are the benefits
- Sexting: responding to incidents and safeguarding
- Child sexual exploitation: what is it and how to spot the signs
- Sex and relationships timeline
- Healthy vs unhealthy relationships
- Consent and the law

All delegates receive a complimentary lunch, plenty of refreshments, training pack and USB stick with training materials and extra resources

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