

# Healthy Relationships Education

## Why is this important?

Relationships play a key part in every child or young person's wellbeing. Healthy relationships can help a child feel secure and supported, but unhealthy relationships can have a long-lasting negative impact. Being in an unhealthy relationship negatively affects a young person's wellbeing. They might feel anxious and nervous or not free to make their own decisions. They might have low self-esteem and depression, experience headaches or have other ongoing physical health symptoms (Women's Aid, 2015).

It's important that anyone who works or volunteers with children is able to recognise if something is wrong in a young person's relationship and take appropriate action to keep them safe.

Early intervention and education around healthy relationships are key in challenging and changing social norms that contribute to domestic abuse, sexual violence and violence against women and girls.

## Curriculum

In every nation of the UK, schools are required to teach children and young people about healthy relationships.

In England, the Department for Education (DfE) has published statutory guidance about how relationships education, relationships and sex education (RSE) and health education should be implemented (DfE, 2021a).

The DfE has also published guidance on [planning your relationships, sex and health curriculum](#) (DfE, 2020) and training

materials on [teaching about relationships, sex and health](#) (DfE, 2021b). The training materials include modules for primary and secondary school teachers on topics such as caring friendships, online relationships, sexual relationships and consent. They also include a module on teaching relationships, sex and health education (RSHE) to pupils with special educational needs and disabilities (SEND).

The DfE has also published guides that primary and secondary schools can use to [explain RSE to parents](#) (DfE, 2019).

## Support for schools in Cornwall

In Cornwall we have a new comprehensive healthy relationship programme on offer to schools that is delivered by 3 amazing services; Safer Futures, Brook and Women's Aid. These services are working together to ensure there is sufficient education and support across primary and secondary schools.

These are **targeted, age-appropriate programmes** in primary and secondary schools and further education establishments and are **free of charge**. The aim of our education sessions is to materially enhance the whole-system approach, therefore keeping children safe and advancing our understanding of what works to prevent violence against women and girls.

## The offer

Primary schools – Safer Futures

Year 7 – Women's Aid / NSPCC (lesson plan)

Year 8 – Brook / NSPCC (lesson plan)

Year 9 – Safer Futures / Brook / NSPCC (lesson plan)

Year 10 – Brook / NSPCC (lesson plan)

Year 11 – Brook / NSPCC (lesson plan)

Years 12 & 13 – Brook / Women's Aid / NSPCC (lesson plan)

## Safer Futures

The Healthy Relationships Programme by Safer Futures (Banardos) delivers separate age-appropriate education for children and young people in **KS1, KS2 and KS3** and are initially **delivered directly in schools** by a Barnardo's facilitator and a classroom teacher.

The Barnardo's programme has **been co-designed by a young people's Steering Group** and focuses on the following themes:

- Gender stereotypes/misogyny
- Equality and diversity in society
- Different relationship types – LGBTQ
- Understanding domestic abuse and sexual violence
- Managing conflict and respecting boundaries
- Power and control within relationships
- Coercion and exploitation
- Consent, capacity, and the law
- Negotiating and managing conflict
- Online safety, nudes, and the law.
- Pornography, consent, and the law
- How to access help and to identify safe adults and services

## Women's Aid

Women's Aid is the national charity working to end domestic abuse against women and children. We have developed our **Expect Respect Programme** for schools funded by the Home Office as part of the government's wider strategy of preventing violence against women and girls.

Our programme is designed to be **inclusive of learners with SEND and learners who speak English as a second language**. We have bespoke SEND resources and workshops, additionally we offer interpreted sessions to all ESOL learners who have low levels of spoken English.

We offer one-hour education sessions with students. Under the **Expect Respect** programme, the training packages are as follows:

**Year 7:** Share Respect

**Years 12 & 13:** Love Respect

These sessions are further broken down by key stage to ensure they are age appropriate.

The aims of our Share Respect and Love Respect education sessions are to:

- Raise awareness about healthy and respectful relationships.
- Understand and prevent root causes of violence against women and girls.
- Give children and young people the tools to identify and tackle gender stereotypes.
- Equip children and young people with knowledge on where to seek support.

## Brook RSE workshops

Brook provides participative, informative workshops in schools and other settings aimed at generating evidence-based discussion around sex, sexuality and relationships facilitated by an education and wellbeing specialist from Brook. These sessions increase young people's knowledge and provide them with the vocabulary and skills to communicate with their peers, parents and professionals.

A programme of age-appropriate RSE sessions ensures young people gain a wide range of relevant information and skills as they need it.

**Year 8:** Body Image

**Year 9:** Introduction to Sexual Health

**Year 10:** Pornography, Contraception and condoms; Sex, pressures and risk taking behaviours, Gender and stereotypes

**Year 11 Assemblies:** Sexual health and signposting to services

**Year 12/13 Assemblies:** C-card distribution scheme

### NSPCC Learning

Talk Relationships ensure young people can learn about sex and relationships in a safe education environment that recognises, responds to, and prevents abuse. The service offers 14 free, ready-to-teach lesson plans and resources. This includes:

**Year 7:** Changing Friendships, Healthy Online Relationships and Hurtful Behaviour (gender based)

**Years 8 & 9:** Healthy Relationships, Sexualised Media, Safer Online Relationships, Sexual Harassment and Harmful Sexual Behaviour, Consent and Sharing of Nudes.

**Years 10 & 11:** Rights, Trust and Values, Communication and Readiness, Unhealthy Relationships and Pornography.

There are also 6 SEND-specific lesson plans, adaptable for the needs of different students. Topics include: Healthy Relationships; Communicating Online; Personal Space and Boundaries; Consent; Public and Private and Sharing Nudes.

**Tailored programmes** for children and young people who are identified as **vulnerable** and in **specialist education** establishments can be provided.

To support delivery, Safer Futures, Brook and Women's Aid offer **Q and A sessions for parents and guardians**, as well as a training **session for staff** to introduce the programme. The purpose of our teacher and staff training is to:

- Improve understandings of gender stereotypes and their impact on children and young people
- Improve understandings of domestic abuse and its impact on children and young people
- Improve understandings of how to handle disclosures of domestic abuse by children and young people.
- Offer support, expert guidance and resources on specialist topics relating to RSE – including Porn, Sexting, Child Sexual Exploitation, Sexuality and Gender, chlamydia testing, C-Card, RSE for Foster Carers, RSE for young people with SEND, RSE for facilitators, among other relevant subjects.

### Intercom Trust

The Open Project aims to enhance the lives of young LGBT+ people across Secondary Schools in Cornwall and Devon (including Plymouth and Torbay) through providing dedicated safe space groups in secondary schools across the two counties.

In the school groups we look towards building confidence and talking about LGBT+ identities in a space that is confidential and non-judgemental whilst ensuring that all who attend are safe and listened to.

We also help facilitate staff training for the wellbeing of LGBT+ students and assist staff who work with young LGBT+ children to further understand how to support them.

**Train the Trainer** -Safer Futures also create opportunities that provide professionals with the skills and resources to be able to **confidently continue the delivery** of the Healthy Relationships Programme themselves with Safer Futures support.

Brook also offer **a range of other education topics** as well as small group work and professionals training. Additional lessons or support is extra to our commissioned contract and will be charged.

Talk Relationships **supports secondary school teachers** and leaders to confidently deliver effective and inclusive RSE and offer:

- An e-learning course for teachers\* that addresses their specific needs when delivering RSE.
- An e-learning course\*, specifically tailored to school leaders, on
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### Additional Support

implementing a whole-school approach to RSE.

- a whole-school approach framework to RSE. The framework is made up of 5 free documents that, when used together, will support school leaders to implement a whole-school approach to RSE based on evidence and best practice.
- A helpline dedicated to supporting secondary school educators with help and advice to deliver effective RSE

*\*Both e-learning courses are available at a small cost*

### Feedback and Evaluation

As a key aim of our education programme is to evaluate the effectiveness of our domestic abuse education, we ask you to conduct evaluations with your students before and after the sessions.

You will receive all the support, tools and information required to do this efficiently and successfully.

### For more info or to book

To book onto the Healthy Relationships programme, email Safer Futures on [healthyrelationships Cornwall@barnardos.org.uk](mailto:healthyrelationships Cornwall@barnardos.org.uk)

To book onto the Expect Respect Program email Women's Aid on: [cyp@womensaid.org.uk](mailto:cyp@womensaid.org.uk)

To book a Brook RSE session please email Amy Kilpatrick on [amy.kilpatrick@brook.org.uk](mailto:amy.kilpatrick@brook.org.uk)

To book the Open Project contact [Sadie@intercomtrust.org.uk](mailto:Sadie@intercomtrust.org.uk)

To download NSPCC Talk Relationships lesson plans, visit <https://learning.nspcc.org.uk/services/talk-relationships>

**For more information:**  
[Education - Safer Futures](#)  
[www.loverespect.co.uk](http://www.loverespect.co.uk)  
[www.womensaid.org.uk](http://www.womensaid.org.uk)  
[www.brook.org.uk](http://www.brook.org.uk)  
[NSPCC Learning](#)

### Support for domestic abuse, sexual violence and violence against women and girls

If you or someone you know has been raped or sexually assaulted...

 **0300 303 4626**

The Devon and Cornwall Sexual Assault Referral Centre (SARC) provides safety, support, forensic medical facilities and assessments, sexual health advice and counselling to women, men, young people and children. The helpline is 24/7 and you can make a referral directly if you have been raped or sexually assaulted. Professionals can also make referrals via the helpline.

**Online: [sarchelp.co.uk](http://sarchelp.co.uk)**  
 (secure online referral)

Devon & Cornwall SARC  
Sexual Assault Referral Centres

If you think you or someone you know is experiencing domestic abuse...

 **0300 777 4777**

Safer Futures provides support, safety planning, advice, therapy and recovery in domestic abuse and sexual violence. The helpline is open Monday to Friday, 09:00-21:00 and Saturday, 09:00-17:00. Services are provided to women, men, young people and children. Professionals can also make referrals via the helpline.

**Online: [saferfutures.org.uk](http://saferfutures.org.uk)**  
**Email: [saferfutures@firstlight.org](mailto:saferfutures@firstlight.org)**

**SAFER FUTURES**