

## **Regardless of how you are feeling about delivering RSE, here are some hints and tips to help the sessions go as smoothly as possible**

### **Be Mindful..**

- that the programme covers potentially upsetting and triggering issues. Be especially aware of vulnerable students eg LGBTQ+, SEND etc.
- of the range of lived experience in the classroom
- it could bring up a safeguarding issue/disclosure; be prepared and follow your in-house safeguarding policy.
- of your own views and experiences and try not to let these influence how you facilitate.

### **During the session, it's important to..**

- remain non-judgemental: the programme is not designed to make students feel bad, but to empower them to make healthy choices for the future. Use a time-out where appropriate.
- acknowledge the embarrassing nature of some topics but encourage them to see the importance of discussing them for safe and healthy relationships.
- use distancing techniques and language to ensure that the sessions remain non personal: explain that you will never ask students for or share your own personal experiences, say "if a young person...", never "if you..." If a student has personal concerns, speak to them at the end of the session.
- enforce the student learning agreement and insist on students having a respectful attitude throughout.
- remember we don't need to be an expert. The Teacher Notes have detailed guidance and links for further information. Many questions don't have a 'right' or 'wrong' answer, but when they do, these are supplied.
- finish well: please build up students and congratulate them on addressing some difficult topics, using the Student help section to equip them with further information and support. Always direct to a trusted adult and in-house pastoral services.