

RELATIONSHIPS & SEX EDUCATION SESSIONS

BESPOKE RSE SESSIONS

The Health and Wellbeing Service are offering direct delivery support to students around a range of secondary / post 16 topics.

Bespoke Sessions

available!

THROUGH SOMEONE ELSE'S EYES

This one hour session uses a combination of resources from the Leeds Secondary Toolkit and Stonewall, the leading charity on homophobic, bi-phobic and transphobic bullying.

UNDERSTANDING CONTRACEPTION

Understanding Contraception is an interactive one hour session which aims to improve young people's knowledge and future skills around contraception use.



Leeds
CITY COUNCIL

ALCO-SEX

A recent survey of 16-25 year olds found that 50% of young people had had casual, unprotected sex because they were drunk. This one hour session uses resources adapted from the Leeds Secondary toolkit to enable students to explore the impact of excessive alcohol use on risky behaviours.



UNINTENDED PREGNANCY CHOICES

Based on Education For Choice's Abortion: Dilemmas & Decisions, this one hour session explores how unintended pregnancy can occur and the choices and decisions faced by young people experiencing unintended pregnancy. The session is most effective when delivered to mixed groups.

DON'T? DO?

SEX AND SOCIAL MEDIA

Nearly every young adult uses social media with 99% reporting using social media at least weekly. This one hour session explores the positive and negative impact of social media on young people and how to keep safe.



SEX, CONSENT AND THE LAW

The Home Office has highlighted the need for more to be done to "promote the teaching of sexual consent and the importance of healthy relationships in schools".

This one hour session introduces students to the concept of consent within relationships and provides a basic overview of current legislation.



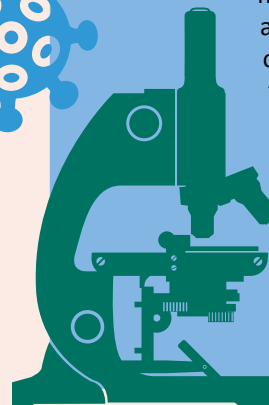
I WANT TO BE..... ME!

Negative body image is now the biggest single worry for young people. This one hour session explores the concept of body image and how the media, advertising and celebrity culture impact on the way in which young people view themselves.



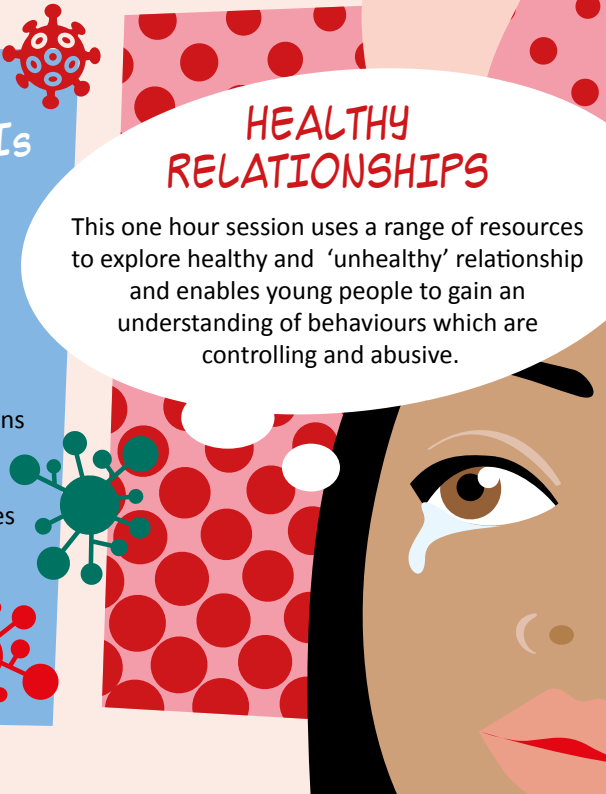
UNDERSTANDING STIs

Data shows that in some areas of Leeds 1 in 5 young people have chlamydia with potentially more unaware they are infected. This one hour session gives a basic overview of common sexually transmitted infections affecting young people and the support services available to them.



HEALTHY RELATIONSHIPS

This one hour session uses a range of resources to explore healthy and 'unhealthy' relationship and enables young people to gain an understanding of behaviours which are controlling and abusive.



WHAT TEACHERS SAID ABOUT OUR SESSIONS ...

"The Facilitator had an excellent relationship with the young people"

"Good knowledge of topic, Friendly relaxed approach"

"The range of presentation and delivery skills were excellent"

Look out for
SPECIAL OFFERS

throughout the year

For further information on any of the sessions, or to make a booking please contact:

School Wellbeing

0113 3785254

schoolwellbeing@leeds.gov.uk

pshe
Personal Social Health Education

 **School Wellbeing**