

RSHE Resources for Schools in Swindon and Sexual Health Services

March 2025

Public Health



Services

BPAS Swindon provides:

- abortion treatment and care
- emergency contraception
- STI testing
- pregnancy testing.

For more information, visit: www.bpas.org/contact-us/find-a-clinic/bpas-swindon/

Swindon Sexual Health Service is a free and confidential service who see people of all ages

They offer:

- testing and treatment for sexually transmitted infections (STIs)
- testing and treatment for HIV
- testing for Hepatitis B and C
- Where indicated vaccinations for Hepatitis B and A and Human papilloma virus (HPV)
- Pre and post exposure prophylaxis against HIV (PEP and PrEP)
- contraception
- pregnancy testing and advice
- emergency contraception.

They are open Monday to Saturday.

Please see website for times: www.swindonsexualhealth.nhs.uk and www.gwh.nhs.uk/wards-and-services/sexual-health/

School Nursing

Young people can access sexual health advice and support by using a school nurse drop-in.

Referrals can be accepted by schools and anyone else who works with young people.

Further information:

North: SNN@swindon.gov.uk

South: SNS@swindon.gov.uk

Public Health



Resources



Easy-read definition of sexual health for pupils with SEND

Sex Education Forum's [Easy Read guide](#) offers a definition of sexual health using pictures and accessible language. The tool can be used to build a shared understanding of sexual health, by:

- introducing the topic of sexual health, especially to pupils with SEND
- outlining your approach to parents
- getting feedback from students on gaps in learning.



Chameleon PDE



- Puberty, sex education and relationships lesson and assembly plans for primary schools (ages 7-11).
<https://www.chameleonpde.com/what-makes-us-different>
- RSHE and webinars on tackling online misogyny and resources for secondary schools: <https://www.chameleonpde.com/events>



▼ Puberty & sex education

Ages 7-9 : Body part names-female

Ages 7-9 : Female body changes

Ages 7-9 : What is a period?

Ages 9-11 : Adult choices & contraception

Ages 9-11 : Conception

Ages 9-11 : Emotional changes at puberty

Ages 9-11 : Physical changes at puberty (girls)

▼ Relationships

Ages 7-9 : Being polite

Ages 7-9 : Different types of families

Ages 7-9 : Ending a friendship

Ages 7-9 : Feeling pressured by others

Ages 7-9 : How do we show care?

Ages 7-9 : I've argued with my best friend

Ages 7-9 : Stuck in the middle - friendship triangles

Ages 7-9 : What is a bystander?

Ages 7-9 : What makes a friend?

Ages 7-9 : What to do about bullying

Ages 9-11 : Different points of view

Ages 9-11 : Feeling worried about home

Ages 9-11 : Friendship arguments

Ages 9-11 : Friendship changes

Ages 9-11 : Giving and seeking permission (consent)

Ages 9-11 : Managing family arguments & disagreements

Ages 9-11 : Managing peer influences

Ages 9-11 : Types of peer influence

Ages 9-11 : What is an enabler in bullying?

Ages 9-11 : What is coercion?

Ages 9-11 : What is respect?

Public Health



My Resources

- ▶ Relationships
- ▼ Sexual health
 - Ages 11-12 : Emotional & social changes at puberty
 - Ages 11-12 : Physical changes at puberty
 - Ages 12-13 : Am I ready for a boyfriend / girlfriend ?
 - Ages 13-14 : Communication skills for intimate relationships
 - Ages 13-14 : Contraception
 - Ages 13-14 : Sexually Transmitted Infections (STIs)
 - Ages 13-14 : Unintended pregnancy
 - Ages 14-16 : Negotiation & communication within romantic (intimate/sexual) relationships
 - Ages 14-16 : Pregnancy & choices
 - Ages 14-16 : Safer sex
 - Ages 14-16 : Sexual assault and what to do about it
 - Ages 16-18 : Contraception and choices
 - Ages 16-18 : Sexual health and STIs



My Resources

Relationships
Ages 11-12 : Bereavement
Ages 11-12 : Families
Ages 11-12 : Friendship
Ages 11-12 : Managing changes in friendships
Ages 11-12 : Peer influence
Ages 12-13 : Family disputes
Ages 12-13 : Healthy ways to manage relationship feelings
Ages 12-13 : Perceptions & expectations in romantic relationships
Ages 12-13 : Positive & respectful online relationships
Ages 12-13 : Positive romantic relationships
Ages 12-13 : Relationships and the media
Ages 13-14 : Am I ready for a sexual relationship (including consent)?
Ages 13-14 : Family diversity
Ages 13-14 : Positive & respectful intimate relationships
Ages 13-14 : Relationship loss & change

Ages 14-16 : Being a young parent
Ages 14-16 : Being lesbian, gay or bisexual
Ages 14-16 : Gender diversity
Ages 14-16 : Impact of separation & loss in relationships
Ages 14-16 : Parent and teenager relationships
Ages 14-16 : Stages of a romantic relationship
Ages 14-16 : Why do people choose to have a sexual relationship?
Ages 16-18 : Coming out as LGBTQ+
Ages 16-18 : Ending an intimate relationship respectfully
Ages 16-18 : Influence of faith and cultural views on relationships
Ages 16-18 : Is this love or lust?
Ages 16-18 : Managing challenging relationships at work
Ages 16-18 : Managing changes in relationships when starting Uni or work
Ages 16-18 : Managing strong emotions in relationships
Ages 16-18 : Online dating pros and cons
Ages 16-18 : Pregnancy & young parenthood
Ages 16-18 : Respectful & assertive communication in relationships
Ages 16-18 : Understanding gender diversity
Ages 16-18 : Understanding sexuality & sexual orientation
Tackling Misogyny Teacher's Toolkit



Review in Summer 2023 – all but three secondary schools in Swindon have downloaded Chameleon PSHE resources.

Public Health





PSHE materials including RSHE for primary and secondary schools:

<https://jigsaweducationgroup.com/get-started/free-samples/>

NSPCC

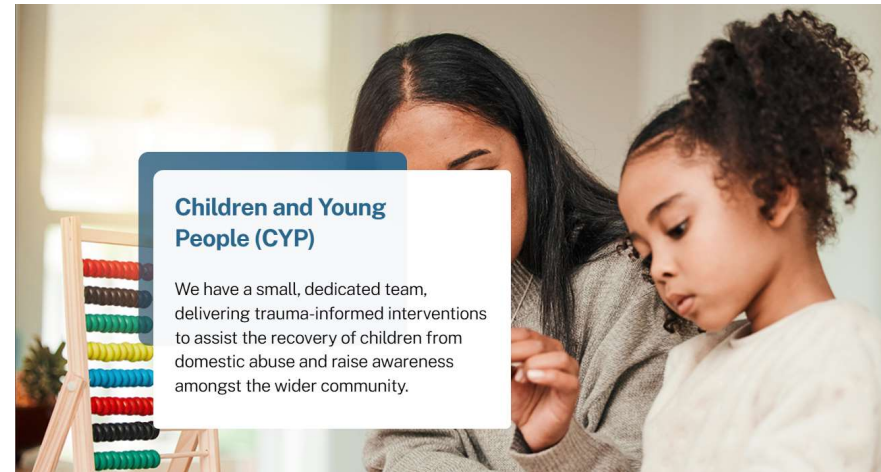
- **Speak Out. Stay Safe:** virtual assemblies for **years 1 - 6** helps pupils understand abuse in all its forms and recognise the signs, understand that it is never a child's fault and that they have the right to be safe, and know the sources of help available to them.
- **RSHE and RSE resources** and lesson plans for all key stages.
- **Online safety hub**
- **Talk Relationships** free package of support to help secondary schools confidently deliver inclusive RSHE. This includes:
 - eLearning courses to support school to implement and deliver RSHE
 - lesson plans including plans for young people with SEND
 - dedicated helpline for secondary school staff.

Public Health



Society Without Abuse

<https://societywithoutabuse.org.uk/service/children-young-people/>



- CYP Outreach Service –These sessions predominantly take place in schools, but this can be flexible to suit the needs of the child.
- Specialised programmes for children from age 5 – 18.
- Healthy relationship education sessions in primary, secondary and further education settings.
- Drop-in sessions within educational settings, where parents and staff can source advice and support.

Brook free online resources

EN

Porn – Handout

A two-sided handout with information about porn including: porn and the law, how porn differs from sex in real life and how to identify if your use of porn might be unhealthy.

Download

EN

Sexually Transmitted Infections (STIs) – Handout

A two-sided handout providing an overview sexually transmitted infections (STIs), how to protect yourself from getting one and the signs, symptoms and treatment for the most common STIs - an ideal handout to supplement a sex and relationships lesson on STIs.

Download

EN

Puberty – Handout

A two-sided handout providing an overview of puberty and the body, how your body changes and what to expect during puberty - an ideal handout to supplement a sex and relationships lesson on puberty.

Download

EN

Consent – Handout

A two-sided handout providing an overview of consent including the law and communicating consent (both giving and getting) - an ideal handout to supplement a sex and relationships lesson on consent.

Download

EN

What is period blood?

A video of a young person talking about what period blood looks and feels like.

Watch the video

EN

Top Tips for Period Wellbeing

A video of a young person talking about what you might feel like on your period and what you can do to feel better.

Watch the video

EN

How to be an LGBT+ ally as a teacher

In this blog, Rin Harris, a Brook Education and Wellbeing Coordinator gives some top tips on how to be an LGBT+ ally in schools.

Visit the site



EN

Big RSE Lesson: Understanding and Challenging Gender Stereotypes

This live lesson available on demand is aimed at students in Year 9 and above and covers topics such as gender stereotypes, real-world impacts



EN

The Big Period Lesson 2

This 60-minute session for Year 6 and 7s covers key facts about periods, period pains and heavy menstrual bleeding, different period products and periods and mental health.



EN

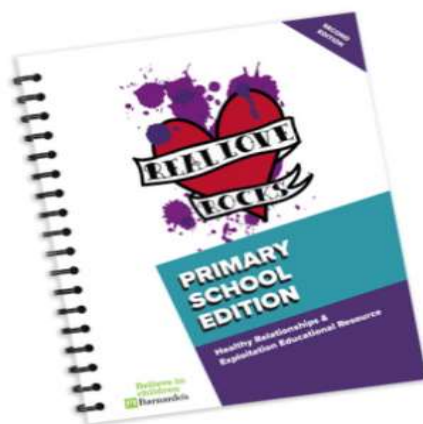
Brook – Contraception Quiz poster

Poster signposting to Brook's contraception tool, an online quiz that suggests which contraceptive methods would be good options for you.

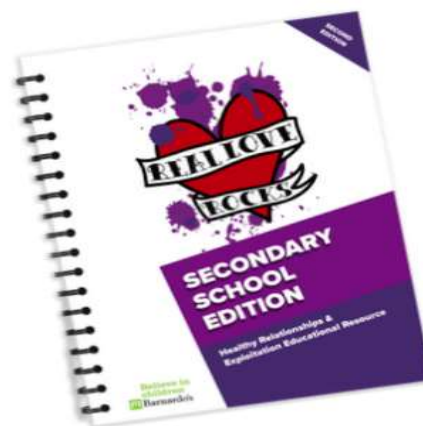
<https://www.brook.org.uk/resources/>

Barnardo's Real Love Rocks

Healthy Relationships & Exploitation Education Resources



PRIMARY PACK



SECONDARY PACK



SEND PACK

Note that there is a charge for these.

<https://www.barnardosrealloverocks.org.uk/>



Respecting me, you, us: building healthy relationships and creating positive cultures

Respecting me, you, us is a CEOP Education resource developed in association with clinical psychologist, Dr. Elly Hanson. Designed for young people aged 12-14, *Respecting me, you, us* is a set of **eight lesson plans** and **five short situational films**.

The resource aims to help young people develop a better understanding of healthy relationships, and how to challenge unhealthy behaviours and social norms, to better **protect them from harm through child on child abuse, both off and online**.

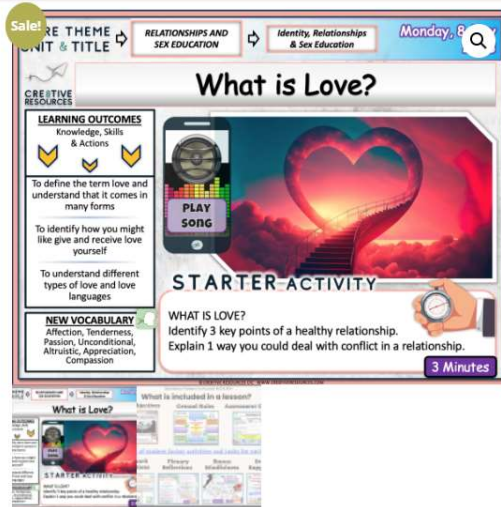
The resource is designed to be delivered through structured sessions in education settings. In schools, the lesson plans should be embedded into the Relationships and Sex Education curriculum. The lessons can be delivered in consecutive weeks, or separately to fit within a wider scheme of work on healthy, respectful relationships.

Respecting me, you, us has been awarded the PSHE Association Quality Mark, demonstrating that it supports safe and effective teaching practice and meets the PSHE

[View resource](#)

[Download >](#)

<https://www.ceopeducation.co.uk/professionals/resources/respecting-me-you-us/>



What is Love?

£4.50 ~~£0.00~~ inc. VAT

What is love?. A fully-resourced PSHE lesson (1 hour+). Suitable for PD / Citizenship or PSHE.

1 [Add to basket](#)

PayPal Pay in 3 interest-free payments on purchases from €30-€2,000. [Learn more](#)

Categories: Free Citizenship Resources, Free PSHE 2024, Free resources, Lessons, Relationships & Sex Ed, Secondary PSHE 2024
Tags: Lesson, Lessons

Description

Description

What is Love? – Personal Development Powerpoint lesson (1 hour +) which can teach secondary students.

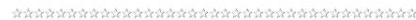
Learning Objectives:

- To define the term love and understand that it comes in many forms
- To identify how you might like give and receive love yourself
- To understand different types of love and love languages

This is a free sample lesson from our brand new curriculum packages we are launching.

- [Financial Education and Enterprise Package](#)
- [Exploring Careers Package](#)
- [PSHE Secondary Package](#)
- [Sixth Form Personal Development Package](#)

(Mentioned by secondary school PSHE Lead in Swindon)



Love Respect – Women’s Aid

LoveRespect

ABOUT ADVICE RELATIONSHIPS YOUR STORIES SUPPORT

Advice (14-17)

#loveRespect

All the info you need to spot unhealthy behaviour, and what to do about it.

Accessibility

Exit Site

Info

Feedback



Understanding the different types of abuse

This guide is to help you understand the different types of abuse.



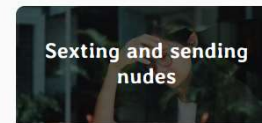
Staying safe online

Sliding into DMs, online flirting and chatting via voice notes have become a popular way to meet new people and date online.



How to ask an adult for help

Always choose an adult that you trust and feel safe with.



Sexting and sending nudes

Sexting is when someone sends sexually explicit messages, photos, or videos to someone else through their phone or other electronic devices.



Feeling unsafe in a relationship



What is an unhealthy relationship?



Worried about a friend?



What is gaslighting?

Swindon LGBTQIA+ Guide

As well as staging an annual LGBTQ+ festival, Swindon & Wiltshire Pride's purpose is to promote equality and diversity for the public benefit and in particular the elimination of discrimination on the grounds of sexual orientation or gender identity. Including in particular but not exclusively by raising awareness, engaging with the community, celebrating the diversity of LGBTQ+ communities and advancing education.

To help them achieve this they have created a support guide for anyone living or working within Swindon and Wiltshire. The guide includes various pieces of information such as key dates in the LGBTQIA+ calendar, information on support services available to members of the community and information about the LGBTQ+ flags & identities. This may be useful for young people in your setting and their parents/carers.

This guide is available online here :

<https://www.swindonwiltshirepride.co.uk/usefullinks> and you can request physical copies by emailing chair@swindonwiltshirepride.co.uk



Out of The Can+ LGBTQ+ Youth Group in Swindon

HOME PAGE

CONTACT US

ABOUT US

BLOG

EXTERNAL LINKS

GROUP

WELCOME TO OUR PAGE

Welcome, you have just made your first step in discovering yourself. Remember, you are never alone and there are always friends and people to support you whether you are confused about your sexuality/gender identity or just need to make like minded friends.

The group now runs two sessions on a Tuesday Evening:

Group 1 is for young people in Year 8 to Year 10 (between the ages of 12-15 years old) from 5pm to 6:30pm

Group 2 is for young people in Year 11 to up to College (between the ages 15- 19 years old) from 6:45pm to 8:15pm

The group is free to attend, check out our [About us](#) page which details some of things we do.

If you are thinking about joining Out of the Can watch our recent film, created by the Young People of OOTC with Mountain Way Pictures:



Contact us by email at ootc@hotmail.co.uk or click on our [Contact us](#) page if you're interested in joining or would like further information about the group.

<http://outofthecan.org/>



A FREE, DIGITAL RESOURCE FOR ADULTS & YOUNG PEOPLE 14+

THIS IS WHEN...

Three short films exploring the issue of violence against women & girls, followed by a series of discussions & activities.

ACCESS FOR FREE
THISISWHEN.APP



TACKLING VIOLENCE AGAINST WOMEN & GIRLS

SWINDON
BOROUGH COUNCIL

CREATE STUDIOS

PRIME
THEATRE

women's aid
until women & children are safe

This valuable resource is aimed at raising awareness among young people. Supported by funding from Safer Streets, Prime Theatre collaborated with Cr8 Studios and schools in Swindon to develop three scenarios facilitating discussions on Violence Against Women and Girls (VAWG). The QR code grants access to the films and accompanying resources tailored for each scenario.



The **Get Real Sessions** are relationship and sex education sessions for secondary schools, encompassing the latest statutory RSE guidance within a spiral curriculum.

Each session combines video based teaching with teacher led class activities and there are 4 **Get Real Sessions** modules, which cover years 7-11.

Relationships are central to everything we do, so consistent, high quality RSE can impact a whole school culture as well as individual student outcomes.



THE MODULES	
Relationships	4 sessions per year group per module
Sex	
Online Life	
Self, Identity & Wellbeing	





Diversity Role Models offer a range of services focused on specific support, from our whole school package to primary or secondary workshops. They also provide a range of primary and secondary resources that are available to download for free.

[Book a workshop \(diversityrolemodels.org\)](https://diversityrolemodels.org)

[Download Diversity Role Models education resources](#)

[Parent and carer training](#)

Alice Ruggles Trust

[Alice Ruggles Trust - teaching](#)



Teaching materials and lesson plans on stalking and coercive behaviour, freely available to secondary teachers.

Template RSE Withdrawal Form for Parents and Carers

Following on from feedback from schools, we have developed a template form for schools to give parents wishing to withdraw their children from sex education within RSHE. You can update this with your school's details.

[Download the template form here](#)

Healthy Relationships Bookmarks and Posters

Swindon Soroptimists have developed a lesson plan and bookmark to help secondary schools in Swindon promote positive relationships. A poster is also available.

Swindon Soroptimists is the local club of an international, volunteer organisation that works through actions and advocacy to improve the lives of women and girls.

One of their ongoing key themes and projects is violence against women and to that end the 'Love Is / Love Is Not' bookmarks have been created to highlight the good and bad examples of relationship traits.

The bookmarks were previously distributed to all secondary schools in Swindon and Wiltshire and also Women's Aid, Nelson Trust Women's Centre and Wiltshire Police.

[Download a copy of the bookmark here.](#)

Further copies of bookmarks and posters may be requested by schools, for use in PSHE lessons. Please contact Lydia Cardew, Project Officer with Swindon Soroptimists lcardew@yahoo.co.uk 01672 810214 for details of how to obtain more copies.

LGBTQIA+ Training run by 'Just Like Us'

Preventing anti-LGBTQIA+ bullying in primary schools and in secondary schools (two separate CPD online courses for school staff): [LGBT teacher training - Just Like Us](#)

Resource updates on the Swindon Health Schools website



Search Audit Early Years

Resources

PSHE Resources

RSHE Resources

Emotional Health & Wellbeing

Staff Wellbeing

Healthy Weight Resources

Swindons Physical Activity Framework

Pupil Voice

Oral Health

Health Protection in Education Settings

Staying safe

Social Norms

Caring for our Environment

Drugs, Alcohol, Smoking and Vaping

Affordable Schools

Staff Training

Young Carers

Breastfeeding in Schools Resources

Print this page

Relationships education has been compulsory for pupils in primary education since September 2020. For secondary pupils, relationships and sex education (RSE) must be taught. Health education is now compulsory in all schools too.

- In primary schools, the subjects should put in place the key building blocks for healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.
- At secondary school, teaching builds on this and develops pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex and how to have positive and healthy sexual relationships.

The current [RSHE guidance](#) can be found here.

There are several resources for schools to support you in the delivery of RSHE. Please see below:

Chameleon



Chameleon provides puberty, sex education and relationships lesson and assembly plans for primary schools (ages 7-11) and RSHE webinars for staff including tackling online misogyny and resources on for secondary schools.

The Chameleon resources library and webinars free for Swindon's schools. [Sign up here.](#)

Jigsaw



Jigsaw provides resources (charge for these) and free webinars. The resources library includes education lesson and assembly plans for primary schools and RSHE lesson plans and assemblies for secondary schools. [Jigsaw resources can be accessed here.](#)

NSPCC

NSPCC provides the following free RSHE resources for schools:

- **Speak Out. Stay Safe:** virtual assemblies for **years 5 and 6** helps pupils understand abuse in all its forms and recognise the signs, understand that it is never a child's fault and that they have the right to be safe, and know the sources of help available to them.
- **RSHE and RSE resources** and lesson plans for all key stages.
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