

Relationships Education, Relationships and Sex Education (RSE) and Health Education Local Training Offer –

How to teach Body Image within the classroom

The Healthy Places Team would like to support you to be ready for Statutory RSE and HE. As you are aware that Relationships Education is compulsory for all primary school-aged pupils, Relationships and Sex Education (RSE) is compulsory for all secondary school-aged pupils and Health Education is compulsory for all pupils in primary and secondary state-funded schools.

DfE had published a statement on GOV.UK to reassure schools that, whilst the above subjects became compulsory from 1 September 2020, schools have flexibility over how they discharge their duty within the first year of compulsory teaching. Schools who assess that they are prepared to deliver teaching and have met the requirements set out in the statutory guidance are encouraged to begin delivering teaching whenever is practicable to do so. However, schools that assess that they are unable to meet adequately the requirements because of the lost time, and competing priorities, should aim to start preparations to deliver the new curriculum and to commence teaching the new content by at least the start of the summer term 2021.

In line with the above we have created a package of training which is local intelligence-led through staff consultation and the current Adolescent Lifestyle Survey.

This training is designed for teachers, teaching assistants, HLTAs, community/school nurses, youth workers, police offers, and other professionals involved in the delivery of RSE and HE education in schools and other settings. We want the course to give participants confidence in planning and delivering RSE and HE sessions, but also, the confidence and skills in discussing and managing sensitive and/ or controversial issues.

The course cost is £30 per person. You will be invoiced after the session has taken place.

The session will be online, taking place on Microsoft Teams. Once your booking has been successfully completed, you will receive a link to join the meeting a few days before it is due to take place. Please make your booking via Eventbrite, link included below.

Bookings at: <https://www.eventbrite.co.uk/e/how-to-teach-body-image-within-the-classroom-tickets-127335043543>

Aims of the session:

- To have an overview of the research and data around body image and links to mental health
- To gain an understanding of how bodies are represented in the media, including social media
- To gain an awareness of a range of resources to support in classroom delivery

Available Dates	Time
Monday 18 th January 2021	3:30pm - 4:45pm
Thursday 4 th March 2021	3:30pm - 4:45pm
Wednesday 17 th March 2021	3:30pm - 4:45pm

For further information, call or email Laura Peggs (NELC) on 01472 325776 or laura.peggs@nelincs.gov.uk