

POST-PRIMARY LINKS

HEALTHY, POSITIVE SEXUAL EXPRESSION AND RELATIONSHIPS



Parents/Carers may
find these useful

Note: You should review these resources and links before use to check if they are appropriate for your pupils and in line with your school's ethos and RSE policy.

GUIDANCE

[Safeguarding Board for Northern Ireland – Children and Young People](#)

This section features information for children and young people on different types of abuse and how they can get help. There's also advice on spotting the signs of child sexual exploitation and the 5Ts leaflet, which explains how children and young people can protect themselves.

BACKGROUND INFORMATION

[B4uDecide.ie – Healthy Relationships video](#)

This video looks at what makes a healthy relationship.

[B4uDecide.ie – Relationships](#)

These pages include pupil-friendly information that covers topics like recognising the difference between healthy and unhealthy romantic relationships.

[Barnardo's – Wud U? App](#)

The interactive stories featured in this smartphone app can show young people the behaviours that could put them at risk of being sexually exploited.



[Sexual Health NI – Healthy Relationships](#)

This page includes information on what is expected from a healthy relationship and the importance of parents/carers having open chats with their children.

KEY STAGE 3 TEACHING RESOURCES

[NSPCC Learning – Making Sense of Relationships Key Stage 3 Lesson Plan 4: Inappropriate Sexualised Behaviour](#)

This lesson plan explores sexual bullying and can help pupils to manage, resist or challenge it.

[Tes – Promoting Positive Relationships](#)

These lesson plans can encourage pupils to explore the quality of a relationship and the factors that can affect relationships.

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[Women's Aid - Resources for children and young people](#)

These resources include the Expect Respect Leaflet and the Expect Respect Education Toolkit, which can help teachers to plan lessons and encourage discussions about healthy relationships.

KEY STAGES 3 AND 4 TEACHING RESOURCES

[Barnardo's - Real Love Rocks](#)

These resources cover topics like child criminal exploitation, radicalisation and the online world, and include up-to-date guidance and legislation.

[Brook - Relationships and Enduring Love?](#)

A collaboration between Brook and The Open University, this e-learning tool has six modules covering topics like relationship myths.



[FPA - Love, Sex, Relationships](#)

Teachers and parents/carers can use these illustrations, which cost £13.99 for a pack of 50, with young people to help them explore how they feel about their own sexuality, body image and relationships.

[Love for Life - School Programmes: I:Zone \(Years 8 and 9\), Icebergs and Babies \(Years 10 and 11\), Dating and Mating \(Year 12\) and Sex Drive \(Years 13 and 14\)](#)

These programmes aim to equip young people with the knowledge, skills and values to build and maintain positive and healthy relationships, encouraging the development of Thinking Skills and Personal Capabilities such as Working with Others, Self-Management, Problem-Solving and Decision-Making.

[Loveisrespect - Healthy Relationship: High School Educators Toolkit](#)

This resource includes tips on helping pupils create and maintain a healthy relationship, discussion guides and activities that can help pupils apply the concepts they have discussed.

[Public Health England - Forming Positive Relationships Lesson Plan Pack](#)

Featuring a presentation and classroom tips, this resource can help pupils to identify relationship challenges and think about how to give effective support.



[Safe4Me - Healthy Relationships](#)

This toolkit can help teachers to deliver information on healthy relationships and covers topics like the factors that make a respectful and healthy relationship.

[SPHE - TRUST \(Talking Relationships Understanding Sexuality Teaching Resource\)](#)

This resource includes activities and worksheets that cover topics like the behaviours that contribute to positive relationships and how peer influences can affect self-esteem.

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KEY STAGES 3 AND 4 AND POST-16 TEACHING RESOURCES

[NSPCC Learning - Secondary AGENDA: Supporting young people to raise awareness of gender inequalities, sexual harassment and violence](#)

This resource features activities, case studies and links to further information and covers topics such as bullying, sexual exploitation and relationship violence.

KEY STAGE 4 TEACHING RESOURCES

[B4uDecide.ie - Relationships and Sexuality Education: Resource Materials for Teachers](#)

Developed for 14–16 year olds, this resource contains 16 lessons addressing RSE topics like building a relationship and rights and responsibilities in relationships.

[BISH Training - Love, Innit: A Teaching Pack About Relationships](#)

This resource, which costs £9.50, includes activities that can encourage pupils to be critical about the messages they receive about love and relationships.

[Brook - Friendship](#)

Featuring friendship facts and scenarios, this page can help young people to make decisions and find out if they are at risk.

[DO... - Lesson plans and stimulus](#)

Created by RSE experts, these lesson plans feature class activities and in-lesson stimuli that cover topics like how our feelings about ourselves can affect our relationships.

[IDAS - Healthy Relationships](#)

This page features definitions of key words that make a relationship healthy, a healthy relationship checklist resource and downloadable posters.

[NSPCC Learning - Making Sense of Relationships Key Stage 4 Lesson Plan 1: My Values](#)

This lesson plan focuses on identifying personal values and can help pupils to recognise and challenge coercion in relationships.

[NSPCC Learning - Making Sense of Relationships Key Stage 4 Lesson Plan 3: Pornography](#)

This lesson plan covers the availability of pornography and can help pupils to identify how it can give misleading information about consent and gender roles.

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[Relationship Things - Relationships](#)

Aimed at young people aged 14–18, this resource uses interactive activities to encourage them to think about respectful relationships.

[Solihull Metropolitan Borough Council - Healthy and Safe Relationships](#)

Aimed mainly at Key Stage 4 pupils, this resource features a lesson on healthy, positive and safe relationships.

[TeensHealth - Am I in a Healthy Relationship?](#)

This page features questions that can help young people consider the qualities of a healthy relationship.

[Youth.gov - Characteristics of Healthy and Unhealthy Relationships](#)

This page defines key characteristics of healthy and unhealthy relationships, such as mutual respect vs disrespect.

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