

Headteachers, governing bodies, personal and social education coordinators and teachers of sex and relationships education. Health boards, school nurses, looked after children (LAC) nurses, sexual health nurses and other health professionals working in schools. LAC education coordinators responsible for the health and education of looked after children. Children and Young People's Partnerships, local authorities, youth workers and providers of sex and relationships education training programmes.



**Sex, Relationships and Health Education  
Training for Schools, Teachers and Youth Workers  
Provided by Tough Cookies Education**

## Tameside Training Offer

Schools play an important role in having a positive and sustained impact on children and young people's health and well-being.

From September 2020, it will become statutory for all primary schools to deliver Relationships Education and Health Education and for all secondary schools to be delivering Relationships and Sex Education (RSE/SRE)

All schools are being encouraged to prepare for the changes to statutory SRE and begin delivering the new subjects as soon as they are ready.

Tameside Population Health Team have provided schools with up-to-date curriculum materials, which has been provided alongside high quality staff training for Primary, Secondary and Special schools to support Tameside communities in preparing for the statutory changes.

Good quality relationships, health and sex education helps children and young people to transition with confidence from childhood through adolescence into adulthood.

All children and young people need help to build their confidence, awareness and self-esteem, which will in turn assist them in managing and negotiating healthy and happy relationships.

We want to ensure that all teachers recognise the significant role that effective SRE can have in improving the health and well-being of children and young people and in keeping young people safe, reducing the number of teenage conceptions and rates of sexually transmitted infections (STIs) and HIV.

The training offer provided by Tough Cookies Education will cover key topics from the new relationships, health and sex education guidance and support schools and teachers to be prepared and confident to provide good quality SRE.

Training is FREE for Tameside Schools, for organisations outside of Tameside please contact to discuss.

To book a place on a course please go to: [toughcookiesed.eventbrite.com](https://toughcookiesed.eventbrite.com)

We look forward to seeing you at our courses.

Kerry Cabbin

Director, Tough Cookies Education

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## SRE SHORT COURSES

We have listened carefully to the needs of schools and have built a programme of short courses that we are sure will help you to address the priorities for, children, young people and the community.

Anti-Bullying

Consent for Kids

LGBT+ inclusive SRE

Managing Tricky Questions

Period Education

Puberty Education

Sex ed for grown-ups!

SRE and SEN

SRE in KS1

Teaching about FGM in Primary Education

Working with Parents and Carers and the Community



## Booking Terms and Conditions

Where possible please use the Eventbrite to book a place on a course please go to:

[toughcookiesed.eventbrite.com](https://toughcookiesed.eventbrite.com)

The following terms are standard across all bookable training days and events.

### Transferring / Changing a Booking:

A booked place can be transferred to another suitable staff member. Either update the booking via the Eventbrite website or email Tough Cookies Education directly.

### Cancellations:

You are able to cancel your place up to 20 working days prior to the training date. Failure to attend a FREE training place may result in charges being applied. (£50 pp)



## QUICK GUIDE – TAMESIDE FREE TRAINING OFFER

Tameside Population Health Team have commissioned Tough Cookies Education to provide a number of workshops which will be FREE to attend for teachers and staff working in Tameside schools.

Where possible please use Eventbrite to book a place on a course please go to: [toughcookiesed.eventbrite.com](https://toughcookiesed.eventbrite.com). There are 20 FREE places available per course.

All training will be delivered from The Anthony Seddon Centre. 2 George St, Ashton-under-Lyne OL6 6AQ. Please check accessibility of the venue and parking availability prior to the course. Please note lunch is not provided for these dates.

COURSE NAME	DATES	TIMES
SRE in KS1	Mon, 23 September 2019	9:00 – 12:00
Sex ed for grown-ups!	Mon, 7 October 2019	9:00 – 12:00
Anti-Bullying	Mon, 21 October 2019	9:00 – 12:00
SRE and SEN	Mon, 11 November 2019	9:00 – 12:00
Working with Parents and Carers and the Community	Mon, 9 December 2019	9:00 – 12:00
Online world	Mon, 13 January 2020	9:00 – 12:00
Consent for Kids	Mon, 3 February 2020	9:00 – 12:00
Sex ed for grown-ups!	Fri 14, February 2020	9:00 – 12:00
Managing Tricky Questions	Fri, 27 March 2020	9:00 – 12:00
Period Education	Fri, 24 April 2020	9:00 – 12:00
Puberty Education	Wed, 13 May 2020	9:00 – 12:00
Teaching about FGM in Primary Education	Wed, 10 June 2020	9:00 – 12:00
LGBT+ inclusive SRE	Wed, 1 July 2020	9:00 – 12:00
Further dates to be announced *January 2020		

## COURSE DETAILS

### Anti-Bullying

Bullying is extremely widespread amongst young people. It is reported that one in five children are experiencing some form of bullying. The impact this can have on children and young people is enormous, affecting confidence, self-esteem and mental health.

Bullying has many different forms, including:

- sex discrimination
- sexual abuse
- racist abuse
- homophobic abuse
- abuse for standing out from the crowd/appearing different
- family/home situation
- peer pressure

It can happen both face to face and online.

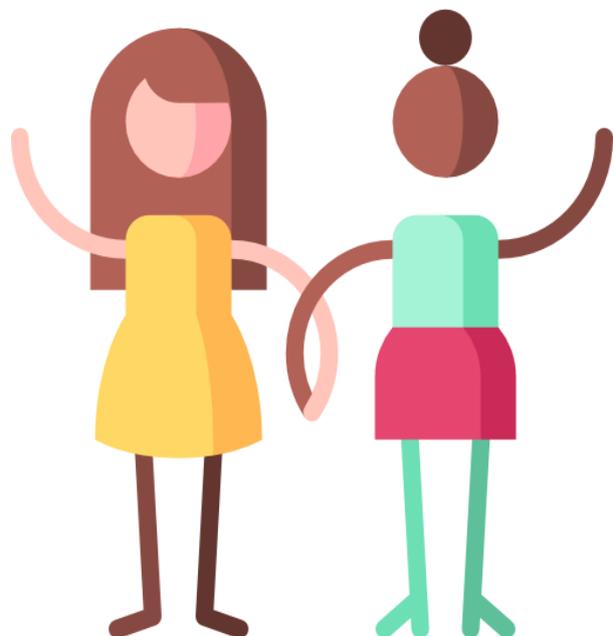
This course brings you up to date with the latest research around bullying, anti-bullying practices and young people. You will explore how to support children and young people to build their resilience and to promote human rights, equality and the acceptance of others.

### Consent for Kids

It's never too early to teach children about consent and boundaries. It is one of the most important topics within relationships, health and sex education. When children and young people have a good understanding of what consent means for themselves and others makes sense of many other core values such as respect, effective communication, self-esteem and resilience.

Learning children and young people about consent helps reduce incidences of sexual bullying and can support children and young people to seek help if they are harmed.

Teaching consent can be done in a variety of ways, the course explores these ideas.



## LGBT+ inclusive SRE

Working together to improve the education experience of LGBT+ young people is essential to ensure all children and young people gain knowledge appropriate to their age and stage of education.

An exclusive curriculum can enable children and young people to build positive relationships as they grow older.

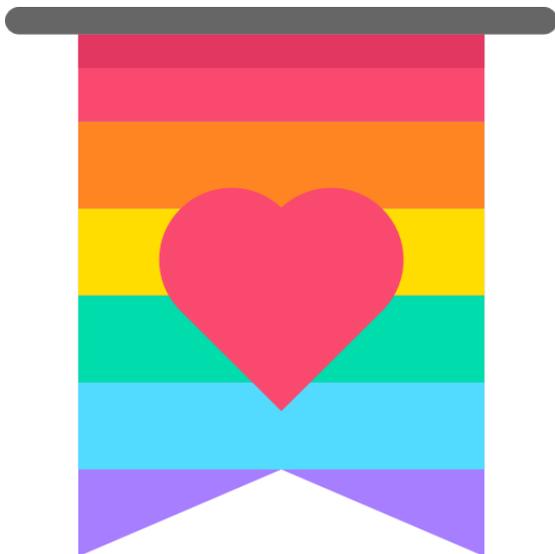
One way that educators can promote inclusive school communities is by delivering SRE lessons that include positive representations of lesbian, gay, bisexual and transgender (LGBT) people, history and events,

## Managing Tricky Questions (KS2)

Primary-age pupils will often ask their teachers or other adults questions relating to sex or sexuality which go beyond what is set out for Relationships Education.

School's need to consider how they will respond to this and highlight their approach in the school's policy.

A carefully planned sex education curriculum can help children and young people navigate their questions responsibly and with confidence. This training course will explore this aspect of SRE building confidence and preparing you to effectively manage the most difficult questions.



## Online World

Internet safety and online relationships feature widely in the new guidance for sex, relationships and health education. The online world is a forever changing topic with new technology, websites, apps and risk being faced daily.

Schools should include and consider the online world as part of SRE. And help children and young people to plan and prepare for this.

This training keeps educators up to date with the latest and emerging trends in youth culture and the digital lives.

## Period Education

1 in 4 girls will start their periods before being taught about them. And increasingly more pupils are starting the onset of menstruation in primary school. This makes it increasingly important that schools support and prepare children and young people.

Key facts about the menstrual cycle should be taught alongside open and honest discussion about the social stigmas. Working to address and challenge any misinformation or feelings of embarrassment or shame.

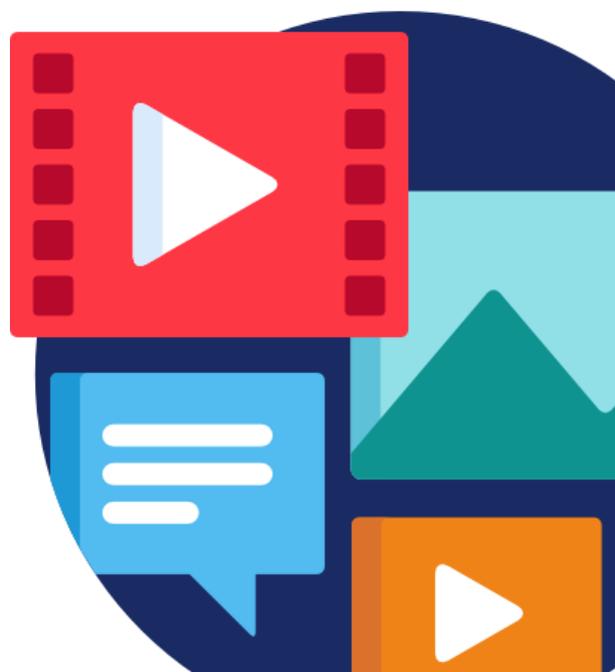
Schools should also consider how can support girls to manage menstruation at school.

## Puberty Education

In primary school's puberty education includes learning about how our bodies grow and change, it's relation to human reproduction and how feelings and emotions may be affected.

The learning prepares children and young people for secondary SRE which explores and introduces more on healthy relationships, peer pressure and reproductive and sexual health.

Our training prepares and equips teachers, sharing ideas, and provides a space to practice and build confidence to teach this health and life skills topic.



## Sex ed for grown-ups!

Can you recall the facts you explored as part of your own sex education? me neither.

For many teachers, youth workers and professionals working with children and young people reflecting back on our own experience of sex education was at best poor and at worse non-existent, and so this training course is here to fill in those gaps.

Taking the grown ups back to sex education school, attendees will take part in our fast moving, open and completely honest, fun mash up of sex education covering everything and anything from contraception, to sexually transmitted infections, sexting laws, consent and all that's in between!

## SRE and SEN

SRE is vital for a wide range of reasons. It is essential to protect and safeguard children and young people and covers a variety of topics such as grooming and internet safety, sexting and consent.

The teaching of effective SRE by confident teachers allows pupils to understand who they are, how they are growing and who they can talk to if they need answers to their questions or help.

Discussion around sex and relationship are just as important for pupils with SEND.

## SRE in KS1

**Keeping children safe - safe touch and secrets.**

Young children start to learn what their bodies can and can't do and like to find out how things work and how they're made. They are sometimes curious about their own and other people's bodies, and pregnancy and childbirth. In KS1 we prepare children with the basic knowledge they need to stay safe, speak out and seek help if they need it.

Teaching children about safe and unsafe touch can empower and safeguards children, this training helps teachers develop the confidence to deliver these lessons.

Our short course looks at the KS1 curriculum expectations and considers fun and interactive ways we can teach about SRE.



## Teaching about FGM in Primary Education

Schools play a vital role in protecting and supporting girls at risk of or affected by FGM.

SRE lessons provide an opportunity to explore the issue of FGM in a safe, gentle, age-appropriate and culturally sensitive way,

Children will learn about the issue in a safe, comfortable space and will be empowered to seek support if they are concerned about their own or a friend's health and wellbeing.

This training will focus specifically on how to teach FGM in the classroom rather than the background to the issue. It will be a hands-on session where you will have the opportunity to take part in activities which are linked to FGM lesson plans and teaching materials.

## Working with Parents and Carers and the Community

This course includes practical approaches, methods, resources, activities and ideas for engaging parents, carers and organisations in the community.

It will include national and local updates on youth, community and SRE related opportunities and the chance to network and to share practice.

