WHAT IS NEEDED FROM EDUCATORS AND PUPILS FOR EFFECTIVE RELATIONSHIP AND SEX EDUCATION?

EDUCATORS

- More practical/physical/ discussions/tasks rather than simply listening to the teacher talk
- Have individual conversations with students if needed
- More inclusive e.g. talking about LGBTQ+. Sex education not being heteronormative
- Students should receive resources for example online spaces where we can educate ourselves
- For finding resources online it depends on the quality of your Google search so schools should provide a list
- Question boxes can help people feel confident to ask questions and then discuss it later
- Non judgemental spaces!
- Just to be taught more about RSE! We were just taught about STIs but there was no support in other areas - like how to get contraception
- Should be more frequent and normalised
- Split boys and girls so pupils feel secure to have open conversations with no judgement
- For teachers to be utterly unbiased and non judgemental when answering any questions or teaching certain RSE topics
- Teachers need to be careful leading the conversations - they are mediators and facilitators of sometimes complex issues, and they need to take their opinion out of it and make sure everyone is comfortable
- Smaller classrooms better for feeling safe
- teachers have not necessarily had the best sex education themselves, at least in my school it's like a maths teacher teaching it, so there's a question of how can they teach us?
- After the sessions get feedback on thoughts, feelings and further questions - continue the conversation
- Train older pupils to discuss questions with younger pupils
- It's great when teachers say 'if I don't know how to answer this question I will go away and find some sources to help you'

PUPILS

- Immaturity and embarrassment can be a barrier
- Train older pupils to have discussions with younger pupils
- Opportunity to share views and thoughts without being shut down - then discuss and explore the issues (maybe this can be shared anonymously eg via mentimeter)
- A risk of pupils giving the wrong info if it's a peer-to-peer situation
- Similar topics for all genders to learn - at least in my school when boys and girls were split the topics were so different that people were lacking in other areas
- Maturity when discussing difficult topics and willingness and openness to share ideas and experiences
- Shame and fear of judgement
- Distinction between wanting to learn and further the discussion vs. just putting it out there
- Need to trust the teacher and fellow pupils
- Students discuss similar experiences together more, so that they recognise they are not on their own with their experiences
- For pupils to feel safe in their peer group to ask real questions and feel comfortable having these conversations