

split  
banana

## **Virtual Learning Cafe**

The transformative power of RSHE

**Thursday 12th October 2023**

Please get yourself something to write with and on.

# A RESPECTFUL SPACE



1. We all bring **different beliefs and experiences**, and can practice being **open to new ideas**.
2. We **welcome all questions** and approach them with **curiosity** and **kindness**.
3. We might feel awkward or laugh sometimes (and that's okay!), but we want to practice having honest **conversations without feeling judged**.
4. We are **inclusive** and recognise that **our words have impact**.
5. We **respect** each other's **privacy** and **boundaries**.
6. We **step up** and **make space**.

REFLECTION

# PIE CHARTS:

WHERE DID YOU LEARN ABOUT SEX AND RELATIONSHIPS?

1. Draw a pie chart which represents **where** you learned about sex and relationships from.
2. What were some of the **messages** you received?
3. How did they make you **feel**?



# SPLIT BANANA IS A SOCIAL ENTERPRISE THAT DELIVERS RELATIONSHIP AND SEX EDUCATION IN 3 WAYS:



WE RUN  
WORKSHOPS  
WITH  
YOUNG  
PEOPLE



WE CONSULT  
WITH SCHOOLS  
AND COMMUNITY  
ORGANISATIONS



WE  
TRAIN  
EDUCATORS

WHY DO WE EXIST?

# Why do we exist?

**genitals**

g XX and XY External Genitals

the vagina clean... don't use too much water  
is entirely normal

**E WISH I KNEW THAT STIS WERE EXTREMELY COMMON.**

**I HAVEN'T HAD A SEX ED CLASS SINCE YEAR 7**

**Learn more about HIV or any other STD**

**Relationships and consent**

Consent in law: "an agreement made by someone with the freedom and capacity to decide something". It's the responsibility of the person seeking consent to make sure these conditions are met.

In the UK, people must be **aged 16** to legally consent to sex. And they must be able to make informed decisions for themselves - i.e., not intoxicated.

Specifically for **men**:  
- men's advice line: 0800 505050  
- National Domestic Violence Helpline: 0800 327327  
- NSPCC: 0800 300000  
- Local sexual health centres: [www.nhs.uk](http://www.nhs.uk)  
- Rape Crisis: 0800 505050  
- Also Bureau of UK Clinics

www.sexplain.org.uk / @SexplainUK



# Why do we exist?

LGBTQIA+ people are **150** times more likely to develop depression and anxiety compared to the rest of the population.

*IICSA*



**2 in 5** trans people have experienced a hate crime or incident because of their gender identity in the last 12 months.

*Stonewall*



**97%** of 18-24 year old women have been sexually harassed with **96% of those not reporting.**

*UN Women UK*

**MEN**  
**MEN**  
**MEN**

2 in 3 (**67%**) 18-24 year-old men feel pressured to display hyper-masculine behaviour.

*Future Men Survey*



**70%** of young people said they did not feel prepared when they had their first sexual experience.

*NATSAL*



Three years after statutory RSE, **only 40%** of young people rate their lessons as 'good' or 'very good'.

*Sex Education Forum*



# Why do we exist?

## Three Decades of Research: The Case for Comprehensive Sex Education

- Appreciation of sexual diversity
- Lower homophobia + reduced homophobic bullying
- Recognition of gender equity, rights and social justice
- Dating and intimate partner violence prevention
- Improved knowledge and attitudes about and reporting of DV and IPV
- Increased bystander intentions and behaviours
- Healthy relationships
- Improved communication skills
- Child sex abuse prevention
- Improved knowledge, attitudes, skills and social-emotional outcomes related to personal safety and touch
- Improved disclosure skills and behaviour



# Why do we exist?

“As a young queer kid trying to navigate through traditional sex-ed, this is definitely the best presentation I've experienced, focusing so much more on the fact that sex and intimacy should empower and make you feel good rather than just the stereotypical 'sex is for making babies' so thank you so much!”

“I liked that we were made to feel respected and safe as we entered the room. I felt free to express my feelings in the space.”

“I learned about things I didn't know such as how to protect yourself and different places to access contraception.”

# CURRENT ISSUES

# What issues are we seeing in relation to RSHE at the moment?

- Sexual harassment in schools
- Young men feeling disenfranchised by consent education
- Rise in misogynistic language + behaviour
- Reflecting violent sexual practises seen in pornography
- Anti-LGBTQIA+ (especially anti-trans) rhetoric in the media
- Teachers who don't feel comfortable delivering RSHE due to lack of resource + capacity

# What can you do?

1. Get **clued up** on RSHE topics (use our online Resource Hub for Educators).
2. Create **respectful spaces**.
3. Help young people nurture their **relationship with themselves** first.
4. Involve **young people's voices** in your work.
5. Set **positive examples** e.g by expressing emotions and boundaries.
6. Start conversations by **referencing things happening in the news, social media and pop culture**.
7. Treat all **questions with respect**.
8. Use **accurate and inclusive language** when talking about relationships, bodies and sex.
9. Show your support for **LGBTQIA+ inclusive RSHE**.

**"I WILL STAND UP AGAINST  
SEXUAL ASSAULT AND HARASSMENT."**

**STUDENT, 16**

# THANK YOU!

Say [hello@splitbanana.co.uk](mailto:hello@splitbanana.co.uk)

Visit us on [www.splitbanana.co.uk](http://www.splitbanana.co.uk)

Find us on social [@splitbananaaa](https://www.instagram.com/splitbananaaa)

**Please get in touch if you'd like us to deliver student workshops, staff training or whole-school packages of RSHE support to your school.**

Q + A