

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.
- 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?

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

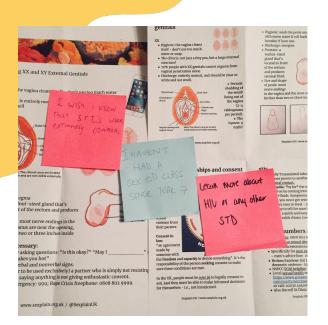


SPLIT BANANA IS A SOCIAL ENTERPRISE THAT DELIVERS RELATIONSHIP AND SEX EDUCATION IN 3 WAYS:



banana

WHY DO WE EXIST?









LGBTQIA+ people are

150 times more likely to
develop depression and
anxiety compared to the
rest of the population.

IICSA

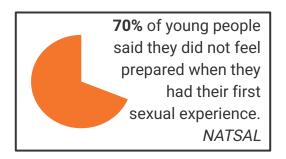
2 in 5 trans people have experienced a hate crime or incident because of their gender identity in the last 12 months.

Stonewall

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

UN Women UK

year-old men feel
pressured to display
hyper-masculine
behaviour.
Future Men Survey



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

Sex Education Forum



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





"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

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?

- 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.

Split

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

STUDENT, 16



THANK YOU!

Say hello@splitbanana.co.uk

Visit us on www.splitbanana.co.uk

Find us on social @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