



Relationships and Sexuality Education Resources

*Review of toolkits,
frameworks and
good practice initiatives*

June 2022

In support of

Relationships & Sexuality Education
Resource for Youth Workers

BACKPACK

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Sexual Health is a state of physical, emotional, mental and social wellbeing related to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.¹

World Health Organisation¹

1 Introduction and context

Simply defined, sexual and reproductive health rights are rights for all people, regardless of age, gender and other characteristics, to make choices regarding their own sexuality and reproduction, provided that they respect the rights of others. It includes the right to access information and services to support these choices and promote sexual and reproductive health. The United Nations Convention on the Rights of the Child² (Article 17) states:

'Each child (should have) access to information and material from a diversity of national and international sources, especially those aimed at the promotion of his or her social, spiritual and moral wellbeing and physical and mental health.'

The United Kingdom government brought in a series of legislative measures to improve support for looked after children and care leavers, promote the welfare and safeguarding of children and make provisions about the regulation of social workers through The Children and Social Work Act, 2017 (The 'Act'). Section 34 of the Act required regulations to be made for relationships and sex education (RSE) to be taught in all schools in England - with legal requirements for, a) all primary schools in England to teach *relationships* education; b) all secondary schools to teach *relationships* and sex education.

The content of this curriculum had been developed and shaped through engagement with parents, young people, schools and experts along with a public consultation. Regulations were confirmed in law through The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019. The legal requirements through statutory guidance came into force on the 1st September 2020.

Statutory guidance seeks to enable providers to deliver age appropriate on the subject areas, with clearly

1 World Health Organisation Regional Office for Europe <https://www.euro.who.int/en/health-topics/Life-stages/sexual-and-reproductive-health/news/news/2011/06/sexual-health-throughout-life/definition#:~:text=Sexual%20health%20is%20an%20integral,of%20disease%2C%20dysfunction%20or%20infirmity.>

2 United Nations Human Rights <https://www.ohchr.org/EN/professionalinterest/pages/crc.aspx>

defined reasoning for departing from the defined curriculum including religious ethos and parental rights to withdraw their children. Schools across England also collaborate with youth services to deliver RSE recognising the strengths that informal and non-formal educational techniques can bring.

In Northern Ireland the Education (Northern Ireland) Order (2006) provided a broad legislative framework to implement a revised statutory curriculum. This came into operation on 1st August 2007 through The Education (Curriculum Minimum Content) Order (Northern Ireland) 2007, which included the statutory component 'Learning for Life and Work', based on the following minimum content areas under personal development;

Self-Awareness

Personal Health

Relationships

Through the NI Assembly the DHSSPS identifies relationships and sexuality education as a priority in improving the sexual health and well-being of young people. In an Addendum to the Sexual Health Promotion Strategy and Action Plan³ a key action is to continue to implement guidelines on Relationships and Sexuality Education (RSE). As stated this recognises the significant role that schools can play in helping and encouraging young people to make informed, responsible decisions about their relationships and sexual health.

Relationships and sexuality education is also included in the revised curriculum⁴ and is now a statutory component of personal development and home economics, as well as the biological aspects of the science curriculum. Updated comprehensive guidance has been issued in 2019⁵ recognising that all young people have the right to high quality relationships and sexuality education that is relevant to their lives today. This updated guidance has a number of key themes including 'delivering inclusive relationships and sexuality education' focusing on sexual orientation and gender identity.

3 Addendum to the Sexual Health Promotion Strategy and Action Plan (2008 – 2013) to Dec 2015
[sexual-health-promotion-strategy-and-action-plan-addendum-2015_0.pdf](#)

4 Northern Ireland Curriculum – The Statutory Curriculum at Key Stage 3 (PDF) Statutory Curriculum for Key Stage 3 ([ccea.org.uk](#))

5 Relationships and Sexuality Education Guidance - An Update for Post-Primary Schools 2019 CCEA
[Relationships and Sexuality Education Guidance An Update for Post-Primary Schools.pdf](#) ([ccea.org.uk](#))

The guidance aims to encourage schools to reflect on their existing provision and update as appropriate to ensure it is relevant to young peoples' lives today. Previously young people stated that relationship and sexual health education in schools is 'poor' and called for *'the delivery of a wider and more consistent curriculum.'*⁶ Further research conducted by Belfast Youth Forum in 2019⁷ found that the relationship and sexuality education they received was *'basic, unhelpful, useless and biased'*. They recommended that Government and policy makers should;

- Adopt a rights-based and proactive approach to relationships and sexuality education
- Co-produce a curriculum programme and relevant interventions with young people and include the following;
 - Personal relationships
 - Sexual rights and behaviours
 - Gender equality and diversity
 - Responsible parenthood
 - Violence prevention
 - Preventing unintended pregnancy and sexually transmitted infections
 - Provide specialist staff to deliver relationships and sexuality education

Recognising the need for relationships and sexuality education for marginalised groups, the Gillen Review⁸ May 2019 recommended the need to *'include in the school curriculum for disabled children, children with sensory disability and those who are members of marginalised communities sex education designed in a culturally sensitive manner on matters such as consent, personal space, boundaries, appropriate behaviour, relationships, fears of homophobia and transphobia, gender identity and sexuality.'*

6 Inquiry into Child Sexual Exploitation in Northern Ireland Nov 2014 <https://www.cjini.org/getattachment/f094f421-6ae0-4ebd-9cd7-ae-c04a2cbafa/Child-Sexual-Exploitation-in-Northern-Ireland.aspx>

7 Belfast City Council Youth Forum - Any Use Report Any use? report (belfastcity.gov.uk)

8 Gillen Review - Report into the law and procedures in serious sexual offences in Northern Ireland May 2019 [gillen-report-may-2019.pdf](https://www.justice-ni.gov.uk/gillen-report-may-2019.pdf) (justice-ni.gov.uk)

Relationships and sexuality education is also currently being undertaken with young people and parents funded through the Public Health Agency. This provides a wide range of programmes delivered in a range of community settings.

A report on Sexual and Reproductive Health in Northern Ireland published by The Northern Ireland Abortion and Contraception Taskgroup⁹ in March 2021 also recognised the need for a broad range of sexual health programmes incorporating school based programmes, youth friendly health services and non-school based youth friendly services. This was acknowledged as particularly important for marginalised groups.

Relationship and sexuality education continues to be delivered across the youth work sector and more recently the Education Authority Youth Service. Regional Assessment of Need 2020 – 2023¹⁰ highlighted the importance of relationships and sexuality education through the following summary feedback from young people and youth workers;

Young people

- *Sexual health and awareness programmes were also important to children and young people.*

Youth Workers

- *Social media, resilience, sexual health and relationships were also highlighted as ongoing issues for children and young people.*
- *Sexual health and health and fitness projects should be encouraged ensuring children and young people were less dependent on their mobile phones and internet.*

9 Report on Sexual and Reproductive Health in Northern Ireland NIACT_Report_s.pdf

10 Education Authority Regional Assessment of Need 2020 – 2023

<https://eanifunding.org.uk/wp-content/uploads/2020/03/Youth-Service-Regional-Assessment-of-Need-2020-23.pdf>

2. Review of good practice initiatives, frameworks and toolkits.

Good Practice Initiative

A good practice initiative is practice that has been proven to work well and produce good results, and is therefore recommended as a model.

Framework

A framework is an organized plan or set of standards or learning outcomes that define the content to be learned in terms of clear, definable standards of what the young people should know and be able to do.

Toolkit

A toolkit is a collection of authoritative and adaptable resources for youth workers that enables them to learn about an issue and identify approaches for addressing them. Toolkits can help translate theory into practice and typically target one issue or one audience.

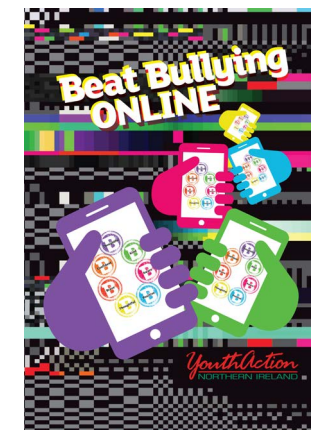
Resource name & author Web link	Type	Key themes	Overview	Informed by young people?	Date	Area
<p>Any Use Report</p> <p>Belfast Youth Forum</p> <p>Belfast City Council Youth Forum</p> <p>https://www.belfastcity.gov.uk/Documents/youth-forum/Any-use-report</p>	Framework	<p>Young people’s opinions on RSE in Belfast</p> <p>How useful young people find their current RSE</p> <p>How young people understand their rights in relation to RSE</p>	<p>Research focusing on young people’s opinions on Relationship and Sexuality Education (RSE) in Belfast. Belfast City Council Youth Forum created the report in partnership with Common Youth and Centre for Children’s Rights QUB.</p> <p>Recommendations include;</p> <ul style="list-style-type: none"> • Adopt a right-based proactive approach to relationship and sexuality education. • Work with young people to co-produce an RSE curriculum programme for schools. • A curriculum programme should be taught by specialised, qualified and trained staff. 	Yes	2019	NI

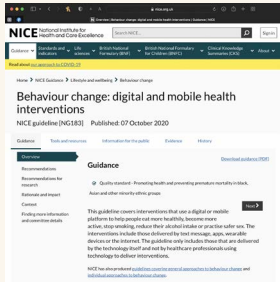




<p>ARC (Action for the Rights of Children) Sexual and Reproductive Health</p> <p>UNHCR UK</p> <p>The Refugee Agency</p> <p>https://www.unhcr.org/uk/protection/children/3bb822174/action-rights-children-arc-critical-issues-sexual-reproductive-health.html</p>	<p>Toolkit</p> <p>Good Practice Initiative</p>	<p>Sexual health and young people</p> <p>Working with young people – challenges and strengths</p> <p>Relevant legal standards and programme planning</p> <p>Effective sexual and reproductive health promotion and prevention</p> <p>Specific issues and key messages for young people</p>	<p>ARC work to ensure that everyone has the right to seek asylum and find safe refuge in another state, with the option to eventually return home, integrate or resettle.</p> <p>Includes research as well as toolkit focusing on sexual and reproductive health. Briefing notes included on each of the sections alongside target group, objectives, resources, timeframe and method.</p> <p>Key learning points guide the facilitator and could be used to create a baseline, evaluation form or key questions for exploration.</p>	<p>No</p>	<p>2001</p>	<p>UK</p>
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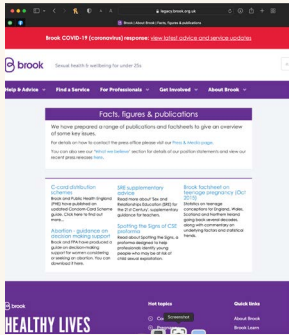
<p>Beat Bullying Online YouthAction Northern Ireland https://irp-cdn.multiscreensite.com/11ec25d7/files/uploaded/Beat%20Bullying%20Online.pdf</p>	<p>Good Practice Initiative Toolkit</p>	<p>What is E safety? What are the risks? What should I think about? Let's talk about E Safety Pause before you post Be kind online Be aware online Be positive online Be thoughtful online Be confident online Be brave online How to get support online</p>	<p>Resource developed by young people to tackle cyber bullying and support young people to feel safe online. Provides a range of purposeful and targeted activities where young people are able to have critical conversations about healthy and positive behaviours online and how to stay safe. Each of the topic areas are divided into adaptable youth work sessions which are fun, creative and informative around areas of E Safety. It's a colourful resource with lots of opportunity for positive engagement from young people. Reflective questions and key messages included to help young people identify their learning.</p>	<p>Yes</p>	<p>2019</p>	<p>NI</p>
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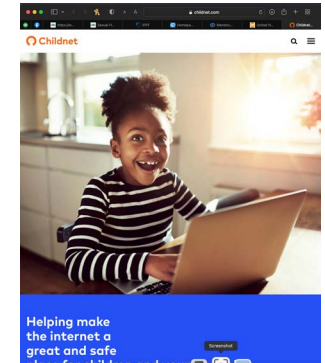
<p>Behaviour Change: digital and mobile health interventions - National Institute for Health and Social Care Excellence England</p> <p>Oct 2020</p> <p>https://www.nice.org.uk/guidance/ng183</p>	<p>Framework</p>	<p>Digital and mobile health interventions and impact on sexual health behaviour</p>	<p>Guidance looks at components and characteristics of digital and mobile health interventions and effectiveness at changing sexual health behaviour, such as condom less sex.</p> <p>Although commented that quality of evidence was low and difficult to make strong, recommendations noted there was evidence that internet interventions were effective at changing behaviour and did increase condom use and reduced risk of STI's.</p> <p>In relation to condom use noted following;</p> <ul style="list-style-type: none"> • Digital content of scripted dialogue and choice points relevant to real life situations including what to do next and consequences of actions. • Digital content of virtual situations allowing young people to experience difficult situations and develop healthy response mechanisms. • Refer to NHS apps library and Public Health Agency resource. 	<p>Yes</p>	<p>2020</p>	<p>UK</p>
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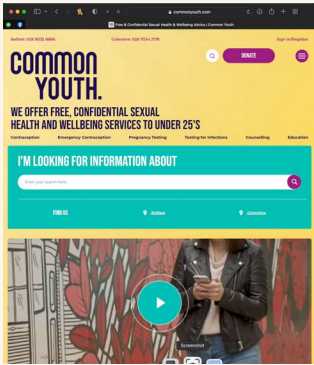
<p>Bounce - A resource manual for developing resilience work with young people</p> <p>Southern Health and Social Services Board and Southern Area Health Promotion Department</p>	<p>Toolkit</p> <p>Good Practice Initiative</p>	<p>Choices</p> <p>Saying yes/ saying no</p> <p>Values and attitudes</p> <p>Confidentiality</p> <p>Life stages</p> <p>Sexual consent</p> <p>Sexual orientation</p> <p>Sex</p> <p>Sexuality and prejudice</p>	<p>Bounce aims to support Personal and Social Health Education (PSHE) in post primary school settings, focusing on relationships, sexual health, drugs including alcohol and self-esteem. Can also be used as a progressive programme of developmental work with young people to support personal development programmes.</p> <p>Objectives of the resource include;</p> <ul style="list-style-type: none"> • Facilitate learning of core life skills and self- esteem and communication competence within relationships as essential skills. • Enhance health and well-being by acquiring life skills to manage risk and developing resilience to manage difficult situations during adolescent years. <p>Underpinned by the concepts of confidence, resilience and family connection and uses reflective questions to identify and reinforce learning.</p> <p>Aimed at teachers and youth workers as well as health and social services professionals.</p>	<p>Yes</p>	<p>2006</p>	<p>NI</p>
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<p>Brook UK factsheets</p> <p>https://legacy.brook.org.uk/about-brook/facts-and-figures</p>	<p>Good Practice Initiative</p>	<p>Abortion Condoms Contraception Periods Porn Puberty STI's</p>	<p>Brook is a national UK charity offering both clinical sexual health services and education and wellbeing services for young people. Provides a range of free handouts on different topics as noted and no longer than two pages and are easy to read.</p> <p><i>"These handouts are information based only but could easily be adapted to inform a workshop, group activity or discussion with young people."</i> (Feedback from youth worker)</p>	<p>No</p>	<p>Current</p>	<p>UK wide</p>
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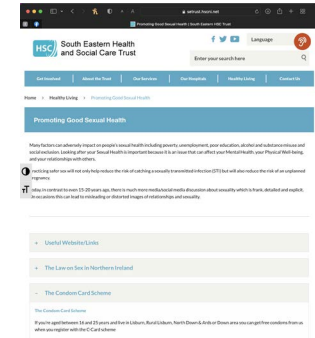
<p>Childnet</p> <p>Childnet – Online safety for young people</p>	<p>Toolkits</p>	<p>Online safety</p>	<p>UK charity focused on making internet safe place for children and young people which is youth led, evidence based and collaborative.</p> <p>Provides up-to-date training and wide range of easy to use resources alongside key advocate for safer online environments for young people.</p> <p>Key focus on everyone understanding what it means to give and receive sexual consent. Includes animation on what constitutes sexual consent and process of reporting sexual abuse to PSNI and follow up court proceedings.</p>	<p>Yes</p>	<p>Ongoing</p>	
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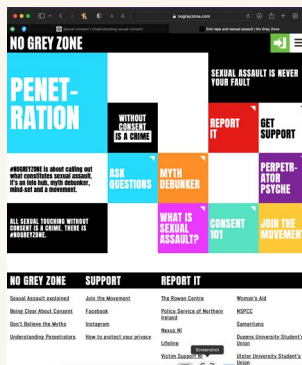
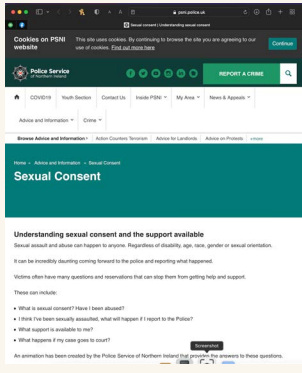




<p>Common Youth factsheets</p> <p>https://www.commonyouth.com/</p>	<p>Good Practice Initiative</p>	<p>Abortion Combined pill Endometriosis Implant Injection IUCD IUS Periods School and puberty Sex and the law Vagina</p>	<p>Provide free, confidential sexual health advice for under 25s in NI alongside range of factsheets and training for schools and others.</p> <p>Factsheets provide very relevant information and understanding of the topics. Could be blended with additional information and/or group discussions and activities.</p> <p>Some really useful definitions especially on consent as follows;</p> <p><i>"If you're finding it too scary or difficult to navigate the conversation around consent, then perhaps you aren't ready to have sex, or not in the right head space. Having a good line of communication and respect is essential for good sex. If you spend time working on communication, you'll feel a lot more at ease around all aspects of sex. Sex should be fun and getting consent should be enjoyable and exciting, even if the person isn't ready, or interested."</i></p>	<p>Yes</p>	<p>Current</p>	<p>NI</p>
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<p>Condom Card Initiative</p> <p>South Eastern HSC Trust Southern HSC Trust Northern HSC Trust</p> <p>Promoting Good Sexual Health South Eastern HSC Trust (hscni.net)</p> <p>https://setrust.hscni.net/healthy-living/promoting-good-sexual-health/</p>	<p>Good Practice Initiative</p>	<p>Condom distribution for 16 – 25 year olds</p>	<p>Though they come in all shapes and sizes, C-Card schemes share three fundamental principles:</p> <ul style="list-style-type: none"> • Timely information and advice: young people need access to timely information and advice about all aspects of relationships, sex and sexuality. • Easy access to condoms: the young person should be able to get condoms easily once they have been properly assessed and supported to ensure they know how to use condoms safely. • Trusting young people: once they have their C-Card the young person must be trusted and helped to get condoms freely and easily. 	<p>Yes –</p>	<p>Ongoing</p>	<p>NI</p>
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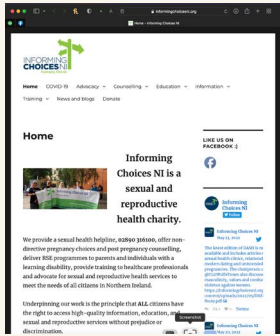
<p>Consent Information Leaflet</p> <p>PSNI</p> <p>Sexual Consent (psni.police.uk)</p> <p>Sexual Consent Toolkit (psni.police.uk)</p> <p>nogreyzone.com/</p>	<p>Toolkit</p>	<p>Consent</p>	<p>PSNI also a partner on No Grey Zone site. Very clear messaging on;</p> <ul style="list-style-type: none"> • What is sexual consent? • Support available. • Reporting sexual abuse. 	<p>No</p>	<p>2021</p>	<p>NI</p>
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<p>Consent Workshop PSNI</p>	<p>Good Practice Initiative</p>	<p>What is consent Why is understanding what consent is important Consent and the law Support and information services available</p>	<p>Part of the PSNI Rape Crime Unit and Community Safety department. PSNI officers facilitate a workshop on 'Consent and the law' aimed at young people 15 plus. The session lasts around 1 hour and provides an open and safe space for understanding consent and the law as well as opportunity for young people to ask questions. <i>"This would be great to bring into our schools, it would be really good to have all young people learning about consent, it's something we don't get to talk about."</i> (Young person)</p>	<p>No</p>	<p>Current</p>	<p>NI</p>
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Contraception	Good Practice Initiative	Improving access to services	In 2022 free Emergency Hormonal Contraception (EHC) will be added to the list of services provided through the Pharmacy First Scheme in Northern Ireland through Community Pharmacy.	No	To begin Spring 2022	Regional
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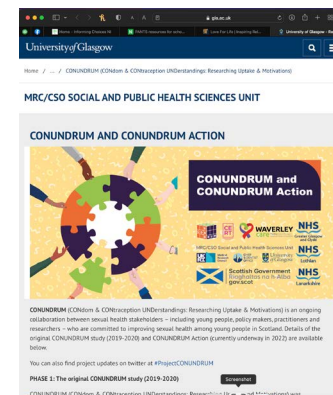
<p>Healthy Online Relationships</p> <p>INEQE Safeguarding Group/SHSCT/SESSCT</p> <p>Healthy Online Relationships Sign Up - Safer Schools (oursaferschools.co.uk)</p>	<p>Framework Toolkit</p> <p>Good Practice Initiative</p>	<p>Digital Competency</p> <p>Protect Yourself Online</p> <p>Be Positively Social</p>	<p>This is a bespoke programme designed by INEQE Safeguarding group in partnership with the Southern (SHSCT) and South Eastern Southern Care (SEHSCT) Trusts for 16 – 25 year olds.</p> <p>Young people complete an online course focusing on 4 key areas relevant to healthy online relationships with a test and certificate at end of programme.</p> <p>Lots of useful information, relevant videos and reflective questions to test knowledge along the way and links to support services. Although designed for individuals to complete, could also be used as part of youth group.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>NI</p>
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<p>Informing Choices NI</p> <p>Informing Choices NI – The sexual and reproductive health charity</p>	<p>Toolkit</p> <p>Good Practice Initiative</p>	<p>Body changes</p> <p>Boundaries</p> <p>Consent</p> <p>Bullying</p> <p>Choices</p> <p>Sex</p> <p>Sexuality</p> <p>Sexual health</p> <p>Relationships</p>	<p>Deliver following;</p> <ul style="list-style-type: none"> • Just Ask - Relationships and Sexuality Education (RSE) programme working specifically with people with a learning disability/difficulty, their families and carers. • Speakeasy - community-based parenting programme. Supports parents and carers to have conversations with their children about growing up and sexual health alongside preparing emotionally and practically for this transition. <p>Provide factsheets on contraception and STI's.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>NI</p>
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<p>International Journal of Gynecology and Obstetrics - Sexual and Reproductive health needs of young people: matching needs and systems - Doortje Braeken, Ilka Rondinelli 2012</p> <p>https://obgyn.onlinelibrary.wiley.com/doi/full/10.1016/j.ijgo.2012.03.019</p>	<p>Framework</p>	<p>Services that tackle sexual and gender based violence</p> <p>Sexual diversity</p> <p>Discrimination</p> <p>Relationship issues</p> <p>Fears and concerns about sex and sexuality</p> <p>Giving attention to perception and needs of young people</p> <p>Youth friendly approach</p> <p>Striking the right balance between protection and autonomy as complex process looking at individual capacity of each young person rather than focusing on age</p>	<p><i>'When young people have access to health and education they become a powerful force for economic development and positive change.'</i></p> <p>Article focusing on concerns regarding low uptake of young people accessing health services and in particular sexual and reproductive health and rights. Calls for a more holistic approach towards sexual and reproductive health and rights.</p> <p>Peer educators cited as important and educators and professionals in process are young, non-judgemental and have positive attitude to young people's sexuality.</p>	<p>Yes</p>	<p>2012</p>	<p>International</p>
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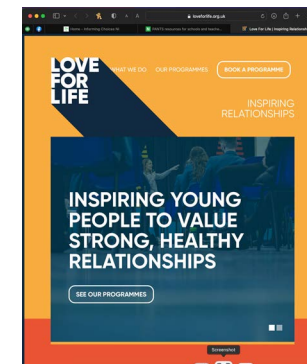
<p>Intersection of Health, Immigration, and Youth: A Systematic Literature Review Roxana Saheli April 2009</p>	<p>Framework</p>	<p>Focus on health needs of immigrant youth including sexual health needs.</p>	<p>Literature review primarily focused on Canada of existing research on health of immigrant young people Jan 98 – Jan 2008. Focusing on social and political factors that influence their health, findings relevant to immigrant-receiving countries.</p> <p>Recommendations;</p> <ul style="list-style-type: none"> • Increased research on the unique vulnerabilities of young immigrants. • Increased knowledge on the influence of pre and post migration experiences. • Increased knowledge of positive strategies used by young immigrants to cope with change. • Gender based analysis of strengths and vulnerabilities of young newcomers. 	<p>Yes</p>	<p>2009</p>	<p>International</p>
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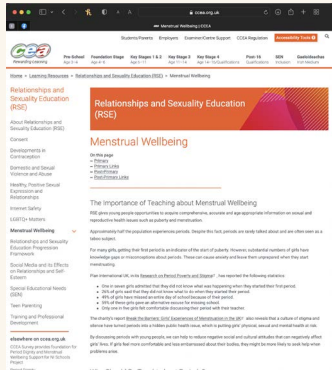
<p>IPPF International Planned Parenthood Federation</p> <p>IPPF</p>	<p>Toolkit Framework</p> <p>Good Practice Initiative</p>	<p>Citizenship, rights and responsibilities</p> <p>Gender and sexuality</p> <p>Diversity</p> <p>Violence</p> <p>Relationships and pleasure</p> <p>Sexual and reproductive health and HIV</p>	<p><i>'Delivering sexual and reproductive healthcare around the world, fighting for sexual & reproductive rights.'</i></p> <p>IPPF is a global organisation which sets out to ensure all people are free to make choices about their sexuality and well-being, in a world free of discrimination. They have been in operation for over 65 years and are committed to lead a locally owned, globally connected civil society movement that provides and enables services and champions sexual and reproductive health and rights for all, especially the under-served.</p> <p>Included in their resources is a 'Comprehensive Sexuality Education' guide.</p> <p>This is a learning resource for educators who provide comprehensive sexuality education to 11- 14 year olds. The guide is meant to be read in addition to the other IPPF publications on CSE to ensure a comprehensive understanding of what CSE is; how to design an effective CSE programme and ensure that young people's sexual rights are upheld.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>International</p>
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			<p><i>'Young people, including very young adolescents, need information, values and skills to understand their own sexuality and sexual and reproductive health and rights, as well as make informed decisions, and act upon them, in relation to their own bodies and sexuality. This can be done through access to comprehensive sexuality education (CSE). While there is no single definition of CSE, it can be understood as a holistic, developmental and age appropriate, culturally and contextually relevant and scientifically accurate learning process grounded in a vision of human rights, gender equality, sex positivity and citizenship.'</i></p> <p>Website also provides many campaigns/blogs/research pieces useful for staff and volunteers to build knowledge to compliment practice.</p>			
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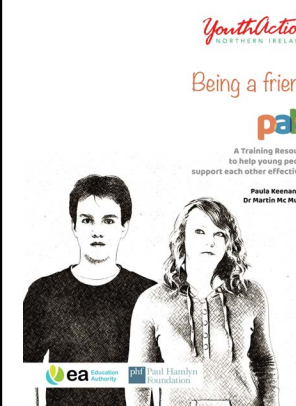
<p>Love For Life Love for Life - Independent Christian Charity for Young People in Northern Ireland</p>	<p>Toolkit Good Practice Initiative</p>	<p><i>Primary</i> Developing a healthy respect for themselves but Understanding the complex world of relationships Being prepared for the physical changes that puberty will present. <i>Post primary programmes</i> Dating and mating Sex drive Icebergs and babies i:Zone</p>	<p>Independent Christian Charity for Young People in Northern Ireland. Working to equip young people with the knowledge, skills and values. Explain necessity to make good choices when it comes to relationships and sex. Work with teachers in primary and post primary settings, parents, youth leaders and churches providing training, resources, support as well as hosting events. Also developed iSmart programme for health online life focusing on key stage 2.</p>	<p>No</p>	<p>Current</p>	<p>NI</p>
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<p>Menstrual Well-being CCEA</p> <p>https://ccea.org.uk/learning-resources/relationships-and-sexuality-education-rse/menstrual-wellbeing</p>		<p>Menstrual Well-being</p>	<p>Up to date resources developed on menstrual well-being that include;</p> <p>Primary</p> <p>Post Primary</p> <p>Additional information on;</p> <p>Who should be taught about periods?</p> <p>Involving parents and carers</p> <p>Period Dignity</p> <p>Secondary education – how to talk to students about puberty</p> <p>Hey girls – why periods matter?</p>	<p>Yes</p>	<p>2021</p>	<p>NI</p>
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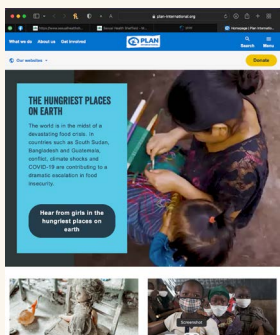
<p>PALS: A training resource to help young people support each other effectively</p> <p>YouthAction Northern Ireland</p> <p>https://www.youthaction.org/practical-resources</p>	<p>Toolkit Framework</p>	<p>How to support a friend in need and includes;</p> <ul style="list-style-type: none"> • Exploring sexual and/or gender identity • Mental ill health • Living with violence 	<p>Tangible and accessible framework for young people to learn and understand how to support their friend or 'buddy' when they are facing issues in their lives and need support.</p> <p>Includes 4 critical areas; <i>pay attention, ask, listen</i> and <i>support</i> with advice on each that promote learning and growth on 'how to be a good friend.'</p> <p><i>"Many of the young people commented that they often found themselves in the position of supporting friends who were struggling with a variety of issues that impinged on their mental well-being. While some felt comfortable with this role, others expressed concern that they were worried that they might make the situation worse."</i></p> <p>The toolkit also includes a section on 'Measuring Impact', highlighting the need to constantly check in, ask useful reflective questioning during and at the end of each session. Also the importance of needing to focus on insight from young people to effectively support the development of learning and supporting young people to facilitate and process their own learning. A baseline or 'check in' is also provided to use at the start and at the end of the programme.</p>	<p>Yes</p>	<p>2020</p>	<p>NI</p>
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<p>Pants for Children</p> <p>PANTS resources for schools and teachers NSPCC Learning</p>	<p>Toolkit</p> <p>Good Practice Initiative</p>	<p>Pants 5 rules:</p> <p>Privates are private</p> <p>Always remember your body belongs to you</p> <p>No means no</p> <p>Talk about secrets that upset you</p> <p>Speak up, someone can help</p>	<p>Pants is a straightforward conversation to keep children safe from sexual abuse following 5 rules.</p> <p>There is guidance on using the pants resource aimed at parents/carers or educators with lesson plans, useful videos and links. Each lesson plan has a plenary section to evaluate and debrief with children what they have learned from the session.</p> <p>Additional information for children with a learning need or if the information needs to be translated into another language.</p> <p>As a UK wide organisation they provide a framework specific to a Northern Ireland context for key stage 1 and 2 under Personal Development and Mutual Understanding (PDMU).</p>	<p>Yes</p>	<p>2013</p>	<p>UK</p>
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<p>Personal Development Guidance for Looked After Children and Young People - Guidance for children and Young People's Services Staff and Foster Carers</p> <p>Southern Health and Social Care Trust</p>	<p>Framework</p> <p>Good Practice Initiative</p>	<p>Framework focusing on 3 core areas - Physical, emotional and social development citing what should be covered under following age ranges;</p> <p>0-4years</p> <p>5-7 years</p> <p>8-12 years</p> <p>13-15 years</p> <p>16+ years</p> <p>Also guidance on other key areas including young people at risk of self-harm or suicide, sexually active young people and accessing contraception.</p>	<p>Aimed at Trust staff and foster carers as a framework for the delivery of personal development work with looked after children and young people and clear pathways for the management of a range of personal and relationship issues in practice.</p> <p>The guidance provides direction when personal development work should be initiated; who should be doing it; who is responsible for monitoring and appropriate themes based on a young person's age and stage of development.</p> <p>Works to ensure that personal and relationship issues are managed in a structured and consistent manner and are referred promptly and appropriately to the relevant support services.</p> <p>Very comprehensive document which also acts as a children and young people's directorate that includes further support, organisations, resources and specialist services relevant to other areas of children and young people's lives.</p>	<p>Yes</p>	<p>2013</p>	<p>NI</p>
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<p>Plan International</p> <p>Advancing children's rights and equality for girls Plan International (plan-international.org)</p>	<p>Framework</p> <p>Toolkit</p> <p>Good practice initiative</p>	<p>Context, rationale, understanding of legislation and the law in regards to all areas of SRHR</p> <p>Human Rights standards</p> <p>International commitments to SRHR</p> <p>Social norms and inequality</p> <p>CSE</p> <p>Menstruation</p> <p>Access to safe abortion</p> <p>HIV and Aids</p> <p>FGM</p>	<p><i>"Plan International is an independent development and humanitarian organisation that advances children's rights and equality for girls. We strive for a just world, working together with children, young people, our supporters and partners."</i></p> <p>The global strategy of the organisation is to work towards the promise of the <u>2030 Global Goals</u> and strive for a just world that advances <u>children's rights and equality for girls</u>.</p> <p>Strategy is to work with vulnerable children especially girls so they can learn, lead, decide and thrive. Key areas to their work such as advocacy, programme, influencing and working in partnership. Area most relevant with regard to sexual health is their policy position on sexual and reproductive health and rights.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>International</p>
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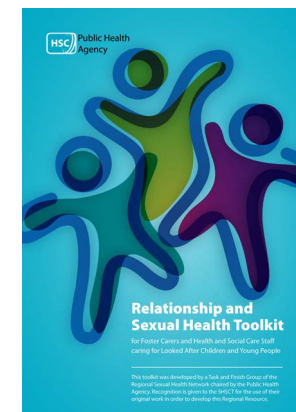
<p>Menstrual Health Day: Global period poverty and stigma getting worse under lockdown Plan International UK (plan-uk.org)</p>			<p>Plan International UK, in its Research on Period Poverty and Stigma, has reported the following statistics:</p> <ul style="list-style-type: none"> • One in seven girls admitted that they did not know what was happening when they started their first period. • 26% of girls said that they did not know what to do when they started their period. • 49% of girls have missed an entire day of school because of their period. • 59% of these girls gave an alternative excuse for missing school. • Only one in five girls felt comfortable discussing their period with their teacher. <p>The charity's report Break the Barriers: Girls' Experiences of Menstruation in the UK reveals that a culture of stigma and silence have turned periods into a hidden public health issue putting girls' physical, sexual and mental health at risk.</p>	<p>Yes</p>	<p>2020</p>	<p>International</p>
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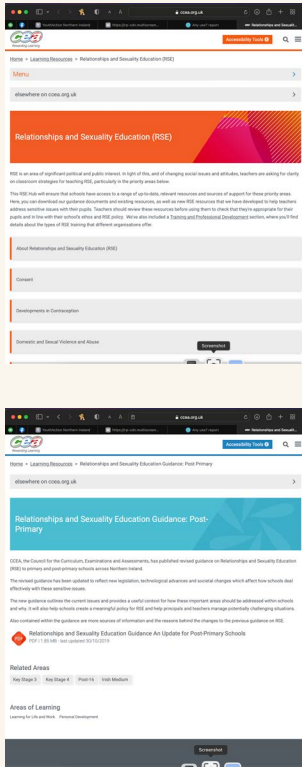




<p>Positive Sexual Health</p> <p>BE BOLD</p> <p>BE HEARD</p> <p>BE THE CHANGE</p> <p>Youth Work Ireland</p> <p>https://www.youthworkireland.ie/images/uploads/general/YWI_Talking_About_Sexual_Health_Resource.pdf</p>	<p>Toolkit</p>	<p>Positive sexual health campaign</p> <p>Talking about sexual health</p> <p>Checklist for starting conversations</p> <p>Building on conversations</p> <p>The Irish legal context consent</p> <p>The role of a youth worker</p> <p>Key sexual health messages</p> <p>Checklist for youth workers</p> <p>Youth work environment</p> <p>Junior section</p> <p>Dating apps</p> <p>STIs</p> <p>Types of contraception</p> <p>Sexual health clinics</p>	<p>Practical youth work resource informed by young people and covering a range of topics aimed at young people 13+ although does include section for under 12's. All underpinned by person centred and inclusive approach. Core messages;</p> <p>Empowerment and sex positive approach.</p> <p>Holistic approach to sexual health - normalising sex and reducing stigmas.</p> <p>Safety</p> <p>Refers to importance of reflection on conversations/sessions for young people to identify what was helpful etc.</p>	<p>Yes</p>	<p>2019</p>	<p>Ireland</p>
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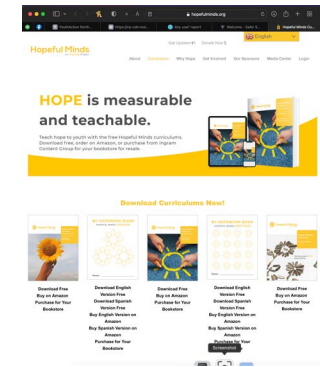
<p>Relationship and Sexual Health Toolkit</p> <p>Relationship and Sexual Health Toolkit for Foster Carers and Health and Social Care staff caring for Looked After Children and Young People</p> <p>Public Health Agency</p> <p>Sexual Health Toolkit for Foster Carers and HSC staff Web Version.pdf (hscni.net)</p>	<p>Toolkit</p>	<p>Sex and the law</p> <p>Consent and confidentiality</p> <p>Contraception</p> <p>Emergency hormonal contraception</p> <p>Pregnancy</p> <p>Supporting young person who is pregnant</p> <p>Supporting young father</p> <p>Pornography</p> <p>Masturbation</p> <p>Online exploitation sexual assault</p>	<p>Toolkit recognising rights of children and young people to have information on relationships and sexual health.</p> <p>Excellent guidance in pathways section on how to support young person in range of circumstances including support from other agencies, help lines etc.</p> <p>Appendices includes additional information on CSE, keeping safe online, LGBTQIA+, STI's, GUM clinic and sexual health services.</p> <p>Really comprehensive document, easy to follow with a key focus on external support available.</p>	<p>Yes</p>	<p>Nov 2019</p>	<p>NI SHSCT</p>
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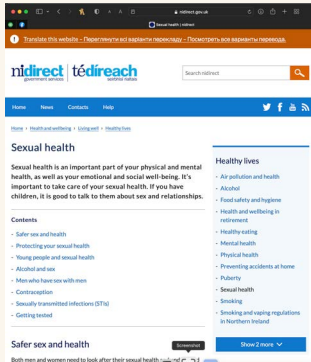




<p>Relationships and Sexuality Education Curriculum Hub</p> <p>CCEA</p> <p>Relationships and Sexuality Education (RSE) CCEA</p> <p>https://ccea.org.uk/learning-resources/relationships-and-sexuality-education-guidance-post-primary</p>	<p>Framework</p> <p>Toolkit</p> <p>Good Practice Initiative</p>	<p>Consent, what it means and its importance</p> <p>Developments in contraception</p> <p>Domestic and sexual violence and abuse</p> <p>Healthy, positive sexual expression and relationships</p> <p>LGBTQ+ matters</p> <p>Safe use of the internet</p> <p>Social media and its effects on relationships and self-esteem</p> <p>Teen Parenting</p>	<p>Comprehensive range of up-to-date and relevant resources and sources of support covering 7 priority areas.</p> <p>Also separated into age ranges covering key stages 1 – 4 and post 16 with focus on inclusion and includes resources in Irish language medium.</p> <p>Links to wide range of lesson plans with reflective elements to reinforce and identify learning.</p> <p>CCEA also issued updated RSE guidance for post-primary schools in 2019 to;</p> <ul style="list-style-type: none"> • Prompt schools to reflect on existing provision. • Update provision to ensure relevant to young people’s lives. <p>Also includes support to develop RSE policy, building partnerships and a wide ranging resource directory.</p> <p>Very comprehensive document that includes key themes and content based on UNESCO and UK Council for Internet Safety guidance.</p> <p>Resources being developed on consent including toxic masculinity and male privilege.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>NI</p>
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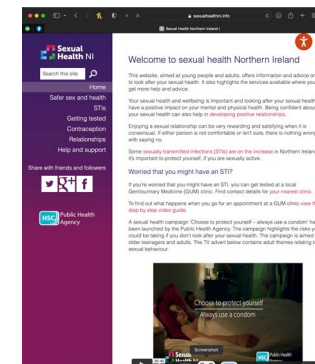
<p>Resilio</p> <p>Hopeful Minds NI Mental Health Service</p> <p>Hopeful Minds Curriculums Hopeful Minds</p>	<p>Framework</p> <p>Good Practice Initiative</p> <p>Toolkit</p>	<p>Build resilience</p> <p>Promote mental health</p> <p>Emotional intelligence</p> <p>Self esteem</p> <p>Self efficacy</p> <p>Suicide prevention</p>	<p>Hopeful Minds is a project developed by iFred, the International Foundation for Research and Education on Depression. Based on research that suggests hope is teachable (a skill). The aim is to equip students, teachers and parents with the tools they need to define, learn and grow a hopeful mindset and prevent hopelessness. They deliver workshops and offer downloadable resources from their website. Particular focus on engaging 7 to 10 year olds although materials can be used with any age range.</p> <p>Social media platforms are very active and website has lots of information. Information very relevant and informative including how to respond to behaviours which may appear 'unkind' by a child e.g anger.</p> <p>Also offer one to one support and supports parents to support their children to hope and hope theory.</p> <p>Each lesson has an evaluative method with questions or 'things to think about' when completing the sessions and lessons, in order to de brief and enable participants to process and identify learning.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>International with links to NI</p>
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<p>Sexual Health - NI Direct (Web resource) https://www.nidirect.gov.uk/articles/sexual-health</p>	<p>Framework</p>	<p>Safer sex and health Protecting your sexual health Young people and sexual health Men who have sex with men Contraception Sexually Transmitted Infections (STI's) Getting tested A range of useful links</p>	<p>NI Direct is the official government website for Northern Ireland citizens. Aims to make it easier to access government information and services. Does this through working closely with Northern Ireland Departments and other public bodies to collate key information based on users' needs and present information in a language which is accessible and easy to understand, without having the knowledge of the workings of government to find the right information. Section on sexual health mainly focuses on defining sexual health and includes steps to protect yourself (and others) when it comes to safer sex.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>NI</p>
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<p>Sexual Health Northern Ireland</p> <p>Public Health Agency (Web resource)</p> <p>https://www.sexualhealthni.info/</p>	<p>Framework</p> <p>Good Practice Initiative</p>	<p>Safer sex and health</p> <p>STI's</p> <p>Getting tested</p> <p>Contraception</p> <p>Relationships</p> <p>Help and support</p>	<p>Website developed and designed by Public Health Agency. Specifically targets young people and adults, offering information and advice on how to look after sexual health. Highlights services available and identifies where you can access support and advice.</p> <p>Resource is easy to follow whilst also presenting very comprehensive and detailed information covering key topics.</p> <p>Language and tone used is non-judgemental and promotes healthy safer sex which also protects each individual's right to choose.</p> <p><i>"Enjoying a sexual relationship can be very rewarding and satisfying when it is consensual. If either person is uncomfortable or isn't sure, there is nothing wrong with saying no."</i></p>	<p>No</p>	<p>Ongoing</p>	<p>NI</p>
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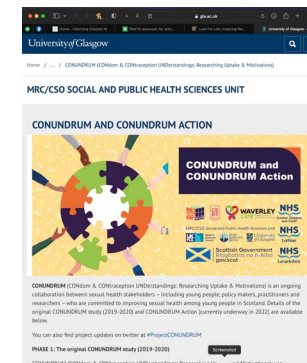
<p>Sexual Health Sheffield</p> <p>Sexual Health Sheffield - Meeting Your Sexual Health Needs</p>	<p>Framework</p> <p>Toolkit</p> <p>Good practice initiative</p>	<p>Services - telephone line SHS at a glance</p> <p>HIV/STI treatment and screening</p> <p>Information for young people</p> <p>How to request a STI kit</p> <p>Contraception services</p> <p>Emergency contraception</p> <p>Pregnancy choices, Vasectomy services</p> <p>Pit stop and service for gay and bisexual men and PEP</p> <p>Information and advice - Contraception, STI's, HIV and LGBT+</p> <p>List of resources</p>	<p>Practical information to keep you safe, healthy and happy.</p> <p>Provides a range of accessible G.U.M clinics and also the website is very comprehensive, non-judgemental and provides a vast amount of information which is preventative but also responsive to someone who may be facing 'crisis'.</p> <p>Sexual Health Sheffield is an NHS service provided by Sheffield Teaching Hospitals NHS Foundation Trust which consists of a range of G.U.M clinics around the Sheffield area. They provide a range of services to the public including a range of contraception including emergency contraception, as well as youth clinic.</p> <p>The NHS staff at their clinics include consultants, doctors, nurses, health advisors, sexual health promotion and outreach, education and training providers and administration.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>UK</p>
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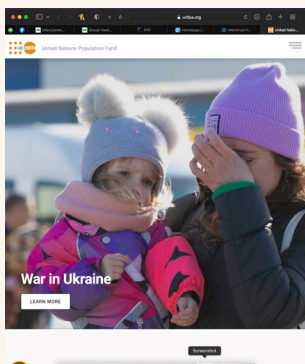
			<p>The section 'youth clinic' is very impressive.</p> <p><i>"The Youth Clinic is for any person aged 18 and under. There is no lower age limit. These clinics offer free and confidential access to information and advice on any sexual health issue as well as a full range of contraception, testing & treatment for sexually transmitted infections (STIs) and support for pregnancy options (including counselling and making arrangements for abortion or continuing pregnancy)."</i></p> <p>The website offers a wide range of short films ranging anywhere from condom demonstrations to clips which break down myths around contraception and STI's. Also a link to an online shop which will be useful to purchase equipment for the pilot programmes and future work in sexual health. It also has a section on frequently asked questions which is useful for anyone who may be feeling anxious about going to the clinics or accessing support and treatment.</p>			
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<p>Turn the Light On: A Relationship and Sexuality Education Pack for Working with Young People</p> <p>YouthAction Northern Ireland (YANI)</p> <p>https://www.youthaction.org/practical-resources</p>	<p>Toolkit</p> <p>Good Practice Initiative</p>	<p>Healthy relationships</p> <p>Your body and keeping it safe</p> <p>STI's</p> <p>HIV and AIDS</p> <p>Pregnancy</p> <p>Sexuality</p> <p>LGBTQ+</p> <p>A bit on the side</p> <p>Definitions</p>	<p><i>"Turn the Light On provides young people with a space to explore alternative relationships and types of sexual encounters. We are widening the discussion to help explore a range of relationships."</i></p> <p>Resource based on youth work principles of meaningful participation, promoting critical and key discussions and also ensuring young people feel empowered in the process. Also supports facilitators to create an environment where young people feel safe and develop their ability to make better informed choices. Resource is colourful and creative alongside being supportive and factual containing a vast and dynamic range of activities on key themes related to sexual health.</p> <p>Turn the Light On evaluative elements are attached to each session to nurture critical reflection and capture learning.</p> <p>This resource has been developed by young leaders involved with YANI and informed by their experiences and research.</p>	<p>Yes</p>	<p>2019</p>	<p>NI</p>
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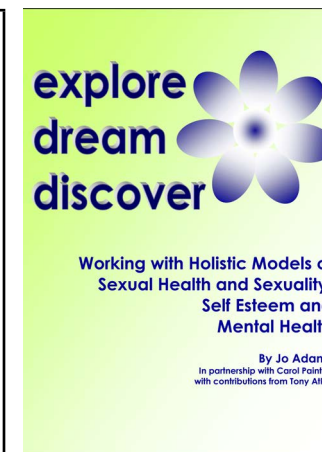
<p>Understanding young people’s use and non-use of condoms and contraception - NHS Scotland March 2021</p> <p>https://www.gla.ac.uk/researchinstitutes/healthwellbeing/research/mrccsosocialandpublichealthsciencesunit/programmes/relationships/fisr/conundrumcondomcontraceptionunderstandingsresearchinguptakemotivations/mrccsosocialandpublichealthsciencesunit/programmes/relationships/fisr/conundrumcondomcontraceptionunderstandingsresearchinguptakemotivations/</p>	<p>Framework</p>	<p>Condom use and recommendations on how to increase use.</p>	<p>Recent study (published March 2021) focusing on factors shaping use and non-use of condoms and contraception of young people in Scotland. In particular, commissioners concerned about decreasing use of free condom schemes and long-acting reversible contraception.</p> <p>Relevant recommendations include;</p> <ul style="list-style-type: none"> • Digital communications and digital resources co-designed by young people. • Strengthening youth work settings to ensure young people of all genders have knowledge and skills to negotiate positive social interactions and prevent STI’s and if desired - pregnancy. • Young people involved in reviewing and enhancing existing content and co-developing any new resources or materials. 	<p>Yes</p>	<p>2021</p>	<p>UK/ Scotland</p>
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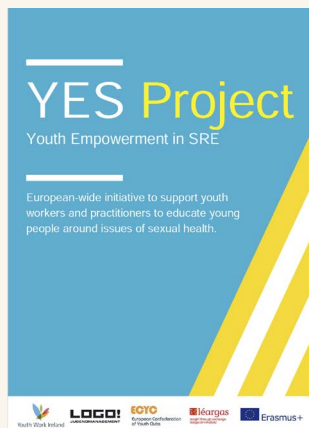




<p>United Nations Population Fund (UNFPA)</p> <p>UNFPA - United Nations Population Fund</p>	<p>Good practice initiative</p> <p>Framework</p>	<p>Sexual and reproductive health</p> <p>Young people</p> <p>Human rights and Gender equality</p> <p>Population matters</p>	<p>UNFPA is the United Nations sexual and reproductive health agency. Their mission is to deliver a world where every pregnancy is wanted, every child birth is safe and every young person's potential is fulfilled.</p> <p>UNFPA supports reproductive health care for women and young people in more than 150 countries, home to more than 80 per cent of the world's population. Key areas include the health of pregnant women, especially the 1 million who face life-threatening complications each month, gender-based violence which affects 1 in 3 women, abandonment of female genital mutilation which harms 3 million girls annually and ending child marriage.</p>	<p>Yes</p>	<p>Ongoing</p>	<p>International</p>
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<p>Working with Holistic Models of Sexual Health and Sexuality, Self Esteem and Mental Health - Jo Adams</p> <p>https://www.sexualhealthsheffield.nhs.uk/wp-content/uploads/2015/03/Explore-Dream-Discover.pdf</p>	<p>Framework Toolkit</p>	<p>Sexual health and sexuality</p> <p>Self Esteem</p> <p>Mental Health</p>	<p>This toolkit and framework uses a 'flower' as a metaphor to explore three models of sexual health and sexuality, self-esteem and mental health.</p> <p>These are broken down into sections which provide theory and practical resources to use with young people supporting the facilitator to think through what areas will work best under each of the models.</p> <p>There are prompts to specific areas of interest, what should be covered, some short sessions and worksheets which can complement these.</p> <p>There are no explicit evaluative suggestions however plenty of narrative and questions which can be developed into a baseline or evaluation.</p>	<p>No</p>	<p>2004</p>	<p>NI</p>
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<p>YES</p> <p>Youth Work Ireland</p> <p>https://www.youthworkireland.ie/youth-work-centre/yes-project</p>	<p>Framework</p> <p>Toolkit</p> <p>Good Practice Initiative</p>	<p>Sexual identity and healthy relationships</p> <p>Communicating consent</p> <p>Wider influences and decision making</p>	<p>The Yes Project is a European wide initiative to provide young people with empowering sexual health and reproductive education in a community setting. Collaborating with ECYC (European Confederation of Youth Clubs) and LOGO Jugend Management to develop the capacity of youth organisations and youth workers to deliver relationships and sexuality education to young people.</p> <p>Consists of 3 one-hour sessions to support youth workers and educators practice.</p> <p>Each session includes reflection questions and feedback to enable young people to identify ongoing learning.</p>	<p>Yes</p>	<p>2018</p>	<p>Ireland</p>
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3. Summary of findings

In completing the review we engaged with youth workers, other educators, sexual health professionals and young people. The resulting array of toolkits, frameworks and good practice initiatives available at local, national and international levels have differing models of implementation, approaches and available information. The following has particular relevance for the youth work sector;

Consistency, collaboration and support

Generally, the good practice initiatives that exist locally have extensive resources that are information-based rather than delivery-focused. There is also a need for greater inter-organisation/inter-agency collaboration to ensure consistency and quality standards across the youth work sector. As documented in the Regional Assessment of Need¹¹ youth workers identified the need for clearly defined approaches, support and training and easily accessed curriculum resources.

Children and young people's inclusion in developing practice

As recommended by the Belfast City Council Youth Forum¹² and others, many but not all of the good practice initiatives were developed with young people as co-designers. The good practice initiatives developed in partnership with children and young people reflect their current experiences, knowledge and lived realities. Additionally, they also place other young people their own age in the forefront, encompassing the different layers of what is and is not appealing to their peers.

The presence of technology in children and young people lives is all-encompassing through use of social media and streaming services for example to gather information, connect with others etc. Good practice initiatives therefore need to make best use of technology to engage with young people in co-design and implementation e.g Healthy Online Relationships course designed by INEQE Safeguarding group in

11 Education Authority Regional Assessment of Need 2020 – 2023 March 2020 Youth-Service-Regional-Assessment-of-Need-2020-23.pdf (eanifunding.org.uk)

12 Belfast City Council Youth Forum Any Use Report Any use? report (belfastcity.gov.uk)

partnership with the Southern (SHSCT) and South Eastern Southern Care (SEHSCT) Trusts for 16 – 25 year olds.¹³

Early intervention and integration

Current models of practice emphasise early intervention to reduce negative sexual health outcomes. It is for this reason that we have included good practice initiatives that encourage for example autonomy, emotional regulation and building resilience.

Building sexual health and relationships into a programme that integrates these strands contributes to young people understanding sexual health and relationships in a positive way and as a more natural continuum of their on-going development.

Youth Worker perspectives

Through the course of recruitment for the pilot we identified that youth workers had limited knowledge of the expertise, resources and support available especially across the Health Sector. Some youth workers were also very cautious to begin any sexual health programme. While some have attributed this to their own lack of training, knowledge or awareness, most shared fears of local community reactions, parental concerns or reluctance within their organisations.

13 Healthy Online Relationships INEQE Safeguarding group in partnership with Southern (SHSCT) and South Eastern Southern Care (SEHSCT) Trusts Healthy Online Relationships Sign Up - Safer Schools (oursaferschools.co.uk)

4. Approaches to delivering relationships and sexuality education

Approaches to relationships and sexuality education exist in cultural and societal contexts which both inform and shape what happens across the youth work sector alongside formal education. These contexts are constantly shifting, sometimes in landmark movements, at other times in quite subtle ways as cultural and societal norms evolve.

While the contexts differ across jurisdictions, the main approaches that have emerged fall into three broad categories: abstinence-only; comprehensive sexual health education and holistic sexual health education. These could be points along a continuum for youth workers to situate their practice, informed by the values and principles within their own organisations.

Abstinence-Only

The abstinence-only approach is an umbrella model of practice that aims to delay young people engaging in sexual behaviour and situating sexual intercourse in the context of marriage. Information and advice on safe sexual behaviour or contraception are limited within this model.

Comprehensive Sexual Health Education (CSHE)

The CSHE approach recognises that some young people may engage in sexual activity and as a result there is a need for information on birth control, safe sex and how to negotiate healthy sexual relationships.

According to United Nations Educational, Scientific and Cultural Organisation (UNESCO, 2018), CSHE provides opportunities to acquire comprehensive, accurate, evidence-informed and age-appropriate information on sexual health as part of a continuing education process. It addresses sexual and reproductive health issues including, but not limited to, sexual and reproductive anatomy and physiology; puberty and menstruation; reproduction, modern contraception, pregnancy and childbirth; and STIs,

including HIV and AIDS.

In its most broad conception, CSHE includes social and emotional lessons alongside biological and risk-prevention information. Therefore, it is not just concerned with the 'mechanics' of reproduction but also focuses on responsible sexual behaviours and the importance of healthy and equitable relationships grounded on principles of human rights and gender equity.

Holistic relationships and sexual health approach (HSE)

Holistic sexual health education programmes are grounded in a positive approach to sexual health. They do not aim to prevent young people from starting sexual relationships but accept that young people will engage in relationships that may gradually become sexual. The aim is to help young people develop the ability to make conscious, satisfactory, healthy and respectful choices regarding relationships and sexual health.

HSE approach;

- Recognises it is a learning process, spread over several years and not an intervention.
- Focused on behaviour preparation and development.
- Grounded in a pedagogical process that comprises knowledge, skills and values.
- Places emphasis on the empowerment of young people to exercise agency and make positive decisions on their path to healthy and life-enhancing sexual relationships.

5. Delivery of relationships and sexuality education

An interesting categorisation of models of implementation and delivery of RSE is explored in Byron and Hunt (2017), which they outline as either formal or informal knowledge exchange. In relation to RSE implementation and delivery in Northern Ireland, there are several delivery models that are evident across the good practice initiatives and frameworks identified. These include facilitation by a non-formal or formal educator; facilitation by peers or facilitation by an external provider.

Facilitation by non-formal educators i.e. Youth Workers

Youth workers are ideally situated to undertake relationships and sexuality education because of their ability to build trusting relationships with young people over time, their training in relevant pedagogies and the willingness of young people to see them as sources of accurate and credible information and advice.

However, as noted there are significant barriers to youth worker's facilitation of sexual health education. These include relevant training; limited age and stage appropriate resources; perceived parental objections; low priority of relationships and sexuality education in programmes and overall confidence.

Peer-led facilitation

This approach focuses on young people being placed in the lead of their own education and enabling them to support other people their age to for example build knowledge, have a greater understanding of relationships and sexuality education and be aware of the risks.

Young people are given training and support by specialist trainers to challenge myths, misinformation and negative messages relating to relationships and sexuality education, while importing accurate and sex positive information to their peers.

External RSE Providers

When it comes to the facilitation of RSE, youth services alongside schools in many countries including Northern Ireland, engage with external agencies to support delivery of RSE. Availability, familiarity and acceptability are key factors in who is selected with the youth organisation ethos and denomination considered.

Challenges to solely using this approach include lack of developed relationships with young people; timing of sessions; frequency of inputs and sustainability of programmes.

There are a range of additional external providers to choose from including sexual health experts in Health Trusts; Common Youth; Informing Choices NI; Nexus; Love for Life; Relate NI and The Rainbow Project.

Endnotes

Approaches to delivering relationships and sexuality education

Approaches to sexual health education exist in cultural and societal contexts which both inform and shape what happens across the youth work sector alongside formal education. These contexts are constantly shifting, sometimes in landmark movements, at other times in quite subtle ways as cultural and societal norms continue to change.

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External RSE Providers

When it comes to the facilitation of RSE, youth services alongside schools in many countries, including Northern Ireland, engage with external agencies to support delivery of key aspects of RSE. Availability, familiarity and acceptability are key factors in who is selected with the youth organisation ethos and denomination considered a significant factor.

Challenges to solely using this approach include lack of developed relationships with young people; timing of sessions; frequency of inputs and sustainability of programmes.

At primary and post-primary level, there are a range of additional external providers for schools to choose from including sexual health experts in Health Trusts; Common Youth; Nexus NI; Love for Life and locally based sexual health organisations and groups with a particular focus, such as The Rainbow Project as documented in the Resources Review section (pages 5 - 19).

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