



IMPROVING RSE WHY IT'S SO IMPORTANT?

“Research tells us that young people want quality RSE and that the taboo around this topic does not support their wellbeing”

Tracey Clelland

Relationship and Sexuality Education is education about us, about who we are and how we are. It's about how we **FEEL**, how we **FUNCTION** and how we **FORM** and maintain healthy friendships and relationships. It's also about how we develop the skills to make strong connections to our whānau, our communities and our futures.

Put simply, human flourishing is about feeling good and functioning well in all aspects of our lives. Forming and maintaining healthy friendships and relationships is key to human flourishing. Learning how to flourish is the content of a strong and effective RSE programme.

The Ministry of Education *Relationships and Sexuality Education a guide for teachers, leaders and boards of trustees (Years 1-8 and Years 9-13)* were published in 2020. Dr Rachael Dixon and Tracy Clelland from the University of Canterbury were contracted by the Ministry of Education to create effective practice showcases and educator resources to help schools and teachers implement the updated guides, and these are due to be released later this year. WAVE and Rachael are working together to organize two workshops in Timaru in 2022.

For more details about Dr. Rachael Dixon and Tracey Clelland's work, see this article from the University of Canterbury:

www.canterbury.ac.nz/news/2021/new-relationship-and-sexuality-resources-will-empower-school-teachers-to-implement-updated-guidelines.html

RSE Professional Development

Strengthening relationships and sexuality education

Dr. Rachael Dixon from the University of Canterbury will facilitate two workshops (one for primary teachers and one for secondary teachers) in late Term 1 or early Term 2 2022 (dates TBC) in Timaru. These 2-hour workshops will explore aspects of the Ministry of Education Relationships and Sexuality Education – a guide for teachers, leaders and boards of trustees and the support materials relevant to teachers.

At completion of the workshop participants will:

- have knowledge of the Relationships and Sexuality Education Guide and supporting materials
- have explored ways to implement in their school curriculum and as part of a whole-school approach to the promotion of student wellbeing.

Dates for the workshops will be confirmed before the end of this year and sent to you by your WAVE facilitator.

“The world has changed quite a lot in what young people are accessing and how they are accessing not just explicit material online, but information and false information,”

Rachael Dixon