

Relationship and Sex Education Programme



Practice to perform



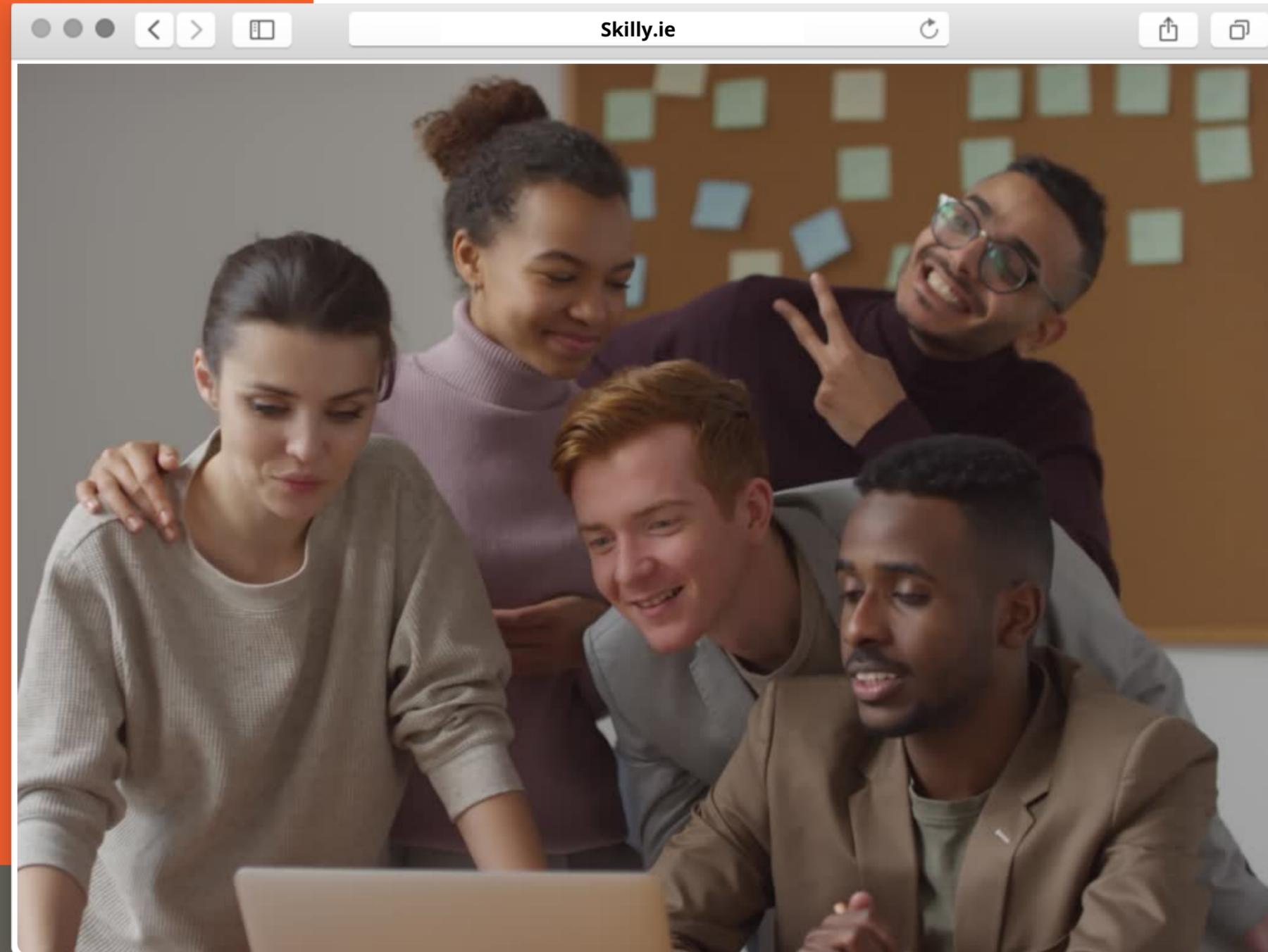
Intro

What is the Skilly Relationship and Sex Education Programme?

Relationship and sex education for young adults is integral to their holistic development as individuals.

An open discussion takes away the taboos or antiquated views, making conversation more approachable and less daunting or uncomfortable.

Guiding the learners to have a deeper understanding of relationships and how it relates to them and their peers, the Skilly Relationship and Sex Education Programme will help them make informed and responsible decisions.



Tools

What you need to start learning RSE

All you need to begin is a Learner Account wherein you can view and complete your modules and your Skills Diary in which you record your reflections on RSE skills to engage and practice.



The Programme



You will complete 5 Skill Modules; each module has 5 skill areas with practices for you to learn and practice.

Relationship and Sex Education Programme

1. Consent
2. Starting a Difficult Conversation
3. Self-control
4. LGBTQ
5. Safe Use of the Internet

Each MODULE will hone in on 5 skills to develop in that module.

So that's it, cover the 25 skills, engage and complete the relevant practices and you're done and have a deeper understanding of relationship and sex education.

Where to start

Learners registered on the programme can access the Skilly dashboard from a browser. Everything you need to do is accessed from the Skilly dashboard where you can track your performance and access self-assessment and skill practices.

Skill Level →

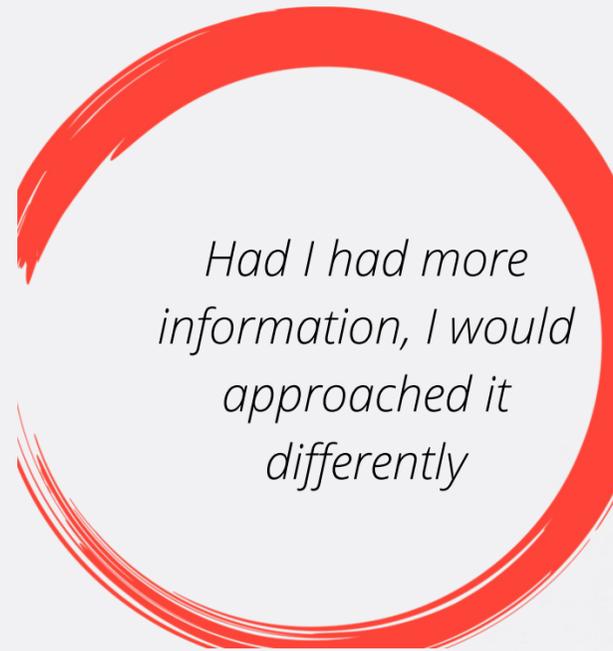
Each Learner completes a self-assessment to gauge their skill level

Begin Module →

Each module includes a simple learning path that learners can complete in their own time or class and at their own pace.

Intro →

Learners will carefully read through the module introduction then go to "Learn More" (if included)



Video or Audio →

Watch or listen to the accompanying media (video or audio) to get a better feel for the module topic

Practice Recommendations →

Proceed to the practice recommendations which includes both practical and theoretical exercises

Skill Diary →

Learners undertake their exercises and share their reflections in their Skill Diary

What to Expect

Upon completing the programme, you will have a more open mind and a better grasp of identifying your thoughts and emotions on relationships and sex. You gain personal growth through:



Building a more meaningful relationship with others



Nurturing a mature approach towards sex and relationships



Understanding the psychology of how different people relate to one another in forging attraction and bonds

*Having a skillset
to know how to
handle difficult
situations*



Recognising boundaries towards yourself and others



Developing analytical skills to help you make responsible decisions



Learning more about your own interpretation and understanding of relationships and sex



Critically, learning how you can apply the skills that you already possess to the development and growth of your personal and sexual relationships

"The Skilly Relationship and Sex Education Programme has helped me recognise and understand what a healthy relationship is and has inspired me to be a better partner and friend."

Contact Us

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