

Relationship and Sex Education Programme



Practice to perform



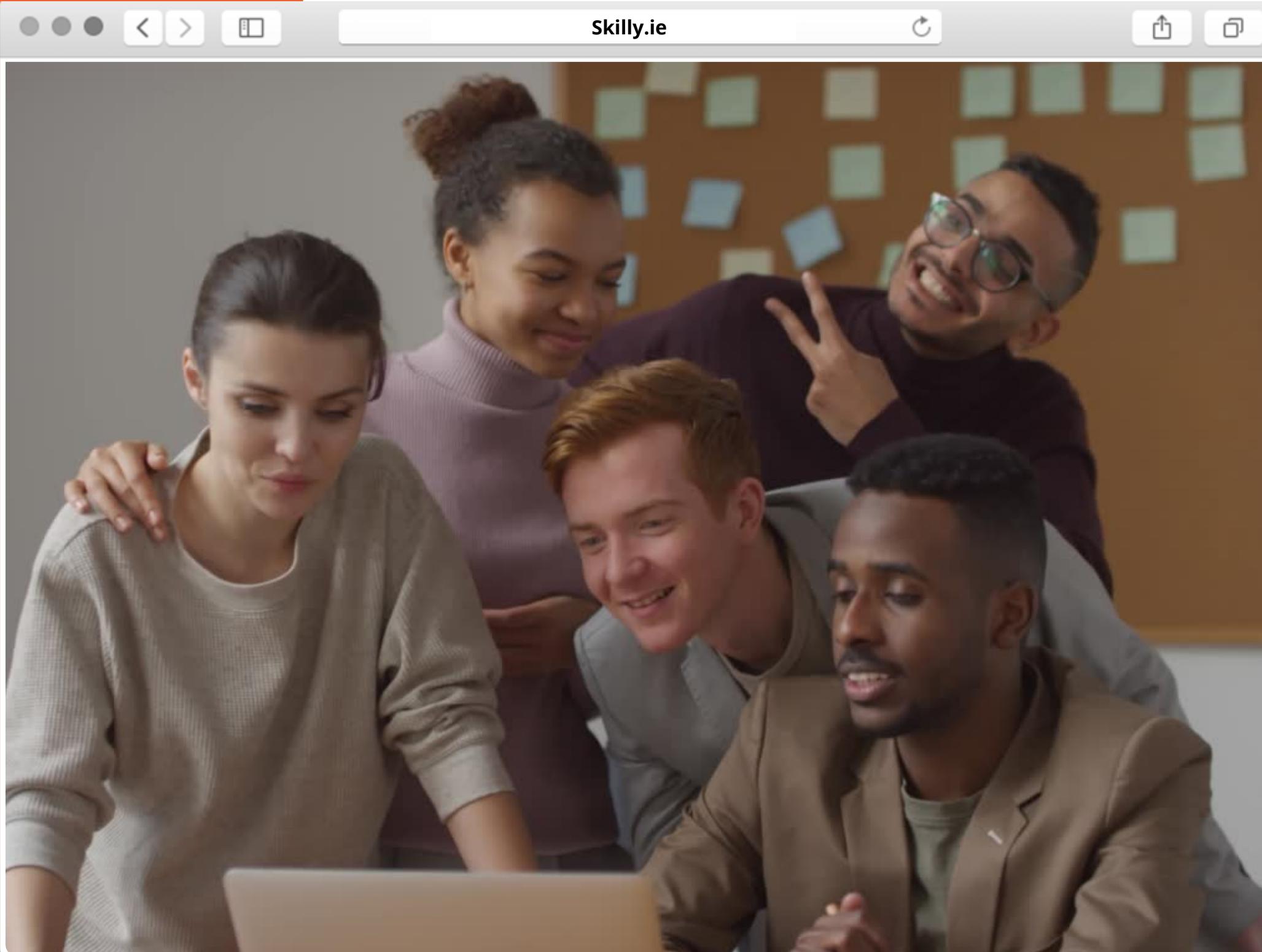
Intro

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

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- A large, semi-transparent background image of a person's face, showing the side profile of their head and hair, looking towards the left.
- 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



Begin Module



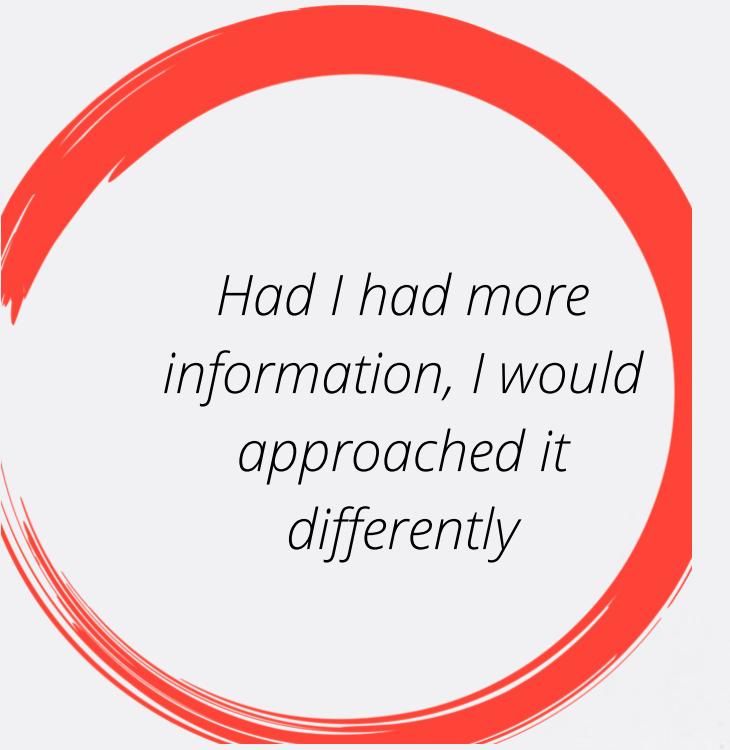
Intro



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

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

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



Had I had more information, I would approached it differently

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



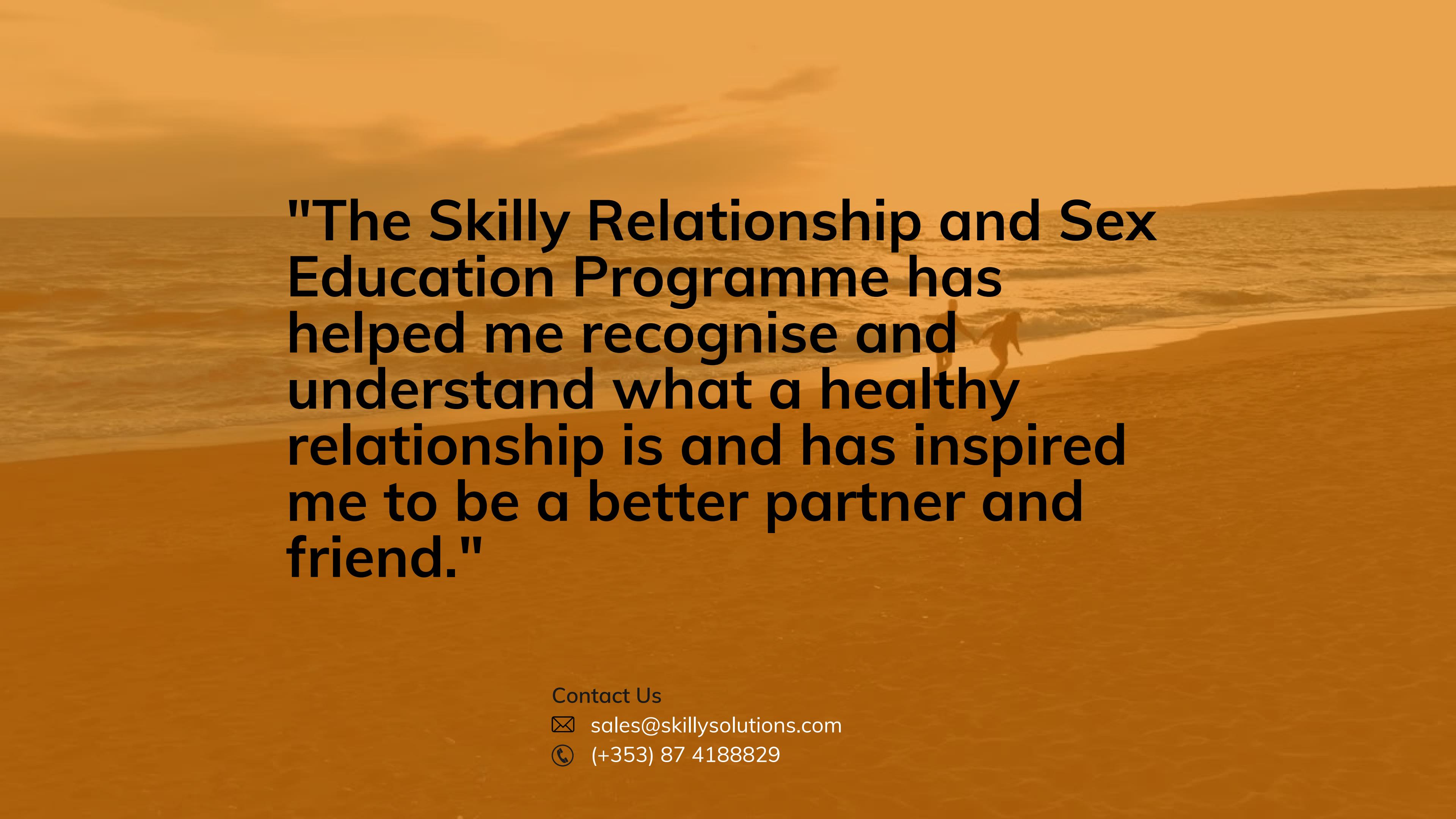
Developing analytical skills to help you make responsible decisions



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

A photograph of a person walking along a sandy beach at sunset. The sky is filled with warm, orange and yellow hues. Waves are crashing onto the shore in the background, and the overall atmosphere is peaceful and romantic.

"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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