



Appendix 2

Ground rules (PSHE Association)

Work with pupils to establish a list of ground rules that will increase their feelings of safety and comfort during puberty and sex education classes.

It is essential that the following ground rules be included:

- No personal questions or sharing of private information
- You have the right to pass on a question
- No question is silly or stupid
- Use dictionary words whenever possible
- Post the list in the classroom and refer to it as needed

There is a balance between encouraging pupils to talk about real life and over disclosure of information. Encourage pupils to use the phrase "Someone I know..." instead of the person's name if sharing information of a personal nature.

It may be helpful to frame the ground rules in a creative way, such as:

G...Giggling is okay but laughing at others is not

R... Respect for myself and others is important

O... Option to pass on answering questions is available to us all

U... Use dictionary words when describing the body

N...Do use "Someone I know..." instead of the person's name

D...Do remember all questions are valid and listening to others is important