

Relationships and sex education (RSE)

A comprehensive programme of RSE gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitive relationships and for staying safe both on and off line.

Below are a range of resources for school to use to deliver RSE in school.

- [Statutory RSE](#)
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- [Assessment](#)
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Statutory RSE:

The DfE is proposing that schools are required to teach relationships education at primary school, relationships and sex education at secondary school and health education at all state-funded schools. The draft regulations and associated statutory guidance build on the findings from the call for evidence and DfE's engagement with a wide range of expert organisations and interested parties. The responses to the consultation will help inform any further refining of the draft regulations and statutory guidance before the regulations are put before Parliament and the guidance finally published.

The consultation is now closed but schools can access the updated draft guidance here:

<https://www.gov.uk/government/consultations/relationships-and-sex-education-and-health-education>

Policy

The following documents do not constitute guidance but they can certainly inform policy development:

- [Support for primary schools for updating their RSE policy \(word\)](#)
- [Support for high schools for updating their RSE policy \(word\)](#)
- [PSHE association provides support for schools updating their RSE policy \(pdf\)](#).

Curriculum

Sexting and pornography

- [Media Smart](#) - Resources for high school pupils, based on healthy relationships and critical thinking skills online as well as pornography.
- [Crossing the Line](#) - PSHE lessons for high school pupils. This toolkit contains lessons on sexting, healthy relationships and peer pressure.

General

- The Christopher Wintour resources are nationally recognised for primary and secondary and provide guidance to teachers as well as lesson plans and resources to deliver RSE to all year groups. Please email meadec@ealing.gov.uk for these resources
- **SRE covered:** A comprehensive scheme of work for high school which was developed by Islington Council. Please email meadec@ealing.gov.uk for these resources

Healthy relationships

- [Expect respect](#) (Woman's Aid website) – Woman's Aid have developed a toolkit for both primary and secondary schools with lesson plans and activity ideas to help plan and deliver lessons on healthy relationships and domestic abuse.
- [NSPCC 'Making sense of relationships'](#) (NSPCC website) These lesson plans for KS2-KS4 contain resources to deliver lessons on transition to secondary school, online safety and online friendships, consent, sexualised behaviour, unhealthy relationships and sharing sexual images.

Safeguarding

- [NSPCC PANTS](#) (NSPCC website) – The NSPCC have developed resources which help teach pupils how to keep themselves and their bodies safe. This resources is very useful for teaching children what to do if they are worried about changes to their body
- [Saying no poster](#) (word) – This resource was developed to help children say no when they are asked to do something they don't want to do.

Consent

- [PSHE Association](#) – The PSHE Association have developed a resource for teaching about consent- informative guidance and resources to help plan and deliver lessons on consent to KS3 and KS4 pupils which includes the law, consequences, assertiveness, gender stereotypes etc.

Special education needs

- [Image in action website](#) - Useful resources for schools and parents. Also provide training and consultancy regarding RSE for children with SEND.

Different families

Tudor Primary School have use Stonewall resources to develop a series of posters which promote different types of families:

- [Same love poster](#)
- [Same care poster](#)

Assessment

- [RSE baseline assessment KS1](#) (word)
This activity should be carried out at the beginning of a unit of work on body parts and keeping our bodies clean. This baseline assessment will help to determine what the pupils already know, and what their future learning needs are.
- [RSE baseline assessment KS2](#) (word)
This activity should be carried out at the beginning of a unit of work on puberty. This baseline assessment will help to determine what the pupils already know about both sexes during puberty, and what their future learning needs are.
- [RSE assessment 2](#) (word)
This activity should be used at the end of a unit of work on puberty to determine whether a pupil understands how they can deal with the bodily and emotional changes that occur during puberty. Pupils should be asked to imagine they are the problem page doctor, Dr. Lee. They should write a reply to each of the problems, offering good advice to each of the four children.
- [RSE assessment for KS2/KS3](#) (word)
This activity can be carried out at the beginning and end of an RSE topic to assess initial understanding and progress made.

Staff

- [High school RSE policy audit tool](#) (word) – this tool was developed by the health improvement team to help high schools evaluate and review their RSE policy
- [RSE audit](#) (word) – This tool was developed to help schools audit their current RSE provision by identifying areas of strength and areas for development
- [RSE staff questionnaire](#) (word) – This questionnaire was developed to help schools assess teacher's confidence in delivering RSE lessons and identifying areas where training is needed.

Parents

- This document was developed by the health improvement team to provide [guidance for school in engaging parents in RSE and the RSE curriculum](#) (word)
- [SRE in primary schools: guidance for parents of primary school children](#) (pdf) was developed by the PSHE Association to help schools support parents in understanding RSE
- [Talk to your children about sex and relationships: support for parents](#) (pdf) was developed by the Sex Education Forum to help schools support parents in understanding RSE
- [Sample RSE letter for parents](#) (word) to inform them of an upcoming RSE parent session.

Contact

If you require any advice or support with RSE in schools, please contact Claire Meade via email meadec@ealing.gov.uk.

Related services

[Health improvement 2018/19](#)

[Relationships and sex education 2018/19](#)

Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

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