



durex committed to RSE in schools



Enhance
your content



Aim

To help you understand what effective RSE entails and suggest how you can adapt or improve RSE in your school to ensure that it's the best it can be

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What is effective RSE?

Older pupils frequently say that relationships and sex education was 'too little, too late and too biological'¹

RSE is often taught as part of PSHE and, based on a 2012 survey, Ofsted has reported that, 20% of schools have provided outstanding PSHE. This means that good quality PSHE and RSE is certainly possible within our schools.^{2*}

Below are some of the key elements that make up effective RSE in school for young people:¹

Essential skills for building positive, enjoyable, respectful and non-exploitative relationships

Inclusive of absolutely everyone, regardless of gender, sexual orientation, race, identity, disability and religion

Prepares for the physical and emotional changes they undergo at puberty

Helps them grow, learn and develop positive, healthy behaviour for life

Gives them the ability to stay safe within the school community, at home, and both on and offline

Provides accurate information about the body, reproduction, sex and sexual health

* Ofsted online survey of 178 young people (2012)



EFFECTIVE RSE TOPICS...

...are open and honest:

- Treat relationships and sex as a normal and pleasurable fact of life¹
- Cover a range of views and beliefs about relationships and sex in society, including some of the mixed messages about gender, sex and sexuality from different sources including the media¹
- Teach young people the significance of marriage and stable relationships as key building blocks of community and society³
- Do not frame sex as inherently harmful or assume that everyone is interested in having sex

...are inclusive:

- Of gender identity, sexual orientation, disability, ethnicity, culture, age, faith or belief, or other life experience¹
- Promote equality in relationships¹
- Recognise and challenge gender inequality¹
- Reflect the different experiences and needs of all individuals¹

...are protective:

- Ensure understanding of consent, violence and exploitation¹
- Teach young people the law and their rights to confidentiality
- Linked to school-based and community health services and organisations¹

...are relevant:

- At each stage in their development and maturity¹
- Teach life skills and respectful attitudes and values¹
- Ensure understanding of on and offline safety¹
- Encourage young people to learn solutions to problems for themselves

...are accurate:

- Medically and factually correct¹
- Include the basic, compulsory subjects as set out in the National Science Curriculum, and RSE statutory guidance.²



EFFECTIVE RSE LESSONS...

...are safe:

- Happen in a safe environment which encourages open and honest discussion and minimises anxiety and embarrassment

...are respectful:

- Underpinned by a group working agreement – a set of rules decided together with the teacher and class – in order to help young people feel comfortable and respectful of each other
- Are sensitive of young people's home circumstances, gender identities and sexual orientation to help avoid stigma and judgement³

...are interactive:

- Actively seek young people's views to influence lesson planning and teaching¹

EFFECTIVE RSE TEACHERS...

...are highly capable:

- Trained and confident in talking about all of the topics that make up effective RSE, including relationships, equality, pleasure, abuse, sexual orientation, gender identity, sex and consent¹
- Rigorously plan, assess and evaluate their technique, and use active learning methods²
- Work within a network of trained teachers and additional services to ensure their knowledge, skills and ability to safeguard remain up-to-date

...are not didactic:

- They listen to young people and give them a chance to think for themselves, rather than simply deliver information
- Have sufficient time to cover a wide range of topics that young people want and need to discuss
- Are able to support and advise young people on matters related to RSE in lessons and in school¹

EFFECTIVE RSE AT HOME...

...is a collaboration with school:

- Complements and helps young people make sense of what is implicitly or explicitly learned at home from parents, carers, family, friends and the wider society⁴
- Has been developed in consultation with parents and carers, preferably from the start of transition from primary to secondary school²
- Assists parents and carers in understanding their role in RSE outside of school, to reinforce their child's school learning with advice, knowledge and opinions of their own¹



How do you ensure RSE is effective in your school?

REVIEW THE TOPICS COVERED

- Evaluate your current RSE topics in light of the information in this document and the rest of the **DO... Programme**, and update if necessary
- There is an abundance of further advice, research and information available online – see the 'Further information' section for more details

REVIEW THE RESOURCES AVAILABLE TO YOUR TEACHERS

- Speak to your teachers about the resources available to them and assess the need to supply additional or alternative materials
- The **DO... website (www.dorseforschools.com)** offers an extensive range of resources for teachers, including **DO... Lesson plans and stimulus** with a new and effective approach to delivering RSE developed by experienced professionals
- Further resources are available from our members of the **DO... Collaboration** as well as other dedicated organisations – see 'Further information' section for more details

UPDATE YOUR RSE POLICY

- Ensure that you have an up-to-date RSE policy that covers all requirements, topics, techniques and objectives for effective RSE
- You can find policy assistance and advice in the **DO... Update your RSE policy** resource

BUILD A WHOLE-SCHOOL APPROACH

- The attitudes, values and behaviours that are intrinsic to RSE should be cohesive across your entire school – the **DO... The whole-school approach** resource can help you build, expand and maximise your approach
- Ensuring that young people are aware of and have access to additional advice and support from professional services is a valuable part of effective RSE – see the **DO... Increase awareness of services** resource

IMPROVE THE PROVISION OF RSE TRAINING FOR TEACHERS

- Effective RSE is best taught by a teacher who is trained and confident to do the job
- Provide teachers with the opportunity for group or independent learning – take a look at the **DO... Inspire great teachers** resource for more information
- There are also many RSE training services available from our DO... collaborators. Take a look at page 7 of this document for further information



Further support from the DO... Collaboration

DO... Resources for teachers

The **DO... Resources for teachers** have been specially developed by dedicated and experienced sexual health trainers and educators. They encourage a new approach to RSE that helps make it more relevant and approachable for students, and more comfortable for teachers to deliver.

Consisting of innovative lesson plans, unique teaching activities and a new focus on skills, values, emotions and critical thinking, the DO... resources for teachers will help them facilitate really engaging lessons that empower young people to learn for themselves and from each other.

Training for teachers

Many members of the DO... Collaboration provide quality training for teachers who want to develop their skills further.

Brook has been providing training to adults working with young people for more than 50 years.

www.brook.org.uk

FPA have a broad range of online training courses for teachers.

www.fpa.org.uk

Justin Hancock (Bish) offers a number of training courses on Relationships and Sex Education.

www.bishtraining.com

SEF offer a range of training opportunities (available both locally and nationally) to support the continued professional development of anyone involved in teaching RSE.

www.sexeducationforum.org.uk

RSE Hub offer a wide range of full day, half day or twilight training courses.

www.rsehub.org.uk

Brook, FPA, Bish and The Mix can also provide young people with free information, confidential advice, great sexual health services and emotional support.

www.brook.org.uk

www.fpa.org.uk

www.bishuk.com

www.themix.org.uk



Further information

- **Brook** – the UK’s leading sexual health charity for young people under 25
www.brook.org.uk
- **Bish websites** – online advice and information for both professionals and young people, created by Justin Hancock, an experienced relationships and sex educator
www.bishtraining.com (for professionals) & www.bishuk.com (for young people)
- **Sex Education Forum** – a membership organisation that works together with its members for quality relationships and sex education
www.sexeducationforum.org.uk
- **RSE Hub** – a membership organisation that believes that relationships and sex education (RSE) should be an entitlement for all children and young people
www.rsehub.org.uk
- **Family Planning Association** – a UK registered charity working to enable people to make informed choices about sex and to enjoy sexual health
www.fpa.org.uk
- **National Aids Trust** – the UK’s leading charity dedicated to transforming society’s response to HIV
www.nat.org.uk
- **NAHT** – an independent trade union and professional association of over 28,500 members occupying leadership positions across a broad spectrum of educational institutions and settings, providing an effective voice in educational policy-making across all phases
www.naht.org.uk
- **The Mix** – the UK’s leading support service for young people, helping them take on any challenges they’re facing and providing young people with free, confidential help and advice
www.themix.org.uk

REFERENCES:

1. Brook, PSHE Association & Sex Education Forum (2014) Sex and relationships education (SRE) for the 21st century.
2. House of Commons Education Committee (2015). Life lessons: PSHE and SRE in schools.
3. Department for Education and Employment (2000). Sex and Relationships Education Guidance. DfEE 0116/2000.
4. National Children’s Bureau (2006). A whole-school approach to Personal, Social and Health Education and Citizenship.





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www.dorseforschools.com