



durex committed to RSE in schools



Build an effective RSE programme



Aim

To provide a basic guideline for how you might like to start or continue to evaluate your provision of RSE, with the aim of making great RSE a reality in your school

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Current RSE in secondary schools

“The right to education includes the right to sexual education, which is both a human right in itself and an indispensable means of realising other human rights, such as the right to health, the right to information and sexual and reproductive rights”

Report to the UN General Assembly – July 2010¹

DO... believes that every young person in secondary school is entitled to RSE, and believes that topics should cover far more than the statutory minimum. Government legislation now requires all secondary schools to teach Relationships and Sex Education. Currently, all state-funded schools are required to make provision for RSE as part of PSHE, and anything they provide must comply with RSE guidance and policy.

In the past, schools have often focused their RSE lessons around:

- Biological elements of human reproduction
- Sexually transmitted infections – with particular emphasis on HIV

However, there is a great deal of evidence and feedback that suggests this is nowhere near enough information to help develop, inform and protect young people when it comes to relationships and sex. What young people really want to learn from RSE is far more than the scientific basics. Which is why DO... offers schools interested in optimising their RSE programme a holistic, contemporary and engaging approach.

RSE guidance	RSE training
<p>Responding to calls for updated guidance the Sex Education Forum, Brook and the PSHE Association worked in partnership to produce supplementary advice which can be viewed at www.sexeducationforum.org.uk/resources/sre-advice-for-schools.aspx”SRE for the 21st Century.</p> <p>This was neither initiated nor funded by government - but ministers have encouraged schools to use it.</p>	<p>In primary and special schools all teachers need to be able to teach RSE and PSHE. In secondary schools RSE needs to be taught by a subject specialist – as other subjects are – so there needs to be an option to train as a RSE/PSHE specialist teacher. If RSE and PSHE are treated the same as other subjects the need for properly trained educators would be recognised too.</p>

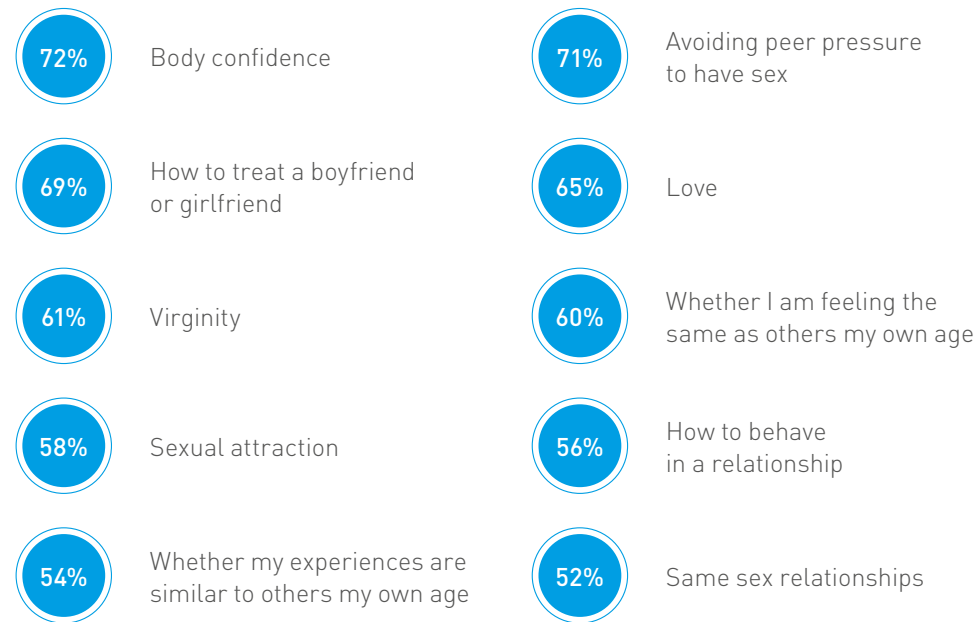
Adapted from Brook, PSHE Association, Sex Education Forum (2014). Sex and relationships education (SRE) for the 21st century.

Nearly half of young people	A quarter of young people	One out of five young people	Four out of five young people
at secondary school say that RSE doesn't cover what they really need to know about sex ³	say their teacher isn't able to teach RSE well ³	rate their RSE as poor or very poor ³	want their school to listen to what they want when deciding what is covered in RSE ³



DO... believes that effective RSE focuses on skills, values, emotions and critical thinking rather than purely information. It will give them the chance to consider and challenge expectations so that they are able to form their own values and opinions. So, what's the best way to decide what to include? Ask the young people in your school what they want.

For example, the following are the top 10 responses from a survey of young people (conducted by Brook) where they explained what they would like RSE to include:^{3*}



* Top ten responses about what young people want to know from RSE – from the Say YES to 21st century Relationships and sex Education survey by Brook.



Make great RSE happen in your school with DO...

The unique DO... RSE resources for secondary schools has been created with the sole purpose of helping every secondary school make great RSE happen, and has been specifically designed for 14 to 16 year olds. By making DO... integral to RSE in your school, you can help build foundations that make RSE a comfortable subject to learn and teach, and help young people to shape their own skills, values and emotions so that they can challenge expectations and exceed potential.

1 THE FIRST STEP: if you haven't done so already, is to complete the **DO... Self-Assessment** (available on the DO... website at www.dorseforschools.com) which will help you determine the areas of RSE in your school to focus on.

2 THE NEXT STEP: is to use the selection of **DO... Optimising RSE** PDFs discussed further in this document – start with this one if you want to start at the very beginning.

3 COMING UP:

DO... Reflective preparation PDF invites you to implement some of the same critical thinking that you will be asking your students to do in the classroom – hopefully leaving you a more prepared and more confident teacher.

DO... Lesson guidance PDF provides advice for you on the key RSE topics, as well as a selection of unique activities that will provoke experimental learning, critical thinking and independent research.

DO... Lesson plans and stimulus PDFs include an interactive and participatory, six-lesson programme complete with top tips, background resources and activities that help you implement the DO... approach to RSE. Each lesson plan provides clear learning objectives, which you can adapt depending on student ability, as well as in-lesson tools, plenaries and evaluation and assessment tools.

The speed in which the DO... programme can make changes to RSE varies between every school, depending on your current RSE provision and practices, and the extent to which you are able to implement the ideas and information.



The following are descriptions of the key information you will find in the rest of the DO... Optimising RSE PDFs. Each resource will also point you in the direction of further help and support, often provided by our DO... Collaboration.



Discover the evidence – emphasise the importance of RSE to all stakeholders

- The values, behaviours and skills that RSE instils will help young people in ways that go beyond relationships and sex
- It's important that the need for RSE is understood in order to ensure that all young people have access to open and honest RSE that puts their needs and wants first

The **DO... Discover the evidence** resource provides information about why RSE is important and how you can emphasise its significance in your school



Work in collaboration – with all stakeholders, including governors, school management, teachers, young people, and their parents and carers

- It is essential that young people get the opportunity to speak up about what they want and need from RSE, and for them to know their voice has been heard
- Feedback can be gathered from young people and other stakeholders through organising utilities such as group sessions, surveys, interviews and comment boxes

The **DO... Work in collaboration** resource explores the need for collaboration and support



Update your RSE policy – so that it gives RSE the prominence and quality it deserves

- Your school’s RSE policy is the framework upon which your RSE programme is built. It is essential that this reflects the views, the needs and the wants of everyone it involves
- Regular evaluation and updating of your RSE policy can help to determine where you are doing well, where you are doing fine and the areas that might need improvement

The **DO... Update your RSE policy** resource will help you update your RSE policy to ensure that it sets the standard for making great RSE happen in your school



Understand the Ofsted requirements – this resource will ensure that your RSE programme helps you meet current Ofsted key judgements

- The Ofsted key judgement of ‘Behaviour and Safety’ changed in September 2015 to ‘Personal Development, Behaviour and Welfare’
- Great RSE plays a big role in helping you and your school meet this new key judgement – and even if your school isn’t inspected by Ofsted, this will still help you attain certain school-wide standards

The **DO... Understand the Ofsted requirements** resource provides details of this change and suggest steps you might take to ensure you meet and/or exceed requirements



Further your safeguarding policy – this resource will ensure that your RSE programme complements and enhances your safeguarding procedures and therefore protects the welfare of young people in your school

- It is a requirement for every school to have safeguarding policies and procedures in place, that sit alongside your RSE policy, to ensure that your school promotes the welfare of young people to protect them from harm and ensure positive outcomes
- RSE plays an essential role in helping young people develop the ability and skills to protect themselves from harm and exploitation

The **DO... Further your safeguarding policy** resource helps you ensure that your policy is effective and that every staff member knows how to safeguard young people in your school



The whole-school approach – build a whole-school approach to RSE to ensure that its values, behaviours and skills are embedded across all boundaries

- RSE doesn’t only happen in the classroom – the issues, the attitudes and the discussion of relationships and sex happens in all areas of your school
- Taking a whole-school approach ensures that the values and skills of RSE become intrinsic to your school ethos, environment and culture for both staff and students

The **DO... The whole-school approach** resource will help you build your whole-school approach to RSE





Enhance your content – to ensure that the topics, information and scope cover all that effective, high quality RSE entails

- Currently, compulsory RSE topics are basic and biological and do not teach young people the full scope of what they want and need to know
- Effective RSE includes a greater focus on relationships and the life skills young people need to navigate relationships and sex in a safe and rewarding way

The **DO... Enhance your content** resource explores what effective RSE includes and how it meets the wants and needs of young people today



Inspire great teachers – your teachers are pivotal to great RSE. Identify them, train them and inspire them to teach confidently and competently

- Teaching ability and training has been identified as a significant barrier to the impact of RSE¹
- Inspiring teachers to take on the rewarding challenge of RSE, through the provision of training and support, can help them make the difference where it matters

The **DO... Inspire great teachers** resource helps you identify, encourage and support teachers in your school to become RSE champions



Increase awareness – provide access to professional support services for both young people and teachers that complement great RSE in your school

- RSE at school gives young people important information and skills, but there will be times they need assistance from professional support services
- You can greatly enhance the reach, accessibility and outcomes of RSE at school through partnerships with professional health services

The **DO... Increase awareness of services** resource explains the many benefits of these partnerships and how to help young people feel confident about using these services

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. United Nations General Assembly. A/65/162; 23 July 2010.
2. Brook, PSHE Association, Sex Education Forum (2014). Sex and relationships education (SRE) for the 21st century. Supplementary advice to the Sex and Relationship Education Guidance DfEE (0116/2000).
3. Brook (2011). Sex and Relationships Education fit for the 21st century: We need it now.





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