

# Roadmap to statutory RSE

These 10 steps provide a guide to support school leaders in preparing to provide high quality RSE as an identifiable part of PSHE education. These steps are based on established good practice and evidence. The law requires that Relationships and Sex Education (RSE) is to be taught in all secondary schools in England, and that Relationships Education is to be taught in all primary schools in England. Health Education will also be mandatory in all Government funded schools, which includes content on puberty. Government Relationships Education, RSE and Health Education guidance and regulations give further detail about the requirements. Schools that are ready to implement the updated guidance from September 2019 are encouraged to do so - September 2020 is proposed as the start date for mandatory provision.



# Roadmap to statutory RSE

- This document outlines the 10 key steps for schools to prepare for the [government's new guidance on Relationships \(and Sex\) Education](#) which will be mandatory from September 2020.
- It summarises the information, resources and training which are available in Haringey and nationally.
- This is based on the [roadmap to statutory RSE](#) poster, co-produced by the Sex Education Forum, PSHE Association and supported by five education unions.



## Be clear about the facts

### Step 1: Be clear about the facts

RSE will be required in all schools. Do you know what the new legislation means for your school?

- The Sex Education Forum has produced frequently asked questions about Relationships and Sex Education to clarify what the changes in legislation mean for schools.
- This short quiz produced by the Sex Education Forum can be used with school staff (e.g. at a team meeting or inset day) to help introduce the new government guidance

## Allocate leadership

### Step 2: Allocate leadership

Who is going to oversee this change in your school? Effective change will involve the Senior Leadership Team together with Relationships Education and/or PSHE staff and a linked governor. More information is available on the PSHE Association blog.

## Assess where you are now

### Step 3: Assess where you are now

There is a clear evidence base for high quality RSE and it requires regular timetabled lessons within PSHE education. How would you describe your current provision?

- The RSE audit tool produced by the Sex Education Forum uses a 'RAG' rating to quickly identify strengths and weaknesses in RSE provision.
- For those who are members of the PSHE Association, their subject review can support this process.

# Understand pupil needs

## Step 4: Understand your pupil needs

Using local data and consultation activities will ensure you can tailor provision to meet the needs of all pupils. Have you conducted a pupils needs assessment?

- The biennial Health-Related Behaviours Questionnaire has been commissioned as part of the Haringey Healthy Schools programme to collect information on children and young people's health and wellbeing. The survey has been reviewed to ensure that it supports schools to understand pupils' needs around relationships and sexual health (secondary only). Schools will be invited to take part in November/December 2019. For more information, email [healthy.schools@haringey.gov.uk](mailto:healthy.schools@haringey.gov.uk)

- Key data about relationships (including online), sexual health and safety are available to support schools to provide high quality RSE. This can be accessed via [www.haringey.gov.uk/rse](http://www.haringey.gov.uk/rse).

In addition to gathering existing data, it is important to consult pupils, parents/carers and staff to ensure that the curriculum meets the needs of your local community.

- The Sex Education Forum has produced a [consultation activity pack](#) which includes activities to identify pupils' needs, and surveys for parents/carers and staff.

## Refresh policy

### Step 5: Refresh policy

An RSE policy will be required in all schools. It should set out your whole-school approach and make links with school ethos, safeguarding policies and The Equalities Duty. Does your policy reflect your aims for RSE and school values?

- The Sex Education Forum has produced RSE policy guidance which sets out a clear guide for updating your policy.
- Based on the information in the above guidance, Haringey Public Health has produced a template to help schools get started with their policy. This can be accessed via [www.haringey.gov.uk/rse](http://www.haringey.gov.uk/rse).
- For those who are members of the PSHE Association, their guidance pack can help with developing or updating your policy.

## Review curriculum

### Step 6: Review curriculum

An effective RSE and PSHE education curriculum will be comprehensive, spiral and responsive to pupil needs. Does your curriculum take this approach? Where are the gaps?

- The Curriculum Design Tool developed by the Sex Education Forum outlines what children and young people want to learn about at different age stages.
- For those who are members of the PSHE Association, their guidance pack can help with reviewing your curriculum.
- The PSHE Association programme of study covers, and goes beyond, the statutory guidance for RSE and Health Education.

# Update curriculum

## Step 7: Update curriculum

Regular updates will ensure your programme is inclusive, has engaging lesson plans that reflect real-life issues (including the digital world), with a balance of skills, knowledge and personal attribute development. Is your curriculum now updated and inclusive?

- For members of the PSHE Association, the [planning toolkit](#) provides support on planning a personalised and flexible PSHE education curriculum.
- Haringey Public Health does not recommend specific resources for schools to use. An illustrative guide provides a sample of free resources, however this is not an exhaustive list. Schools may wish to use these types of free resources, or may alternatively choose to buy in to a package of resources. This can be accessed via [www.haringey.gov.uk/rse](http://www.haringey.gov.uk/rse).

- RSE should be taught by well-trained and supported teachers, however external visitors can have a valuable role in enhancing the teaching and learning of RSE. The Sex Education Forum guide on [external visitors](#) supports schools to understand how they can best contribute to RSE.
- Haringey Council commissions the following organisations which may enhance and/or inform the delivery of these subjects. They should not be used to replace teaching:
  - [Face Front Inclusive Theatre](#) (Sex FM production for secondary schools and Whisper Me Happy Ever After production for primary schools).
  - [Sexual health services for young people in Haringey](#). Secondary schools will regularly receive information about these services. For more information, contact [anna.martinez@haringey.gov.uk](mailto:anna.martinez@haringey.gov.uk).
  - Solace Women's Aid Protect Our Women (POW) project on domestic abuse for primary and secondary schools. For more information, contact [m.amartey@solacewomensaid.org](mailto:m.amartey@solacewomensaid.org).

## Equip your staff

### Step 8: Equip your staff

All staff will need specialist training. What are your staff CPD needs? How can these needs be met?

- Training has been commissioned by HEP for senior school staff leading the RSE curriculum. The training will be delivered by the Sex Education Forum and will explore the implications of statutory status, consulting with parents and carers, and will offer guidance on applying resources to ensure inclusive and needs-led teaching. To book visit [www.haringey.gov.uk/rse](http://www.haringey.gov.uk/rse).
- Brook provides wellbeing and sexual health support for young people, and has produced [free e-learning](#) for teachers on delivering RSE, consent, pleasure, contraception, relationships, child sexual exploitation (CSE) and sexual behaviours.

- [RSE for schools](#) is a Facebook group for teachers to seek advice, share ideas and resources on teaching Relationships Education.

## Prepare to review and evaluate

### Step 9: Prepare to review and evaluate

As with all subjects, effective monitoring and evaluation will tell you if planned outcomes are being met and what needs to change. Do you have systems for monitoring and evaluating RSE within PSHE education?

- The Sex Education Forum has produced a quick guide to [monitoring, evaluating and assessing RSE](#).
- For members of the PSHE Association, the [planning toolkit](#) provides support on reviewing and evaluating.

# Communicate

## Step 10: Communicate

Bring the whole school community with you, through continuous dialogue with parents, staff, governors and pupils. Are there mechanisms for ongoing information sharing about RSE and have you shared your plans?

- The Principles of good RSE poster can be used by schools to make a statement about their own commitment to good quality RSE.
- FAQs for parents have been produced by the Department for Education.
- For members of the PSHE Association, the planning toolkit provides support on workshops and letters.
- Haringey Public Health has produced a template slide set which can be used as part of a parent/carer engagement on RSE. This can be accessed via [www.haringey.gov.uk/rse](http://www.haringey.gov.uk/rse).