

Relationships, Health and Sex Education (RHSE) curriculum support and contact information for Essex Schools

In 2020 the following subjects became compulsory and applicable in schools in England;

- Relationships education in primary schools
- Relationships and sex education in secondary schools
- Health education in state funded primary and secondary schools

These will support all young people to be happy, healthy and safe. Equipping them for life as an adult in British Society.

To support the delivery of these subjects, schools can find a variety of useful resources and information on the [Department for Education website](#). In addition, Essex schools have access to a range of commissioned services which support the RSHE curriculum including offers to schools, teachers, children and young people, parents and carers. Details of these services and other support organisations can be found in this document.



Active Essex

Active Essex is the Physical Activity and Sport Partnership for Essex, Southend and Thurrock, and are one of 43 Active Partnerships in England who work collaboratively with local partners to ensure the power of physical activity and sport can transform lives.

- 1:1 support for schools in regard to effective spend of PPESP (linked to increasing daily physical activity and engaging in broader sporting offer)
- Mental health, well-being and leadership support through targeted intervention projects
- Resources, toolkits and advice for embedding movement and physical activity as part of everyday school life
- Understanding the importance of 60 Active Minutes to support physical, emotional and mental well-being
- Community links and advice for schools looking to open their facilities
- Localised Health and Safety in PE Training (through local SGOs)
- Essex School Games offer
- School links to Essex Activate Holiday and Food Activity Club Programme

Our “supporting your school to get moving” booklet is now live and can be accessed here: <https://www.activeessex.org/children-young-people/school/supporting-your-school-to-get-moving/>

Contact:

<https://www.activeessex.org/children-young-people/>



Essex Youth Services

Essex Youth Services have a range of bespoke learning opportunities to support teenagers and the RSHE curriculum:

- Mentoring Programmes which enable young people to learn about the value of respect and the characteristics of healthy and unhealthy relationships
- Healthy Relationships Online considers what unwritten rules have become part of our relationships online and develop strategies for managing these.
- Positive Consent workshops-includes learning on clear communication and boundaries
- Targeted Support, for individual young people who need tailored support to enable them to access universal services

The Youth Service also offers bespoke packages to schools which can be tailored to your needs. Please see website for more details.

Contact

<https://youth.essex.gov.uk/schools/>

youth.work@essex.gov.uk



The Training Effect

Risk Avert and Risk Avert Primary:

- Award winning training and support programme empowering young people to make better choices. Available free of charge to Essex Schools
- RHSE Curriculum mapped to the DfE guidance from KS1-4
- Emotional health intervention for KS2 pupils
- Yr 6 transition programme focused on personal safety
- Risk taking intervention for Yr8 to help pupils with decision making
- Emotional health intervention for any KS3 pupils to help them better manage emotional health concerns
- Training for Professionals

Contact

<https://www.risk-avert.org/portal/>

<https://www.risk-avert.org/>



Healthy School

Essex Child and Family Wellbeing Service

- Provide needs led offer of support with PSHE/RSHE projects in schools linked to the Essex Healthy Schools Programme; as either a whole school approach or targeted to pupil need
- 1:1 support for Headteacher/senior school lead, PSHE Lead, Healthy Schools Coordinator
- Support in meeting the Healthy Schools Expectations
- Universal workshops and training in response to needs for school staff
- Termly networking meetings
- Link with other/cluster schools to share best practice
- Provide a Peer Education Programme to Secondary Schools
- Provide School Nurse Support

Contact

<https://essexfamilywellbeing.co.uk/>

<https://essexfamilywellbeing.co.uk/service/healthy-schools/>

**The
Children's
Society**

The Children's Society

The Children's Society work with young people and their families to increase their confidence, develop life skills, and build emotional resilience.

Services can help with a range of issues:

Drug and Alcohol Use:

- EYPDAS (Essex Young People's Drug and Alcohol Service) supports children and young people, and young adults aged 24 yrs or under who are affected by substance use, either their own or someone else's
- CHHAT (Community Hidden Harm Awareness Team) supports young people aged 8-19 yrs who are affected by parental/familial substance use or parental/carer mental health issues

Exploitation:

- C.A.R.E (Children at Risk of Exploitation) supports young people aged 8-24 yrs who are victims of or at risk of any form of Child Exploitation (CE) and are not willing, or able, to engage with statutory services
- Safe in Essex supports young people aged 10-18 yrs who are identified as at risk of, or are already engaging in low-level risky behaviour

Contact

www.childrenssocietyeast.org.uk



Essex Sexual Health Service

The service is provided from clinics across Essex and offers free, confidential, support and treatment for adults and young people helping them to stay safe, healthy and protected. Services include:

eC-Card scheme offering free condoms to young people

- Pregnancy tests
- Emergency contraception (morning after pill)
- Long-acting contraception (LARC).
- Assessment for and access to most forms of contraception
- Examination, diagnosis and treatment of STI's.
- Testing and treatment for STI's available in-clinics and online via test at home. STI and HIV self-testing kits can be ordered from the service website
- Hepatitis A, Hepatitis B and HPV vaccinations.
- General sexual health advice, counselling and support.

The service runs an **appointment only** system to ensure people see the most appropriate person for their needs without a significant wait. Clinics are run and delivered by doctors, nurses and other qualified health advisors.

The service can be contacted on **0300 003 1212** or visit the service website for more information www.essexsexualhealthservice.org.uk



The eC-Card Free condom scheme for the under 25's

The eC-Card app is an easy and discreet way for young people under 25yrs to collect free condoms and lubricant from a growing list of locations across the county.

The free condom scheme is offered by the Essex Sexual Health Service and aims to support young people in making healthy choices keeping themselves and others safe and protecting them against the risk of sexually transmitted infections and unplanned pregnancies.

The app can be downloaded from both the Google Play and Apple App Stores. Once downloaded, there is a short registration process with the option to view three short videos covering contraception, using condoms and sexual consent followed by a short questionnaire.

With this completed the young person can quickly select a convenient location from where to pick up a supply of FREE condoms and lubricant which is completed discretely with a scan of a QR code.

For more information, including a short demonstration video, please visit www.ec-card.org.uk or contact 0300 003 1212.



Terrence Higgins Trust

The Terrence Higgins Trust are a specialist provider within the Essex Sexual Health Service offering targeted interventions with young people aimed at improving sexual health outcomes and empowering healthy relationship choices.

Services include:

- Sexual health and healthy relationship education for under 25's across Essex
- Professionals training for those working with young people in Essex
- 1-1 Education and early intervention programme for young people

For more information about these services or to make a booking please contact us at:

essex@tht.org.uk



PSHE Association

The PSHE Association is the national body for personal, social, health and economic (PSHE) education. It is a charity and membership organisation that supports a network of over 50,000 practitioners with teaching resources, guidance, advice and training.

- The PSHE Association work with members to raise standards in all schools and help ensure every pupil enjoys good PSHE education.
- Members benefit from high quality teaching materials, training, conferences and support from a team of dedicated Subject Specialists.
- Membership Cost (annual):

Concessionary (ECT's, student teachers & TA's) - £25

Individual (exclusive contact for PSHE planning and delivery) - £55

Whole School (logins for all staff members) - £135*

*Discounts offered for multi-school memberships and card payments

Contact

<https://www.pshe-association.org.uk/>



Sex Education Forum

As the voice of Relationships and Sex Education (RSE) in England we support educators with high quality training, resources, and a membership scheme, so they can be competent and confident providers of RSE. Our website includes 'go-to' resources such as a summary of [research evidence on RSE](#) and findings from our annual young people's RSE Poll.

Annual Educator [membership](#) is £49.50 (for up to four named contacts) and includes access to an online suite of members-only RSE advice and resources, free and exclusive events, and a newsletter listing reliable new resources. Membership is suitable for all RSE professionals such as teachers, school nurses, and researchers.

We also offer high quality, interactive RSE training online and available to commission. Our [Spring 2023 calendar](#) includes:

- Teaching sex education and puberty in primary school, 4 May
- Developing RSE specialism in SEND schools: three-day programme, starting 21 March
- Inclusive RSE for learners with PMLD, 23 March

[Subscribe to our free newsletter](#) to get involved with our annual RSE Awards and receive updates about new course dates.

Contact

<https://www.sexeducationforum.org.uk/>



NSPCC RSE resources for schools

A list of teaching resources to help with the planning of health, relationships and sex education that protects young people and promotes healthy wellbeing. Opportunities to sign up to regular newsletters and access training.

Contact

[Relationships and sex education \(RSE\) resources for schools | NSPCC Learning](#)

Public Health England campaign resources for schools

Our school zone offers curriculum-linked, PSHE Association-accredited resources and inspiration for teachers, from our Change4Life resources on nutrition and physical activity for primary teachers to our Every Mind Matters mental health and wellbeing resources and lesson plans for secondary and Year 6 teachers.

Our flexible and easy-to-use resources are created by teachers and include ideas and activities to help you teach a range of topics in KS1 through to KS4.

[About | PHE School Zone](#)