



# Relationships, Sex and Health Education (RSHE)

Curriculum support and contact  
information for Essex Schools

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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

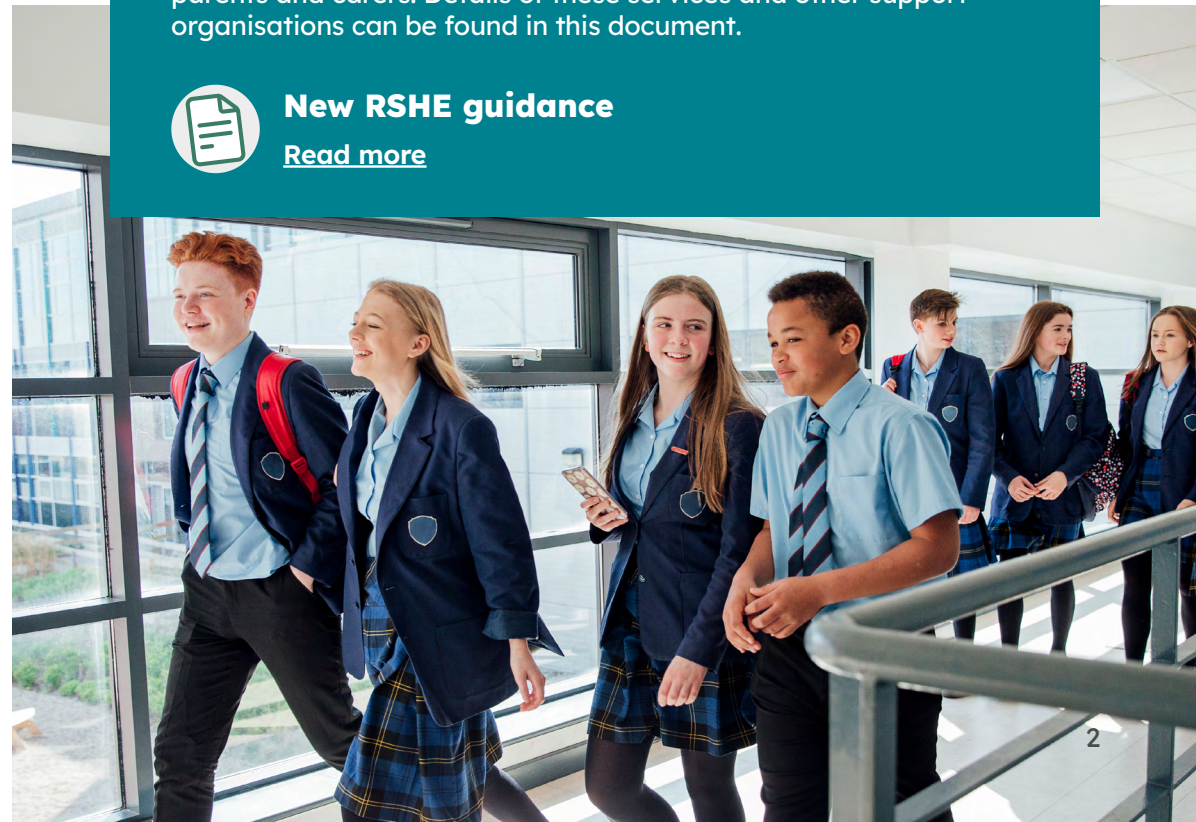
These will support all young people to be happy, healthy and safe. Equipping them for life as an adult in British Society.

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.



**New RSHE guidance**

[Read more](#)





## Essex Sexual Health Service

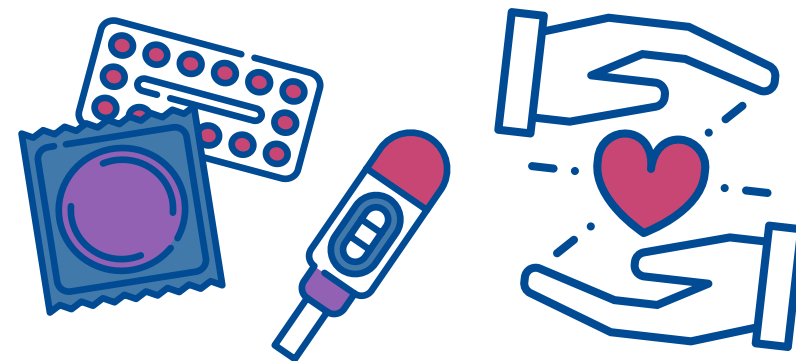
The Essex Sexual Health Service provides free, confidential services for people of all ages to help them stay safe, healthy, and protected. The services are available across various clinics in Essex, with a focus on ensuring access to quality care without long waits.

### Services Offered Include:

- eC-Card Scheme: Free condoms for young people aged 16-24, accessible through the eC-Card app
- Pregnancy Testing: Quick and confidential pregnancy testing
- Emergency Contraception: Access to the morning-after pill and other forms of emergency contraception
- Long-Acting Reversible Contraception (LARC): Options include implants and intrauterine devices (IUDs)
- Comprehensive Contraceptive Care: Assessment and provision of various contraceptive methods
- Sexually Transmitted Infections (STIs) Testing and Treatment: In-clinic and online testing options, including self-test kits for HIV and STIs
- Vaccinations: Hepatitis A and B, as well as HPV vaccinations
- Sexual Health Advice and Support: Expert advice and Sexual Health Advice and Support services on a range of sexual health topics

The service runs an appointment-only system to ensure individuals can see the appropriate healthcare professional for their needs without unnecessary delays. Clinics are staffed by doctors, nurses, and qualified health advisors.

Appointment booking, STI test at home and condoms by post can all be accessed through [\*\*ESHS Online Portal\*\*](#)



## Educational Support

The Essex Sexual Health Service also offers targeted interventions with young people aimed at improving sexual health outcomes and empowering healthy relationship choices.

### Services include:

- Relationships, sex and health education (RSHE) for under 25's across Essex
- Variety of **free training** for professionals around sexual health and relationships
- **RSHE Recognition Awards Scheme** which aims to increase educational staff's confidence to deliver RSHE related topics and recognise their commitment to RSHE
- **1:1 Education and Early Intervention programme** intended to support young people with vulnerabilities, or who may be at risk from harm or sexual ill health in Essex. We currently work with young people aged 13-24, who live in, or attend education establishments within the Essex area
- Information and support for parents and carers around relationships, sex and health through the **ESHS parents and carers portal**
- **Asking for a Friend website** is a dedicated website for young people for more information on relationships, sex and health

Sexual health awareness stands available at request

## Contact

Phone: **0300 003 1212**

Website: [\*\*Essex Sexual Health Service\*\*](#)

## 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 Primary PE Sport Premium funding
- 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
- Localised Trauma Perceptive Practice related training (Using Physical Activity to support behaviour and emotional well-being)
- CPD opportunities provided through the Active Essex PE and School Sport Conference
- An opportunity for schools to be recognised with KS1 Awards
- An opportunity for schools and early years settings to be recognised with an Early Years Movement Mark and further CPD



Our “supporting your school to get moving” booklet is now live and can be accessed here: [www.activeessex.org/children-young-people/school/supporting-your-school-to-get-moving](http://www.activeessex.org/children-young-people/school/supporting-your-school-to-get-moving)

### Contact

[www.activeessex.org/children-young-people](http://www.activeessex.org/children-young-people)

## YOUTH SERVICE

## 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

[youth.essex.gov.uk/schools](http://youth.essex.gov.uk/schools)

[youth.work@essex.gov.uk](mailto:youth.work@essex.gov.uk)





Healthy School

## Essex Child and Family

### Wellbeing Services

- Provide needs led offer of support for health improvement projects such as PSHE/RSHE 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
- Termly universal workshops and training for school staff in response to identified need
- Facilitate Community of Practices linked to specific public health/early intervention areas
- Link with other/cluster schools to share best practice
- Provide a Peer Education Programme to Secondary Schools
- Provide School Nurse Support
- Support with implementing a whole school approach to improve wellbeing

#### Contact

[essexfamilywellbeing.co.uk](https://essexfamilywellbeing.co.uk)

[essexfamilywellbeing.co.uk/service/healthy-schools](https://essexfamilywellbeing.co.uk/service/healthy-schools)



### 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
- Resources on youth violence and knife crime developed in partnership with Essex Violence and Vulnerability Unit
- Resources to support parents

#### Contact

[www.risk-avert.org/portal](https://www.risk-avert.org/portal)

[www.risk-avert.org](https://www.risk-avert.org)



## 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/carers mental health issues

### Youth Diversion

- Supports young people at an early intervention level, providing drug and alcohol education and harm reduction information.

### Exploitation:

- C.A.R.E (Children at Risk of Exploitation) supports young people aged 8-24 years at medium risk of exploitation.
- 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

Other services are also available, see the full range of services on our website.

### Contact

[www.childrenssocietyleast.org.uk](http://www.childrenssocietyleast.org.uk)



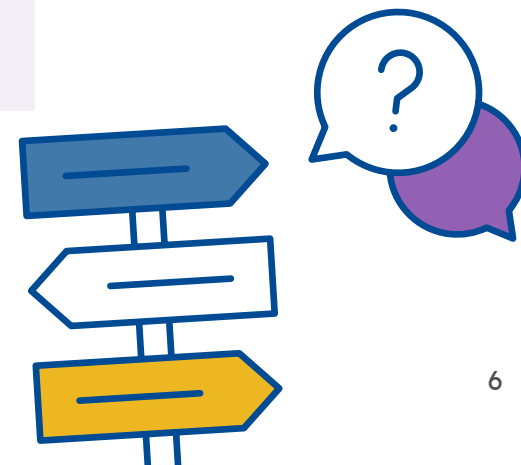
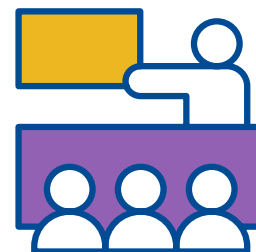
## PSHE Association

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 60,000 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
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  - 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) - £35
    - Individual (exclusive contact for PSHE planning and delivery) - £80
    - School (logins for all staff members) - £165
    - School Plus (includes resources & on-demand training) - £495
- \*Discounts offered for multi-school memberships and card payments

### Contact

[www.pshe-association.org.uk](http://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 that teachers, school staff and youth professionals can be competent and confident providers of RSE.

**Resources:** our free 'go-to' **resources** include Easy-Read guides, accessible research evidence and findings from our annual **Young People's RSE Poll**.

**Membership:** join our community of educators for £49.50 (for up to four named contacts, per year) to access exclusive CPD events, discounts on training and members-only toolkits. Membership is suitable for all RSE professionals including teachers, school nurses and researchers.

**Training:** Sex Education Forum offer high quality, interactive RSE training suitable for teachers, school staff and youth professionals. Training can be booked online or as a commission in your setting. We have an extensive portfolio of SEND specialist training.



For a list of up-coming courses and events **browse our calendar**.

### Contact

For more information

Email **[info@sexeducationforum.org.uk](mailto:info@sexeducationforum.org.uk)**

Visit **[www.sexeducationforum.org.uk](http://www.sexeducationforum.org.uk)**

Subscribe to our mailing list to receive our latest RSE news, offers and events.

# NSPCC

## 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.

### Contact

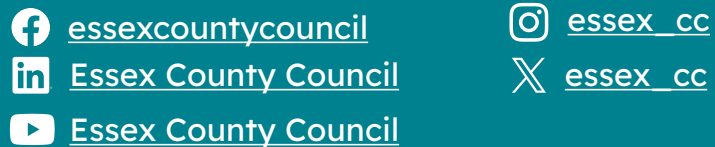
**[About | PHE School Zone](#)**

This information is issued by:  
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[www.essex.gov.uk/youressex](http://www.essex.gov.uk/youressex)

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