

GENERAL RSE LINKS



Parents/Carers may find these useful

Note: You should review these resources and links before use to check if they are appropriate for your pupils and in line with your school's ethos and RSE policy.

GUIDANCE

[Department for Education and Employment – Sex and Relationship Education Guidance](#)

Aimed at head teachers, teachers and school governors, this guidance outlines practical teaching strategies and emphasises the importance of working in partnership with parents/carers and the wider community.

[Department for Education – Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)

This statutory Department for Education guidance for primary and post-primary schools in England describes the requirements of an RSE policy and features advice on RSE delivery.

[NSPCC Learning – Making Sense of Relationships: Teaching Resource Guidance](#)

This guidance accompanies the NSPCC's Making Sense of Relationships lesson plans and includes advice for schools on teaching sensitive issues.

[PSHE Association – PSHE Education Programme of Study: Key stages 1–5](#)

This document includes guidance for schools on building a personal development education programme and themes 1 and 2 (Health and Wellbeing, and Relationships) feature suggested learning opportunities that are relevant to RSE.

[PSHE Association – Sex and Relationships Education \(SRE\) for the 21st Century](#)

Created to supplement existing statutory Department for Education guidance for schools in England (included above), this document includes advice on emerging issues such as sexting and staying safe online.



[RSE Hub](#)

An advisory group representing statutory and non-statutory organisations from across the South West of England created this website, which provides RSE information and resources for teachers, young people, parents and carers.

[RSE Hub – Top Tips](#)

These pages feature tips for new and existing RSE teachers and RSE leaders, including advice on topics like dealing with spontaneous issues and establishing ground rules with your class.

TEACHING RESOURCES

[B4uDecide.ie – Relationships and Sexuality Education: Resource Materials for Teachers](#)

Developed for 14–16 year olds, this resource contains 16 lessons addressing RSE topics like the age of consent for sexual activity and resisting relationship pressures.

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[BBC Teach – Class Clips: PSHE KS2/KS3: Ask Lara](#)

Aimed at pupils aged 9–13, these short animated films follow the journey of Lara and her friends as they try to negotiate the physical and emotional changes of puberty.

[BBC Teach – Class Clips: RSE KS2: The Big Talk](#)

Created with an education expert and aimed at pupils aged 9–12, these short films feature children posing questions to trusted adults on topics such as body image and healthy relationships.

[Belfast Health and Social Care Trust – Destination Adolescence](#)

Aimed at primary teachers and available in hard copy, this puberty toolkit incorporates learning intentions and non-statutory guidance for RSE and supports both strands of Personal Development and Mutual Understanding.

[Love for Life – Post-Primary](#)

This charity's programmes for post-primary pupils cover topics like how to say no with confidence, peer pressure and managing risk.

[NSPCC Learning – Making Sense of Relationships](#)

Quality assured by the PSHE Association, these lesson plans cover personal safety and healthy relationships for Key Stages 2–4. (We have included links to specific lesson plans throughout the separate topic PDFs on our RSE Hub.)

[RSE Hub – 15 Domains of Healthy Sexual Development](#)

Covering topics like understanding gender roles in cultures and societies, this resource can be useful when teaching children and young people about the core aims of RSE.

TRAINING

[Belfast Health and Social Care Trust – Sexual Health Training Team Programmes](#)

This team offers regional RSE training courses that can increase teachers' confidence and knowledge, which will allow them to facilitate effective RSE in their schools.

SUPPORT ORGANISATIONS

[Cara-Friend](#)

This Northern Ireland charity provides services such as LGBTQ+ youth groups, support for individuals, LGBTQ+ awareness training, a helpline and the LGBTQ+ Inclusive Schools Programme.

[Childline](#)

Available to anyone under 19 in the UK, Childline offers help with any issue and can be contacted over the phone on 0800 1111, by email or through the online 1-2-1 counsellor chat.

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POST-PRIMARY LINKS

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[Common Youth](#)

Common Youth (formerly Brook Belfast) offers free, confidential sexual health advice for under 25s.

[Start 360](#)

Providing services and interventions in the areas of health, justice and employability, this Northern Ireland organisation also offers the Lads 2 Dads Programme, which supports young fathers.

[The Rainbow Project](#)

This health organisation works to improve the physical, mental and emotional health and well-being of lesbian, gay, bisexual and/or transgender people in Northern Ireland.

[Women's Aid Federation Northern Ireland](#)

This voluntary organisation offers a range of specialist services to women, children and young people who have experienced domestic violence, such as a 24 hour domestic and sexual violence helpline.

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