

The DfE have updated the Statutory Relationships, Sex and Health Education Guidance for schools with implementation by September 2026

The aim of the updated guidance document is to support pupils develop **knowledge and skills** that will enable them to make **informed** and **ethical decisions** about their **wellbeing, health and relationships**. Based on **guiding principles** for relationships, sex and health education, **effective teaching, engagement with parents and carers** and a statutory relationships and sex education policy.

To support schools effectively implement the changes a range of **briefing sessions, training and PSHE network opportunities are available throughout the academic year**. Please visit the [NYES PSHE pages](#) for more information

Guidance Briefing Sessions on the Updated Statutory Relationships, Sex and Health Education (RSHE)

These briefing sessions will enable school leaders, PSHE leads and governors to understand and respond to the updated statutory RSHE Guidance 2025 highlighting key changes and actions for schools in preparation for statutory implementation by September 2026.



**Relationships
Education,
Relationships and
Sex Education (RSE)
and Health Education**

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers

July 2025

Guidance Briefing Session for Primary Schools on the updated RSHE guidance online via TEAMS:

- Monday 2nd February 2026 3:45-5pm
Course Code: SI-0226-T004
OR
- Thursday 5th March 2026 1:30-2:45pm
Course Code: SI-0326-T015

Effective teaching of puberty, relationships and sex education for key stage 2 pupils online via TEAMS

- Tuesday 24th February 2026 1:30-3pm
Course Code: SI-0225-T014
OR
- Thursday 30th April 3:45-5pm Course Code: SI-OM-0426-T002

The course will support staff effectively teach the statutory learning outcomes for puberty, relationships and sex education for Key Stage 2 pupils. Sharing a wide range of resources and good practice.

Delivering Effective Relationships and Sex Education in a Primary School in line with the updated RSHE guidance from the DfE 2025 online via TEAMS

	• Thursday 23rd April 2026 1:30-3:30pm course code: SI-0426-T001 OR • Wednesday 10th June 2026 1:30-3:30pm Course code: SI-0626-T008 This course aims to support schools with planning, delivering and monitoring a high-quality relationships and sex education curriculum in their school from Early Years to Year 6 , that effectively meets the updated statutory relationships, sex and health education (RSHE) curriculum 2025, a safeguarding curriculum and the needs of the pupils
--	---

To apply for any of the training below please go to North Yorkshire Education Services (NYES) <https://nyes.info/>. If you have any questions or need help using the site call the NYES team on 01609 533 222 Or email nyes@northyorks.gov.uk

If you have any questions or would like to discuss any aspects, please contact: Clare Barrowman, Senior Health and Wellbeing Adviser, Clare.barrowman@northyorks.gov.uk

Please visit the [NYES website](#) for further information about the support and bespoke training that can be provided by Clare Barrowman, Senior Health and Wellbeing Adviser for all schools.

Feedback from previous session delivered by Clare Barrowman

“A really clear update to ensure that schools are ready for the implementation of the new guidance”

“Thank you so much! The session was really useful. I definitely feel more confident in moving forward”

“Clare always demonstrates excellent knowledge of the PSHE/RSHE curriculum and explained the updates in a professional manner”