

PSHE Toolkits: Links to the Relationships and Sex Education curriculum in England

Relationships and Sex Education (RSE) is compulsory in secondary schools in England

From September 2020, the Department for Education's [statutory guidance](#) for Relationships Education, Relationships and Sex Education and Health Education came into effect. All schools providing secondary education, including all-through schools and middle schools have a legal duty to comply with this guidance when teaching RSE.

PSHE Toolkit curriculum links

The activities in the 'Crossing the Line' and 'Myth vs. Reality' PSHE Toolkits can help pupils to meet learning objectives set out in the Relationships and Sex Education guidance. The RSE strands in the table below are the ones most relevant to the toolkits. The full list can be found in the [statutory guidance](#).

RSE strand By the end of secondary schools, pupils should know:	Crossing the Line				Myth vs. Reality		
	Cyberbullying	Sexting	Peer pressure	Self-esteem	Online pornography	Healthy relationships	Body image
Respectful relationships, including friendships the characteristics of positive and healthy friendships, in all contexts including online, such as: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict		✓	✓			✓	
reconciliation and ending relationships, this includes different (non-sexual) types of relationship	✓					✓	
practical steps they can take in a range of different contexts to improve or support respectful relationships		✓	✓			✓	
how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice)	✓	✓		✓	✓		✓
about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	✓		✓			✓	
that some types of behaviour within relationships are criminal, including violent behaviour and coercive control		✓				✓	

RSE strand By the end of secondary schools, pupils should know:	Crossing the Line				Myth vs. Reality		
	Cyberbullying	Sexting	Peer pressure	Self-esteem	Online pornography	Healthy relationships	Body image
Online and media							
their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	✓		✓			✓	
about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online		✓					
not to provide material to others that they would not want shared further and not to share personal material which is sent to them		✓					
what to do and where to get support to report material or manage issues online	✓	✓	✓	✓	✓	✓	✓
the impact of viewing harmful content				✓	✓		✓
that specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners					✓		
that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail		✓					
Intimate and sexual relationships, including sexual health							
how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship		✓				✓	
that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health and wellbeing		✓				✓	
that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others		✓			✓	✓	
The Law, including for example:							
online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)		✓					
pornography					✓		