

Sex Education Forum

Five Year

Strategy

2026-2030



Who we are



Sex Education Forum is a charity.

Our aim is to make sure all young people get good Relationships and Sex Education (RSE) in school and college.

Our Strategy

We have a strategy for how we will do this over the next 5 years. A strategy is a plan.

Our plan is to help all adults understand how important RSE is for young people to be happy, healthy and safe.

We will do this in four ways and young people will have a say in all four.



Our Strategy

Convene:

Meet with different groups



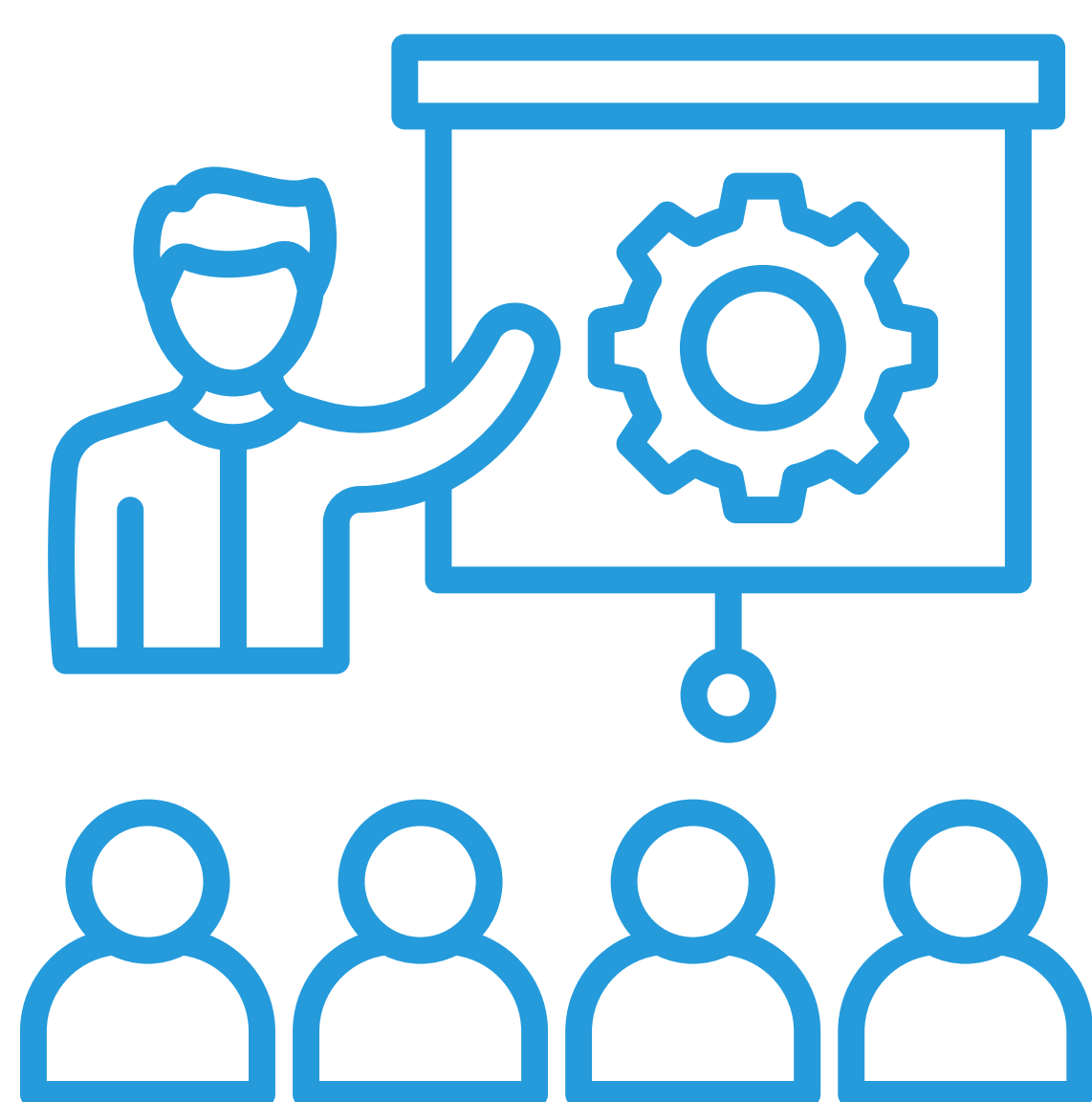
Communicate:

Tell people



Equip:

Teach the skills



Innovate:

Come up with new ideas



1. Convene

We want to involve and connect with different groups including:



- RSE experts and researchers.
- Charities and voluntary organisations.
- Organisations led by young people.
- The Government.

Together we will discuss:

- The latest research on RSE
- What makes good RSE.
- Solve problems we share.
- Advise the government about policies and guidance.

Together we aim to:



1. Influence national government RSE policy and guidance for schools.



2. Campaign for all young people ages 16-18 to have RSE.



3. Find out about young people's experiences of RSE through our annual survey.



4. Share their experiences and check that they continue to improve.

2. Communicate



We want all adults who support young people to understand how important RSE is for keeping children and young people safe and healthy. We will do this by sharing accessible information.

Together we will share:



- How RSE protects young people from violence.



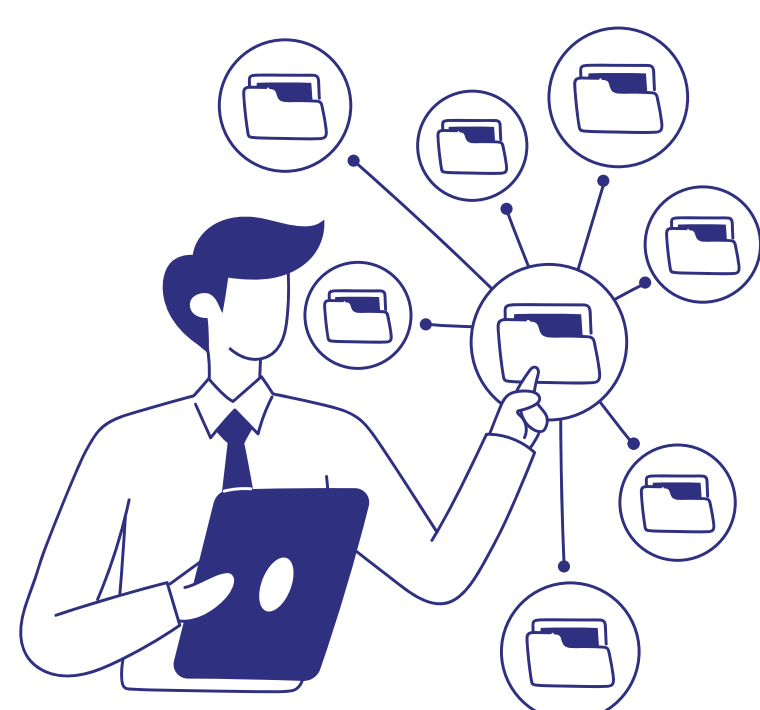
- How RSE helps young people to be healthy.



- Evidence from our poll of young people.



- What good RSE looks like in schools.



- All our projects and activities.

3. Equip



We want a range of adults to have the skills and to feel confident to teach RSE.

We want to train more professionals to be able to have conversations about RSE with young people.

We want educators to understand how trauma and special educational needs effects young people and RSE.



Our plan for doing this is to:

1. Collect evidence by:



- Asking young people for their views
- Finding out what research about RSE tells us
- Talking to RSE experts



2. We will then agree together on what improves the skills and confidence to teach RSE.

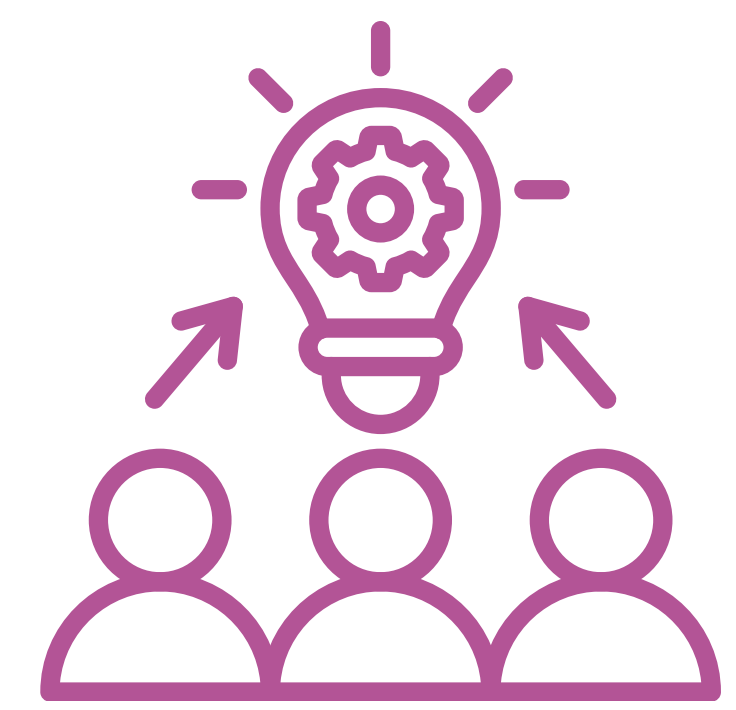


3. Next we will communicate this with government.



4. Campaign for government to pay for RSE training for professionals.

4. Innovate

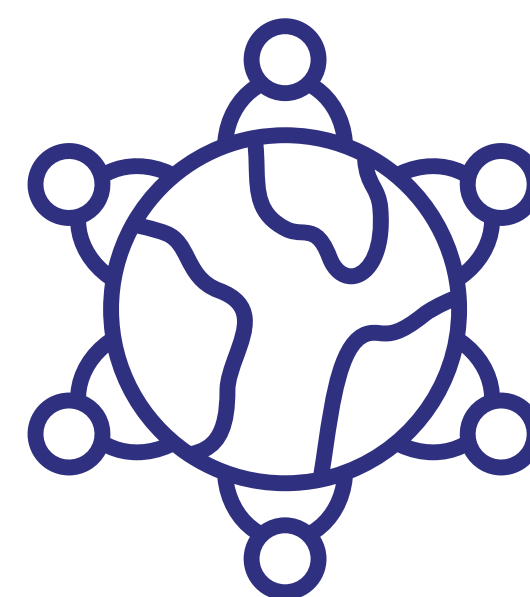


We want to find new ways to improve RSE for young people.

We want to learn more about aspects of RSE, including:



- Gender-based violence.



- How different religions and cultures effect learning about RSE.



- What boys and men need to help them learn about relationships and sex.



- Abuse between teenagers in relationships.



- How parents and carers support RSE.



We will also ask young people which topics they would like us to work on.



We will work with researchers in this country and around the world to find what works best for teaching RSE.

We will create, test and develop projects.

Glossary



Campaign:

When people work together to change something that we believe needs to change or improve.



Gender-based violence:

When someone is hurt, threatened, or treated unfairly because of their gender. It means a person is harmed simply for being seen as a woman, a man, or another gender.



Guidance:

Instructions on what to do.



Influence:

To change how someone thinks, feels or acts. We can influence people through our words, actions and ideas.



Policy:

A set of clear rules that explain what the government expects people to do and how things should be done.

Glossary



Relationships and Sex Education:

Learning about growing up, different kinds of relationships, sex and how to stay healthy.



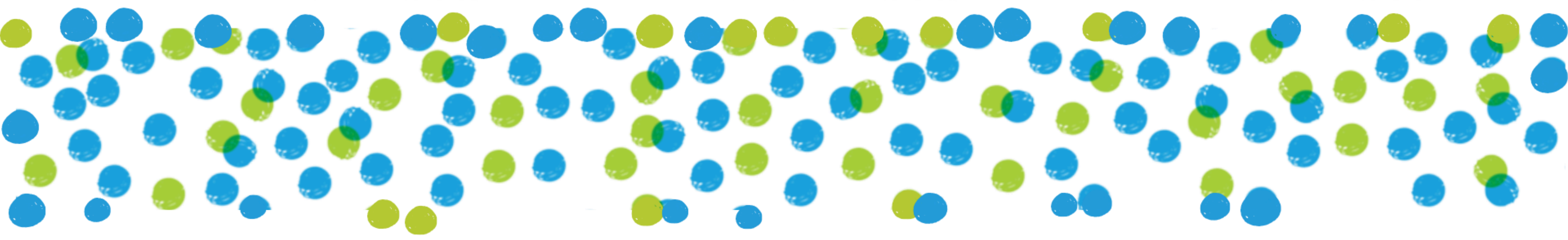
Researchers:

Someone who looks for new information to help us understand things better. They ask questions, collect facts, and share what they learn so others can use it.



Trauma:

The effects that a very upsetting or frightening event can have on someone's emotions, wellbeing or health. It can leave a person feeling scared, confused, or unsafe, even long after the event is over.



**Join our RSE community
and be part of bringing
our strategy to life.**

www.sexeducationforum.org.uk



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