

Relationships & Sex Education Training for Foster Carers

Expressions of interest for free training: information for local authority fostering services

Sex Education Forum is pleased to share information about our innovative relationships and sex education (RSE) training for foster carers that we are offering **free of charge** to local authorities in the North-East, North-West, Yorkshire and Humber and South-West regions.

Details are provided below, and we invite expressions of interest to host the free training to be considered on a **first come first served basis**.

What are the aims of the training?

The training will increase the confidence and competence of your foster carers to address and discuss relationships and sex education (RSE) topics and issues with their young people. The training aims to increase awareness of wider support and signposting regarding RSE and how foster carers' roles can contribute to better RSE outcomes through brief interventions.

What is unique about this training?

This training has been successfully piloted and independently evaluated. It is delivered by Sex Education Forum RSE specialists with social care and/or SEND expertise. The training is evidence-based, trauma-informed and bespoke to the foster care context. An independent evaluation report is available on request. Please see Appendix 1 for a summary of the training content.

"I don't recall ever doing anything that was as thorough as this one and went into the real ins and outs of certain scenarios that you might find yourself faced with." Pilot area foster carer.

How is the training delivered?

The training comprises 8 hours CPD, delivered as 4 x 2 hour sessions, either delivered in person or online as small interactive group-work. The sessions are usually delivered once a fortnight.

How many foster carers can receive this training?

12-16 foster carers from each local authority will be able to receive this training free of charge.

Does this training compliment your local offer?

The training fulfils several fostering National Minimum Standards and contributes to the corporate parenting responsibilities of local authorities by promoting the safety and welfare of cared for children.

☒ Standard 2: Promoting positive identity

☒ Standard 6: Promoting good health and wellbeing

☒ Standard 4: Safeguarding children

☒ Standard 12: Promoting independence

When can local authorities receive this training?

Training delivery will take place from September 2025 up until July 2027.

Will all local authorities receive this free training?

This is currently a limited free offer for **eight** local authorities in each of the target regions, i.e. North-East, North-West, Yorkshire and Humber and South-West. The training is also available to commission.

How do local authorities partner with Sex Education Forum?

Local authorities will be asked to sign a partnership agreement that outlines the following expectations:

- Dedicated member of staff to liaise between Sex Education Forum and the local authority
- Recruit between 12-16 foster carers to attend the training
- Liaison between foster carers and Sex Education Forum including communicating training logistics via local authority channels
- Provide a training venue 'in kind' if delivery is in person
- Promote a briefing event, run by Sex Education Forum, for supervising social workers
- Commit to an action plan to sustain the training beyond the free offer

How do local authorities sign up?

Expressions of interest are made by completing a form available [here](#).

Please email the project lead, Millie Roberts millie@sexeducationforum.org.uk if you have further questions.

Appendix 1: Training outline and supporting resources

Session	Training outline	Supporting resources
Session 1 2 hours	• Defining RSE and how it applies to fostering • Our own RSE • Cared for youth voice and RSE • Building skills through RSE • How identity interacts with RSE topics (e.g. race, religion, SEND)	Foster carers will receive: • Resource packs for each session with extra activities, signposting and advice; • Slides with participant guidance notes; • Supporting materials to aid RSE conversations; • Certificate of completion for foster carer CPD evidence log. Local authorities will receive: • Communication materials to help promote the training; • Evaluation report with commissioner briefing sheet.
Session 2 2 hours	• Values and tricky questions • What is age appropriate RSE? • Sexual health • Gender • Pornography	
Session 3 2 hours	• Puberty • Masturbation • Trauma informed RSE • Consent • Everyday RSE learning opportunities	
Session 4 2 hours	• Relationships • Online world • LGBTQ+ identities • Who can support foster carers with RSE?	

About the Sex Education Forum

Sex Education Forum is a charity working to ensure all young people can access high quality relationships and sex education. You can read more about our work [here](#).

To read how we use your data you can read our privacy policy [here](#).