



# Updating your RSHE: Secondary curriculum content

A free and shareable resource from Sex Education Forum to help you prepare for the new RSHE guidance, to be implemented 1 September 2026.



Below you will find the **new** curriculum content, organised using the section headings from the statutory RSHE guidance 2025. The content is paraphrased by Sex Education Forum for accessibility.

Our Whole-school RSE audit toolkit lists the existing 2019 content and additional new content introduced in the 2025 guidance.

## **New content - Secondary RSHE: Families & Respectful, kind relationships**

### **Families**

- 'Common-law' partnerships do not give same rights and protections
- Forced marriage and marriage before the age of 18 are illegal
- Changes in relationships over time

### **Respectful, kind relationships**

- How to evaluate their impact on others
- Understand rights & responsibilities around equality
- Building self-esteem
- Importance of tolerance of others beliefs
- Ending relationships kindly
- Managing disappointment, hurt and frustration
- Ethical behaviour as well as consent
- Power dynamics in relationships and consent
- Recognising misogyny
- Pornography's negative influence on sexual behaviour & attitudes
- Sub-cultures (incels)



# New content - Secondary RSHE: Being safe

- Consent and boundaries in relationships including early romantic relationships in person and online
- Understanding & resisting pressure including sexual pressure
- Recognising unsafe and untrustworthy people and information
- Increasing safety in public spaces
- Trusting their instincts
- Sexual harassment and violence
- Sexual violence
- Domestic abuse
- Fixated, obsessive, unwanted and repeated behaviours
- Exploitation
- Forced marriage
- Female Genital Mutilation
- Virginity testing and hymenoplasty
- Strangulation and suffocation
- Pornography's normalising of unsafe behaviours

# New content - Secondary RSHE: Online safety and awareness & Wellbeing online

## Online safety and awareness:

- Online risks, including sharing personal data and how to seek help
- Difference between public and private online spaces & safety issues related
- Characteristics and considerations for using social media in a healthy way
- Risks and law around sharing of indecent images
- How to seek help and report concerning material
- Deepfakes
- Harmful influence of pornography and misogynistic social media content
- How personal data is generated, collected, shared and used online
- Sextortion and other online scams
- AI chatbots

## Wellbeing online:

- How online content effects well being.

# New content - Secondary RSHE: Mental wellbeing & Developing body

## Mental wellbeing

- Loneliness and feeling down are normal.
- Understanding what makes them feel happy and unhappy.
- Characteristics of common mental health conditions.
- Ways to overcome anxiety.
- Relationships between alcohol and drug use with mental health conditions.

## Developing body

- Key facts about puberty including brain development.
- Facts about reproductive health, including fertility and menopause.
- Period problems such as premenstrual syndrome, heavy menstrual bleeding, endometriosis and polycystic syndrome (PCOS)
- Impact of lifestyle on fertility.

# **New content - Secondary RSHE: Healthy protection and prevention & Intimate and sexual relationships, including sexual health**

## **Healthy Protection and Prevention**

- Personal hygiene -treatment and prevention of infection.
- Minor ailments - role of pharmacists
- Navigating local health care service including sexual health clinics.
- The concept of Gillick competence

## **Intimate and sexual relationships, including sexual health**

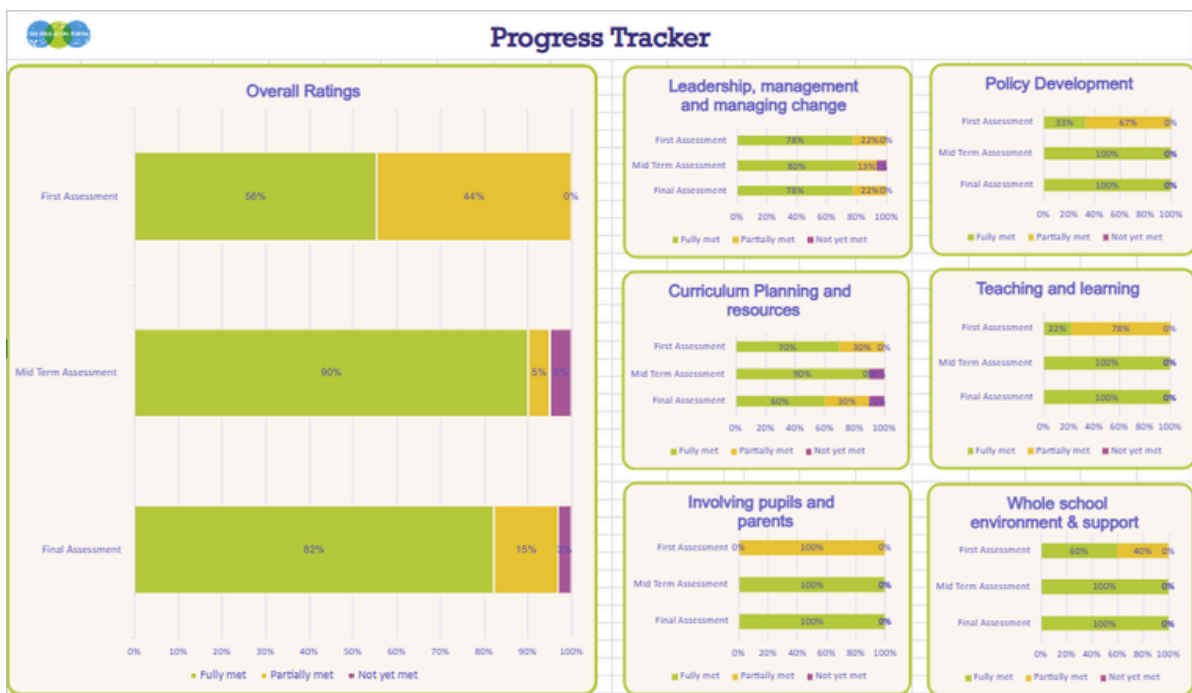
- Sex can and should be enjoyable
- Some sexual behaviours are harmful
- Full range of contraceptive options including female condoms
- Sexually Transmitted Infections - impact, prevalence, importance of testing and role of stigma
- Methods for protection and prevention including PrEP and PEP and where to access them
- How and where to get help for concerns about sexual relationships, including violence.



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