



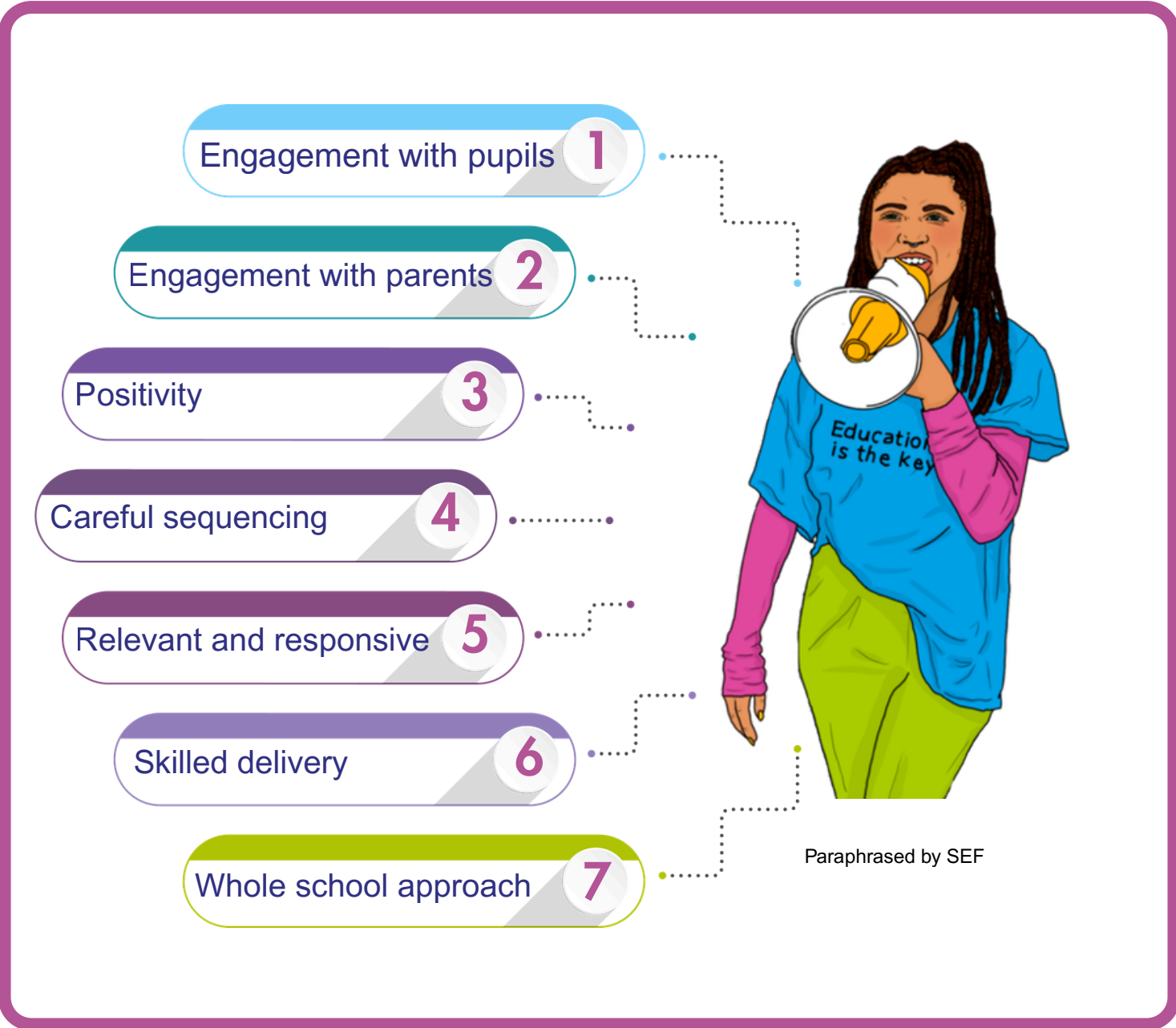
Updating your RSHE: Seven guiding principles and reviewing your policy

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 seven guiding principles for RSHE curriculum development found in the statutory RSHE guidance (2025), paraphrased by Sex Education Forum for accessibility, and on the pages that follow, our tips to get started with reviewing your provision and policy.

Seven guiding principles of the new RSHE guidance



Reviewing your current provision

Below, you'll find one key question for each guiding principle to help you review your current provision and create a workable action plan.

1. What's important to your students?
2. What helps or hinders parents from engaging in RSHE?
3. What positive values and skills do you want students to develop?
4. Are key topics introduced at the right time?
5. Does your curriculum reflect the lived experience of all students?
6. Which topics do staff feel confident teaching?
7. What support and join-up is there beyond lessons?



Reviewing and organising your RSHE policy

The questions below will help you to reflect on your existing policy:

- What are the areas of success and development?
- How does it relate to the wider school ethos?
- Can your stakeholders be more involved?
- How accessible is your policy to your stakeholders?



Organising your RSHE policy

Suggested sections for your policy with the numbered guiding principles linked to each and some suggestions on what to include:

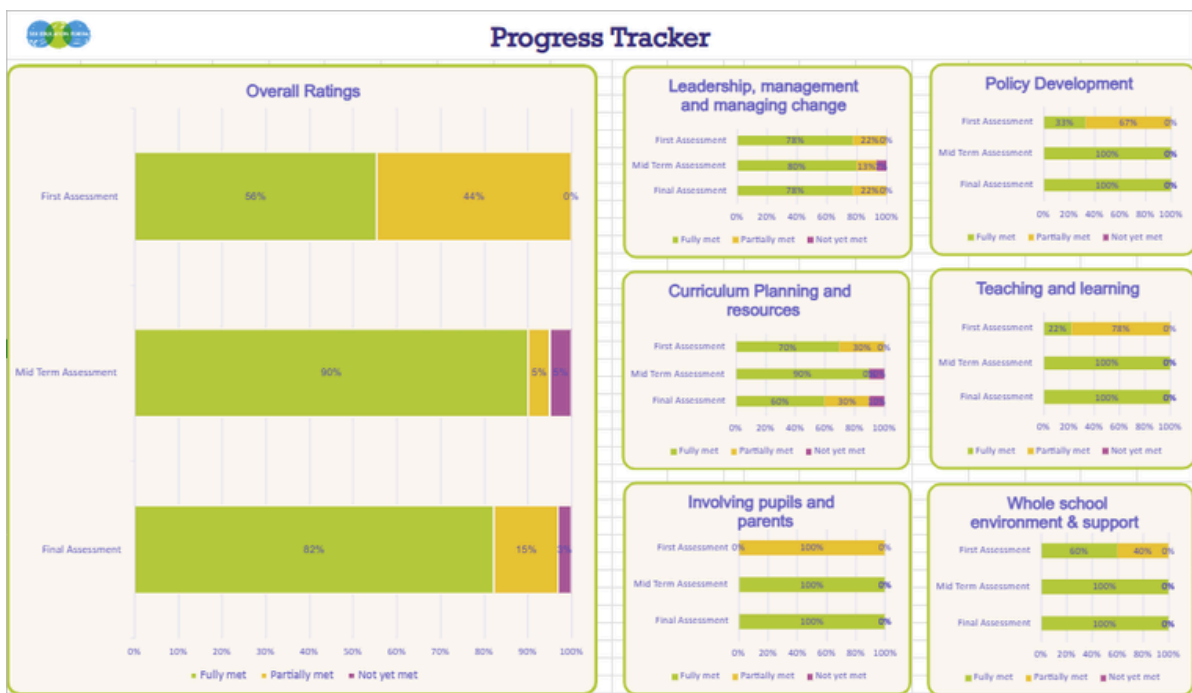
- School vision and ethos (3, 7)
- RSE definitions, rationale and how linked to wider vision (3, 7)
- Policy formation and dissemination (1,2,5)
- Roles and responsibilities (6,7)
- Curriculum design (4,5)
- Right to withdraw (2)
- Teaching and learning (3,4,5,6,7) - how you create a safe environment
- Equality, diversity and inclusion
- Supporting children with SEND
- Involving parents and other stakeholders (2,5) - how can they access curriculum materials
- Safeguarding (3,7)
- Monitoring, evaluation and review (2,7)



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