

Commitment to Relationships and Sexual Health Education Recognition Awards Essex Criteria



E-Learning and Free Access to ESHS Resource Portal for all settings that have achieved Bronze Criteria

Essex Sexual Health Service are committed to supporting young people to have access to high quality, inclusive relationships and sexual health education (RSHE).

The RSHE recognition awards scheme works with an aim to increase educational staff's confidence to deliver RSHE related topics, to support educational establishments to have best practice relating to RSHE working towards a whole school approach to RSHE learning, ensuring to incorporate the voice of their pupils, and engaging with parents and carers to support further learning at home.

To recognise educational establishments participation to the programme and their commitment to RSHE, ESHS will then award the educational establishment with a Bronze, Silver or Gold Certificate, demonstrating their commitment to RSHE.

The programme is designed to support educational establishments to become self-sustainable in relation to RSHE, without the need for dependence on outside agencies delivering to their students, but rather any delivery from outside agencies should enhance the comprehensive programme that is already incorporated within the setting.

Feedback from young people tells us that RSHE is more effective when taught by willing and competent teachers that are confident, unembarrassed and able to teach correct biological facts and also explore relationship issues.

This scheme is accessible to all secondary and further education settings (including special schools and PRUs) within an Essex County Council Postcode, and works in line with Essex Healthy Schools provided by HCRG.

From September 2026, educational settings will also be able to access ESHS E-learning modules, to support them to obtain the required subject knowledge in a more flexible way, at a time that is convenient for them

Upon successful attainment of the Bronze award status, the organisation will be provided with individual login details, enabling secure access to the Essex Sexual Health Service online member portal. The online member portal contains a range of approved resources, including lesson plans, PowerPoint presentations, and supporting lesson activities.

Access to the online member portal will be available for a period of 18 months from the date the Bronze award status is achieved. Continued access beyond this period is dependent on the organisation maintaining its Bronze status or achieving Silver or Gold in line with the RSHE Recognition Award guidance.

Bronze	Silver	Gold
➤ 10% of the educational student facing body to attend 2 ESHS CPD RSHE Training Sessions, one of the sessions to Include 'Delivering Relationships and Sexual Health Education' full length session or for special schools to attend 'RSHE: Supporting individuals with additional needs and disabilities' full day session. The second session can be completed via our E-Learning Platform. ➤ To have liaised with Parents and Carers regarding RSHE delivery, including signposting to where the educational establishments RSHE policy can be found and signposting how parents and carers can provide feedback. To have provided parents and carers with the link to ESHS Parent and Carers Portal. ➤ To actively deliver LGBT+ Inclusive RSHE in line with the National Curriculum and government guidance and to be able to provide evidence about how this is differentiated for learners with SEND. RSHE be given regular curriculum time like any other subject, encompassing a spiral curriculum where learning is revisited and built upon each year. ➤ To proactively create opportunities to challenge and educate young people about misogynistic attitudes, helping them understand how these contribute to violence against women and girls.	➤ To have achieved Bronze Award criteria and to be maintaining principles outlined within (see Bronze Criteria). ➤ For 10% of student facing staff to have completed an additional 2 ESHS courses. This can be completed via E-Learning, face to face, or virtual. ➤ For all 6 ESHS CPD RSHE Training sessions to have been attended by members of the educational staffing body (the total number of sessions can be attended by 1 staff member or different members of staff). ➤ To provide opportunities for students to share their views relating to RSHE. ➤ To ensure RSHE relating resources are visible around the educational establishment, this can be through posters, health promotion stands, participation in related awareness days for example 'Prides'.	➤ To have achieved Silver Award criteria and to be maintaining principles outlined within (see Silver Criteria). ➤ For 25% of student facing staff to have completed 1 or more ESHS RSHE courses. This can be completed by E-Learning, face to face or virtual. ➤ To implement changes to the educational setting following involvement from young people, this can include incorporating additional topics of students requests into learning. ➤ To host opportunity for parents and carers to learn more relating to RSHE. ➤ To have implemented a whole school approach relating to RSHE.



Bronze Criteria

- 10% of the educational staffing (minimum of 2 staff depending on size of establishment) to attend 2 training sessions from the Essex Sexual Health Service CPD RSHE professionals training catalogue. These sessions can be completed face to face, virtually or via E-Learning.
- One of the above mentioned professionals training sessions must include either 'Delivering Relationships and Sexual Health Education' full length session or, for special schools, 'RSHE: Supporting Individuals with Additional Needs and Disabilities' full day session.
- That the educational establishment have liaised with parents and carers regarding their RSHE delivery and have allowed opportunities for parent and carer feedback and involvement. This is to include signposting to where the educational establishments RSHE Policy can be found, and sharing of the parents and carers online platform where parents and carers can access further learning  eshs.org.uk/parents-and-carers
- To actively deliver LGBTQ+ Inclusive RSHE in line with the National Curriculum and government guidance and to be able to provide evidence about how this is differentiated for learners with SEND. RSHE be given regular curriculum time like any other subject, encompassing a spiral curriculum where learning is revisited and built upon each year.
- RSHE to be given regular curriculum time like any other subject, encompassing a spiral curriculum where learning is revisited and built upon each year.
- To proactively create multiple opportunities to challenge, educate and prevent misogynist attitudes, helping them to understand how this can contribute to Violence against women and Girls (VAWG). Examples of this could include to run awareness activities during the 16 Days of Activism, engaging staff as White Ribbon champions and ambassadors to promote understanding and prevention of violence against women and girls. Other examples include achieving white ribbon accreditation, specialist outside speakers, zero tolerance approach to sexism and harassment, reporting boxes, bystander intervention education, and allowing opportunities for students to critically analyse and deconstruct examples of misogynist content they may see on-line.
- Upon achieving Bronze Award status, the organisation will gain access to the Essex Sexual Health Service member online portal. The online member portal contains a range of approved resources, including lesson plans, PowerPoint presentations, and supporting lesson activities.
- To support your application for the Bronze criteria, please visit  eshs.org.uk/relationships-sex-and-health-education for examples and guidance.

QR Links:

Parents and Carers



QR Links:

RSHE



Silver Criteria

- ▶ To have achieved Bronze Award criteria and to be maintaining principles outlined above (see Bronze Criteria).
- ▶ For 10% of student facing staff to have completed an additional 2 ESHS courses. This can be completed via E-Learning, face to face, or virtual.
 - // Delivering RSE (full session)
 - // RSHE: Support people with additional needs and disabilities (full session)
 - // Sex Consent & Confidentiality
 - // STIs Contraception & Local Sexual Health Services
 - // Growing up in an Online World
 - // LGBT+ Inclusivity and Sexual Health

These sessions can all be attended by a single staff member or, alternatively attendance can be shared between multiple staff members.
- ▶ For the educational establishment to provide evidence that they have created opportunities to hear the voices of the student body relating to RSHE, this can be through focus groups, session feedback forms, suggestion boxes, participation in the ECC RSHE surveys. This can also be through young people participating in HCRG Peer Education Programme, more information about this can be obtained at [!\[\]\(633dd45d48d71eb51a85c6dd83ee51e9_img.jpg\) **healthyschools@barnardos.org.uk**](mailto:healthyschools@barnardos.org.uk)
- ▶ For the educational establishment to provide opportunity for further informal learning opportunities for students on RSHE subjects, including ensuring resources are visible and available to students through posters, leaflets, or specialist services hosting health promotion stands. Further Education establishments could also become eC-card distributors.



Gold Criteria

- ▶ To have achieved Silver Award criteria and to be maintaining principles outlined above (see Silver Criteria).
- ▶ For 25% of student facing staff to have completed 1 or more ESHS RSHE courses. This can be completed by E-Learning, face to face or virtual.
- ▶ For the educational establishment to provide evidence that they have responded to young people's views and feedback, this could include initiatives such as increasing the number, and subject content of dedicated RSHE specialist sessions available to the pupils, engaging with additional outside specialist providers, setting up dedicated LGBT+ safe spaces, having more RSHE related health promotion visibility around the school, implementing changes following ECC RSHE survey.
- ▶ For the educational establishment to host opportunity for parents and carers to learn more about RSHE, this could include a virtual learning session, inviting parents and carers in for an RSHE talk, RSHE resource table available at parent and carers evenings.
- ▶ To evidence a whole school approach, of which demonstrable criteria can be found below. This can include evidence of working with the school nurse to support young people around relationships, sex and health.
 - // RSHE Leadership
 - // A culture of safety and respect
 - // Youth Voice
 - // Up to date policies and procedures
 - // Dedicated curriculum time and resources
 - // Teaching and learning
 - // Staff Training
 - // Working with parents and carers

Further Information

ESHS Training can be accessed via our Eventbrite page  [here](#).

When booking training sessions please ensure that the session you book will count towards the RSHE Award Criteria. You can check this within the 'About this Event' section of the Eventbrite page. For specialist in house training requests please contact:

 [**provide.eshsoutreachteam@nhs.net**](mailto:provide.eshsoutreachteam@nhs.net)

An educational establishment cannot apply straight for the RSHE Recognition Gold Award without first achieving Bronze and Silver status. However, applications for all three award levels can be made at the same time by establishment that have met all criteria.

If an educational establishment fulfils the criteria for an award, it is their responsibility to complete the recognition application form and return this to  [**provide.eshsoutreachteam@nhs.net**](mailto:provide.eshsoutreachteam@nhs.net), applications will be reviewed at the end of every school term.

The programme runs from the beginning of the academic year until the end of the academic year. Establishments achieving a recognition status within any academic year will be able to display their achievement during the remainder of the year achieved and into the following academic year. Although able to display the previous years achievement from the start of a new academic year, the establishment must again start working towards and evidencing their adherence to the criteria in order to reapply for that new academic years certificate.

If you would like posters relating to eC-card or local sexual health service please contact  [**PROVIDE.EssexSexualHealthService@nhs.net**](mailto:PROVIDE.EssexSexualHealthService@nhs.net)

Essex Young Peoples Sexual Health Webpage can be found at:

 [**askingforafriend.org.uk**](http://askingforafriend.org.uk)

When providing evidence, please ensure not to provide any personal details for students within the educational establishment, to ensure to work in line with GDPR

For any queries, please contact us on  **0300 373 3421**

QR Links:

Eventbrite page



QR Links:

Asking for a Friend

