These 10 steps provide a guide to support school leaders in preparing to provide high quality RSE as an identifiable part of PSHE education. These steps are based on established good practice and evidence. The law requires that Relationships and Sex Education (RSE) is to be taught in all secondary schools in England, and that Relationships Education is to be taught in all primary schools in England. Health Education will also be mandatory in all Government funded schools, which includes content on puberty. Government Relationships Education, RSE and Health Education guidance and regulations give further detail about the requirements. Schools that are ready to implement the updated guidance from September 2019 are encouraged to do so – September 2020 is proposed as the start date for mandatory provision.

Be clear about the facts
- Relationships and sex education will be required in all schools. Do you know what the new legislation means for your school?

Allocate leadership
- Effective change will involve the Senior Leadership Team together with RSE and PSHE lead staff and a linked governor. Who is going to oversee this change?

Assess where you are now
- There is a clear evidence base for high quality RSE and it requires regular timetabled lessons within PSHE education. How would you describe your current provision?

Understand pupil needs
- Using local data and consultation activities will ensure your plans to meet the needs of all pupils. Have you conducted a pupil needs assessment?

Update curriculum
- Regular updates will ensure your programme is inclusive, free engaging lesson plans that reflect real life issues (including the digital world), with a balance of skills, knowledge and personal attribute development. Is your curriculum now updated and inclusive?

Review curriculum
- An effective RSE and PSHE education curriculum will be comprehensive, spiral and responsive to pupil needs. Does your curriculum take this approach? Where are the gaps?

Equip your staff
- All staff will have a role to play and some will need specialist training. What are your staff CPD needs? How can these needs be met?

Communicate
- Bringing the whole school community with you through continuous dialogue with parents, staff governors and pupils. Are there mechanisms for ongoing information sharing about RSE and have you shared your plans?

Review, monitor & share best practice
- As with all subjects, effective monitoring and evaluation will tell you if planned outcomes are being met and what needs to be adjusted. How often do you review and evaluate RSE within PSHE education?

Prepare to review and evaluate
- Regular updates will ensure your programme is inclusive, free engaging lesson plans that reflect real life issues (including the digital world), with a balance of skills, knowledge and personal attribute development. Is your curriculum now updated and inclusive?