

Useful resources for schools on RSE, sexual violence prevention and trauma-informed practice

With the exception of the books, the following resources are all available for free, or have free components.

General RSE resources

[AGENDA](#) - resource for educational practitioners who want to support children and young people (age 7-18) to make positive relationships matter in their school and community. Also see [CRUSH resource](#).

[Meg-John Barker](#) - resources and information in various formats (blogs, books, zines, podcasts) on all things RSE-related.

[Great Relationships and Sex Education, 200+ Activities](#) - book by Alice Hoyle and Ester McGeeney.

[Sex Education Forum resources](#) - various resources including key evidence relating to RSE, curriculum design tools, key principles of effective RSE and advice on engaging parents and carers.

[Sex & History](#) - RSE teaching resource 'talking sex with objects from the past'.

[Sex Ed: An Inclusive Teenage Guide to Sex and Relationships](#) - comprehensive guide to relationships and sex ed for teens, their parents and their teachers.

[Life Lessons](#) - digital classroom resources addressing a range of RSE topics including healthy relationships, gender and consent.

[Safe Stories](#) - various narratives to use as springboards for discussion in RSE.

[Good practice guide for teaching relationships and sex\(uality\) education](#) - key principles, approaches and activity ideas for high-quality RSE by UCL, School of Sexuality Education and the Sex Education Forum.

[Brook's help and advice pages](#) - reliable information for young people on sexual health, healthy relationships and more.



Sexual Violence Prevention and Response resources

[Understanding and Combatting Youth Experiences of Image-Based Sexual Harassment and Abuse](#) - suite of resources including workshop slides and school policy recommendations to challenge online harms.

[Guidance for students on Online Sexual Harassment](#) - including where to go for help.

[Radical Safeguarding](#) - a trauma-informed Safeguarding workbook.

[School of Sexuality Education's policy guides](#) for implementing school uniform & combatting online sexual violence & victim-blaming with a sex-positive, trauma-informed and equalities-centred approach.

[Sexual Violence Support Services](#) - a list of services and a detailed explanation of how they work.

[UsToo: A Guide for Domestic Abuse and Sexual Violence Services](#) - guidance on supporting people with autism or learning disabilities dealing with sexual violence.

[Ask AVA toolkit](#) - information, guidance and tools on education to prevent violence against women and girls.

[Imagine Toolkit by Beyond Equality](#) - resource on engaging boys and young men to prevent sexual harassment and sexual violence against women and girls.

[BodyCount's edited 'sexual violence between young people in schools and colleges' government guidance for schools](#) - created by a group of young people who are demanding a shake-up in the way schools deal with sexual violence.

[Childnet's Step up. Speak up! toolkit](#) - lesson plans, resources and activity ideas which address online sexual harassment.

[Beyond Referrals toolkit](#) created by the Contextual Safeguarding Network - supports schools to self-assess their response to harmful sexual behaviour.

[Hollaback! resources](#) - including bystander intervention training and resources.

[Fix the Glitch Toolkit](#) - resource from Glitch, which raises awareness of online abuse and its impact through an intersectional lens.

[Reclaiming Voice](#) - a report from charity Imkaan on Black and minoritised women and girls' experiences of sexual violence.

[Bold Voices resources](#) - various classroom activities and ideas around addressing sexual violence.

[Stay Safe East statement on the Ofsted review of sexual abuse in schools and colleges](#) - statement regarding the (lack of) inclusion of deaf and disabled people in the government's inquiry into sexual harassment and sexual violence in schools.

[NSPCC Harmful Sexual Behaviour resources](#) - various resources including improving staff knowledge and reporting disclosures.

[Our Schools Now](#) - various online resources around addressing sexual harassment and sexual violence from the campaign group.

[UK Feminist free staff online training course](#) - on tackling sexism and sexual violence.

[Video](#) - aimed at boys/men about harassment & bystander intervention.

[Video](#) - created by ERAW and Imkaan in which young Black women talk about their experiences of racialised sexual harassment.

[Statistics for false allegations of rape](#) - men are 230 times more likely to be raped than to be falsely accused of rape.

[The Tech Talk](#) - demonstrates how you can start conversations with young people about what they do online.

[#Men4Change: Tackling and transforming harmful gendered norms and behaviours](#) - A toolkit for youth leaders and activists. Forthcoming - contact chaslop@liverpool.ac.uk for updates.

[Give and Get Consent](#) - a resource created by Rape Crisis South London & CWASU with lesson plans and videos on consent.

[Speak Up/Out](#) - lesson plans on bystander intervention by Fiona Vera Gray, Jayne Bullough and Liz Kelly.

Trauma-informed practice resources

[Understanding trauma-informed practice - introduction to trauma-informed practice.](#)

[Meg-John Barker](#) - on understanding trauma and trauma work.

[Trauma-informed practice in schools](#) - article by Margot Sunderland.

[Trauma-informed practice in schools and beyond](#) - article by Rachel Dickinson.

[Guide for Professionals on understanding adversity and trauma-informed practice](#) - created by Young Minds.

[Trauma-informed Sex Education](#) - short article by Responsible Sex Ed Institute.

[Bessel van der Kolk](#) - information about understanding and healing from trauma.

[Gabor Mate](#) - information on childhood development including the impact of trauma/adverse childhood experiences.

[Trauma and violence-informed care](#) - informative resource from EQUIP healthcare on prioritising safety for survivors of gender-based violence.