

# Best Practice Forum

## Emphasising the R in relationships and sex education

Further research, resources and good practise from the Best Practice Forum on Emphasising the R in relationships and sex education discussion group:  
A New Pedagogy can be found below:

1, [The effectiveness of school-based sex education: What do rigorous evaluations in Britain tell us?](#) This is an interesting research article that reviews 3 quite distinct approaches to the delivery of RSE, comparing and contrasting their relative strengths and weaknesses, as well as defining where and why future approaches should be changed.

2, [Researching young people's sexuality and learning about sex: experience, need, and sex and relationship education.](#) This article, from Sheffield Hallam University, focuses on the difference between what young people are taught about RSE and their actual experiences. It highlights a real strong rationale for moving away from the traditional view of the 'teacher' as the 'expert'.

3, [Sex and Relationships Education fit for the 21st century: We need it now \(Brook 2011\)](#)

This report reflects the views of 2,029 young people aged 14 to 18 years old on what they need from an effective program of RSE.

4, The [Esteem Resource Network](#) offer a range of great information through their easy-to-use website. They offer comprehensive [training](#) for practitioners and access to a wide range of resources. Their [blog](#) has some interesting articles about recent development in RSE as well.

5, [The Guardian Teacher Network: how to teach series](#) published an article called '[teaching sex education with confidence](#)'. This is actually a really comprehensive article on effectively teaching the 'R' part of RSE. We recommend to also use the search function to find other good RSE articles.

6, [Growing and Developing Healthy Relationships: teaching relationships and sexuality education.](#) This is a [user-friendly article](#) and useful links to external information. Offering a comprehensive list to effective sexuality education delivery.

7, [Sexuality Information and Education Council of the United States:](#) This is a great [resource](#) if you're interested in understanding the overall concept of 'sexuality education'.

8, [The Australia Forum on Sexuality, Education and Health.](#) Australia write extensively about the effectiveness of sexuality education and this is closely linked to strengthening the 'R' in RSE.

## Contact information

Contact name: Nikki Giles

Contact job title Specialist Health Improvement Practitioner

01454 866196

[www.southglos.gov.uk](http://www.southglos.gov.uk)