

Supporting Secondary Schools

A Dignify Summary of Revised DfE Guidance on RSE for 2026



Introduction

Dignify is a project of One YMCA. Our mission is to help children and young people thrive in healthy relationships, free from the harms of pornography and sexual objectification.

In July 2025, the Department for Education (DfE) published [revised guidance on Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#). While curriculum changes are not required during the 2025–2026 academic year, early preparation by schools is encouraged so that they can implement the revised statutory guidance on 1 September 2026.

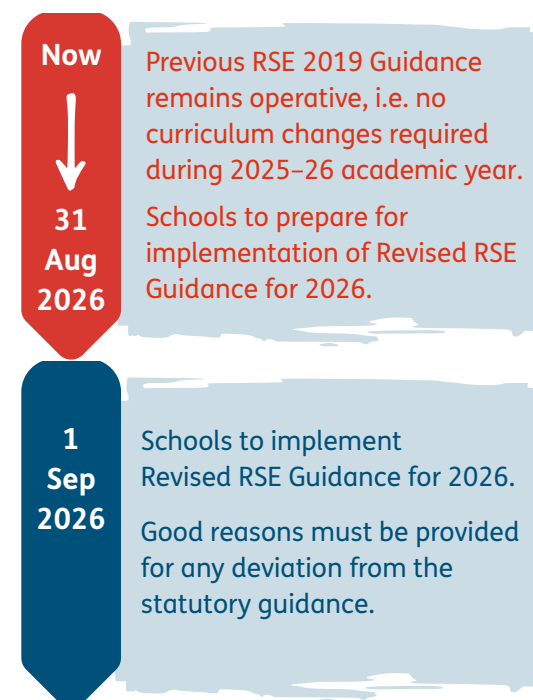
This document is intended to support schools by presenting a bullet-point overview of the revised RSE guidance in the key areas where Dignify can offer specialist and targeted support to your school. We recommend that you consult the [DfE site on GOV.UK](#) for a comprehensive overview of other key areas relevant to your curriculum and to further strengthen your provision.

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Revised RSE guidance for 2026

- Issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996
- Applies to all schools

Implementation Timeline



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Dignify Service: Dignify School Survey

Helps schools across the UK meet their Ofsted requirements and gain a clearer understanding of the challenges facing their pupils:

- 10-minute online survey
- Pupils are anonymous
- School receives comprehensive report covering social media, sexual harassment and objectification, nude sharing and experience of pornography, including quotes from pupils
- Recommendations and action plan to address the issues highlighted are included

Summary of relevant points from the Revised RSE Guidance for 2026

1. Pupil engagement:

Develop RSHE by consulting pupils so content feels relevant and inclusive.

“Engagement with pupils. An inclusive and well-sequenced RSHE curriculum should be informed by meaningful engagement with pupils to ensure that the curriculum is relevant and engaging.”

Page 5 of RSE Updated Guidance, July 2025: Section on Guiding principles for relationships, sex and health education

2. Schools are being told to review their current provision with their pupils and parents, and that RSHE is to be built from engagement with both pupils and parents.

Dignify Service: Parent/Carer Survey

Currently in development with plans to be implemented from January 2026

Summary of relevant points from the Revised RSE Guidance for 2026

1. Schools are being told to review their current provision with their pupils and parents, and that RSHE is to be built from engagement with both pupils and parents.

“Engagement and transparency with parents.

Schools should engage with parents on the content of RSHE and be transparent with parents about all materials used in RSHE.”

Page 5 of RSE Updated Guidance, July 2025: Section on
Guiding Principles for Relationships, Sex and Health Education

2. Parental support to be encouraged when talking about online safety and RSHE education.
3. Policy development: Every school must have a written RSHE policy, reviewed and consulted on with parents.
4. Parental involvement: Transparent communication, parental access to materials, and clear withdrawal procedures.

Dignify Service: School Workshops & Assemblies

Engaging and interactive workshops and assemblies that cover our umbrella topics on:

- Championing healthy relationships
- Harmful impact of pornography
- Defying social norms of sexual harassment and objectification

Summary of relevant points from the Revised RSE Guidance for 2026

1. Emphasis on respect, self-esteem, resisting peer pressure, and delaying sexual activity until legal age.
– Dignify workshops and assemblies incorporate these themes.
2. Pupils are using AI tools for learning and, increasingly, emotional support. Risks include false intimacy and harmful advice. Nudity apps, deepfakes and unsupervised chatbot use also pose safeguarding concerns.
– Dignify includes relevant guidance on the growing risks around AI, nudify apps, deepfakes and chatbot use within our workshops and assemblies to help pupils navigate these technologies safely and responsibly.
3. Victims of naked image sharing: Emphasise that they be treated as victims not perpetrators – even if a person took their own picture. If the image is shared, the person in the picture should be treated as a victim.
– Dignify workshops and assemblies integrate up-to-date guidance on image sharing, ensuring children are well-informed and equipped.

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4. Strengthen emphasis on teaching about sexual harassment, sexual violence and the law.
 - Dignify workshops and assemblies cover these teaching points.
5. Physical, emotional, mental health: Wellbeing can be affected by the choices you make in relationships and sex. “Choices” are key.
 - Dignify workshops and assemblies help pupils critically reflect, identify their values, and make informed and positive choices to build healthy relationships, and highlight that pupils’ choices are central to their wellbeing and future resilience.
6. Incorporate education on incel culture, online misogyny and the portrayal of gendered myths in “manosphere” spaces.
 - Dignify workshops and assemblies reflect current issues and guidelines, incorporating critical topics such as these.
7. Encourage discussion of positive male role models and resilience to harmful online content.
 - Dignify’s “Misogyny” workshop encourages discussion around positive male role models and builds pupils’ resilience to harmful online content by highlighting respectful behaviours and challenging negative ones.
8. Positive framing: Promote healthy norms and attitudes; avoid language that normalises harmful behaviour (e.g. gendered language that may normalise male violence or stigmatise boys).
 - Dignify’s series of workshops on defying social norms cover themes such as gender stereotypes, misogyny and other related issues (topics are illustrative, not exhaustive).
9. Relevance and responsiveness: Curriculum should reflect local context, be age- and stage-appropriate, and be inclusive of community needs.
 - Dignify’s inclusive workshops and assemblies are evidence-based, age- and stage-appropriate.
10. Careful sequencing: Introduce topics in a planned order so pupils receive knowledge before they encounter relevant experiences.
 - Dignify’s vision is for children to thrive in healthy relationships. Our approach is founded on both prevention and providing solutions. Our workshops and assemblies reflect this commitment in both content and delivery.

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11. Include teaching that strangulation is illegal even without visible injuries, addressing sexual violence and abuse explicitly.

“That strangulation and suffocation are criminal offences, and that strangulation (applying pressure to the neck) is an offence, regardless of whether it causes injury. That any activity that involves applying force or pressure to someone’s neck or covering someone’s mouth and nose is dangerous and can lead to serious injury or death.”

Page 18 of RSE Updated Guidance, July 2025: Section on Being Safe

“That pornography presents some activities as normal, which many people do not and will never engage in, some of which can be emotionally and/or physically harmful.”

Page 18 of RSE Updated Guidance, July 2025: Section on Being Safe

- Dignify workshops and materials are designed to safeguard pupil wellbeing by addressing harmful behaviours, including those portrayed online. Our content makes explicit that strangulation and suffocation are never safe; the normalisation of such acts in pornography is challenged. Dignify’s content reflects upcoming legal changes that will prohibit the depiction of strangulation in pornography.

12. Consent alone does not always equal ethical integrity. Ethical behaviour also means showing care, understanding vulnerabilities, and being aware of power dynamics.

“The role of consent, including in romantic and sexual relationships: Pupils should understand that ethical behaviour goes beyond consent and involves kindness, care, attention to the needs and vulnerabilities of the other person, as well as an awareness of power dynamics. Pupils should understand that just because someone says yes to doing something, that doesn’t automatically make it ethically ok.”

Page 14 of RSE Updated Guidance, July 2025:
Section on Respectful Relationships

- “Ethical pornography” will be incorporated into Dignify material on consent and pornography.

13. Parental transparency: Schools must share lesson materials with parents. Parents can withdraw their children from sex education (with re-entry allowed three school terms before age 16).

- Dignify can share material with schools to provide to parents.

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Dignify Services: ***Parent/Carer Workshops***

Fun, interactive and informative workshops to increase parent/carers' confidence to raise digitally resilient children:

- Educate parents/carers
- Equip parents/carers to engage in relevant RSE conversations with the children in their care, helping to safeguard them

School Staff Training

Dignify is developing school staff training with plans for implementation in January 2026. Materials are developed and updated in line with this guidance.

Summary of relevant points from the Revised RSE Guidance for 2026

1. Parental support to be encouraged when talking about online safety and RSE education.
2. Parental involvement: Transparent communication, parental access to materials, and clear withdrawal procedures.

1. Skilled interactive delivery: Trained staff or vetted external providers should create safe, participative learning environments, with safeguarding knowledge for sensitive topics.

Dignify's **specialist team** delivers workshops designed to foster **safe and inclusive spaces** where pupils feel supported to speak openly and honestly. Team members are **safeguarding-trained** and **DBS-checked**, ensuring a high standard of care.