

**The**

# **Dignify**

**Education Offer**

Supporting education providers to champion healthy relationships, address harmful sexual behaviour and empower students to drive whole-school culture change

# The Reality

Young people are growing up in a rapidly developing digital world – one that often moves faster than policy, education and parenting can adapt. Relationships and behavioural norms, for many, are being shaped by online influences such as pornography and extreme misogynistic or misandristic messaging. This is leading to problematic sexualised behaviour, violence against women and girls, and cultures that do not foster respectful relationships.

In 2023-24, **7,748 children** in years 9-13 told us:

MORE THAN  
**1 in 3** witness sexual comments, remarks or jokes in school at least weekly

ONLY  
**36%** would feel confident telling their school if they experienced sexual harassment

**32%** of children have seen porn.

Average age of first viewing porn is **12 years old**

**29%** of repeat porn users have acted out porn

**48%** of children think more should be done to prevent them from viewing porn.

# Why This Matters for Schools

In 2025, safeguarding became a stand-alone judgement in Ofsted inspections. Inspectors now look closely at how schools address sexual harassment, harmful behaviours and relationships education, with increasing focus on evidence of real impact on pupils' safety, confidence and wellbeing.

In 2026, the DFE revised their Guidance on RSE to strengthen education around sexual harassment and online harms. This includes topics such as naked image sharing, deepfakes, strangulation, pornography, misogyny and consent.

One YMCA's Dignify Programme is designed to support schools meet these needs and expectations. With the right insight, language and support, schools are uniquely positioned to shape culture and help children develop in healthy relationships.

## Our Vision

Our vision is to see children thriving in healthy relationships, free from the harms of pornography and sexual objectification. We work closely with schools to help create environments where every child feels valued, respected and safe.

# What We Offer:

We provide sessions and resources that align directly with Ofsted's 2025 inspection focus on safeguarding and the latest RSE Guidance. Working with Dignify strengthens school governance, increases insights and evidence needed for inspections, and helps you shape a positive and respectful school environment for your pupils.

## Insight - Page 4

The Dignify School Survey provides schools with an anonymous audit of your students' experiences, helping you listen to students' voices and tailor your RSE and safeguarding to directly fit their needs.



SCHOOL SURVEY

## Education - Page 6

We provide expert led workshops and assemblies on a range of key subject areas including digital safety and healthy relationships, empowering students to make healthy choices and change culture.



EDUCATION

## Staff Training - Page 7

Our professionals training is designed to equip you to feel confident in delivering RSE and PSHE material, and includes ready to use resources. It is rooted in our research and experience of delivering high-quality schools work.



TEACHER TRAINING



“Dignify is an **essential partner** in helping to keep our students safe. From the yearly survey, that provides the insights we need to target the groups and areas of greatest need, to the workshops and PSHE resources that actively engage students in complex and sensitive subject matter. Watford Girls has been actively working with Dignify since its inception and, as survey results have shown over time, we believe it is **helping girls to thrive in healthier relationships and mitigate the harmful effects of pornography and sexual objectification.**”

Mr S. Moore, Deputy Headteacher and DSL, Watford Grammar School for Girls

# The Dignify School Survey: Overview

The Dignify School Survey is a digital survey for use primarily with Years 9 to 13 (although we can adapt it for Years 7 and 8).

## Our Survey:

- Is anonymous
- Covers topics including: social media use, nude sharing, exposure to porn, harmful sexual behaviour in school, children's thoughts on RSE provisions and overall wellbeing
- Offers tailored recommendations based on data outcomes
- Provides schools and colleges with a comprehensive audit that supports Ofsted's 2021 recommendations for whole-school and whole-community approaches, in addition to their 2025 focus on safeguarding
- Is updated to include questions on the Online Safety Act, giving you the most up-to-date insights into the way that legislation is impacting students

## What Does the Dignify School Survey Include?

- An individual hashed school survey link to be distributed to students
- A student information letter
- A briefing for teachers
- A template letter for parents

We then conduct a full analysis of the survey data, including gender and year group breakdowns where appropriate. Your school will be provided with:

- **A full report** and executive summary of findings
- **Recommendations** for any potential changes to your school or colleges RSE programme
- **A safeguarding document** for key staff

Got more questions? Check out our FAQs:



# School Case Study: Our Impact

Schools that have partnered with us for consecutive years, and have done repeated surveys, are finding evidenced improvements in their schools culture, and their students' experiences.

## CASE STUDY:

Between Spring 2022 and Spring 2025, this school partner saw:

Dignify have delivered to this school:

- 5 School Surveys
- 20 Class Workshops
- 5 Interactive Assemblies
- 2 Focus Groups
- 2 Parent Workshops

**6% decrease** in the number of students who have personally experienced sexual comments, remarks or jokes in school

**8% decrease** in the number of students who have been sent messages with sexual wording

*We have worked with this school to provide teaching on sexual harassment, bodily autonomy, informed consent, self-worth and other topics that have contributed to positive data trends in this area.*

**8% decrease** in the number of students who have sent a nude

**15% decrease** in the number of students who have received a nude

*We have delivered sessions on nude-sharing, helping students from Year 7 onwards to know the law around nude-sharing, and the importance of self-worth. We also cover risks such as emotional harm, blackmail, and how pornography normalises nude-sharing.*

**12% decrease** in the number of students who report having a porn habit

## Our Survey and Education Packages Help you Hear and Empower Student Voice...

**“[Porn] took my childhood. I’m not getting it back.”**

– Shaniah, Dignify Ambassador

*Shaniah was watching hardcore pornography from the age of 8.*

**“Dignify's workshops were a turning point for me. It provided the education I needed to share my experience with trusted adults without any shame or fear.”**

– Shaniah, Dignify Ambassador



Shaniah speaking to Sky News

## Dignify Education:

Empowering students, teachers and parents with a whole-community approach

For **primary schools**, our parent and family workshops prepare Years 5 and 6 for secondary school culture, online safety and healthy relationships. Our **secondary school** education can build on insights from your whole school survey, informing your selection of the following education offers:

## Workshops & Assemblies

### Our Expert Team Deliver:

- Age-appropriate, interactive and SEND-adapted lessons
- Engaging sessions around sensitive topics that teachers can find challenging
- Inclusive RSE that enables you to fulfil the latest guidelines

### We cover the following Topics:

- Healthy Relationships and Consent
- Harmful Impact of Pornography
- Body Image and Self-Esteem
- Nude Sharing and Deepfakes
- Sexualisation and Objectification
- Misogyny and Misandry

“The Dignify assemblies were **incredibly valuable for our students**, providing them with practical tools to navigate healthy relationships, both online and offline, while reinforcing the importance of self-worth and positive wellbeing.

The sessions were **engaging, thought-provoking, and encouraged meaningful discussions**. It was wonderful to see students invested in learning how to challenge negative behaviours and build a positive mindset.”

*Pegah Jarvis, Assistant Headteacher, St Albans Girls' School*

## Dignify Ambassador Programme

The Dignify Ambassador Programme is a new initiative that equips a selected group of students with **expert-led training on healthy relationships**, consent, respect, and digital culture – directly supporting your RSE curriculum and strengthening evidence for Ofsted’s key frameworks. Across two focused days, Ambassadors will:

- **Develop confidence and leadership** receiving workshops on public speaking, advocacy and peer influence
- **Shape your school culture** working together to create a student-led Charter grounded in respect, consent and empowerment
- **Drive whole-school impact** delivering assemblies and helping embed the Charter across year groups



## Staff Training

Foundation: The Dignify School Survey provides you with insights into the needs of your students, helping steer focussed intervention.

### Level 1:

A 90-minute workshop to equip staff with an evidence-based understanding on how to navigate conversations with young people on sexual harassment, pornography and other specialist areas. This will empower you to build a more inclusive culture and be proactive in preventing problematic sexual behaviour.

### Level 2:

A whole-day in-person training, supported by additional online top-up sessions, designed to train your staff to deliver our Whole-School Lesson Pack with confidence.

**Our Lesson Pack** provides structured age-appropriate lessons for Years 7 to 13, supporting a consistent and progressive approach to RSE in line with the latest guidance and rooted in research.

The lessons are organised around three core themes:

- Championing healthy relationships
- Understanding the harms of pornography
- Challenging harmful social norms and sexual objectification.

## School Governor Training

Gain critical insight to strengthen your strategy for tackling sexual harassment, improve RSE provision, and build a safe, respectful culture.

## Parent Workshops (see [parents.dignify.org](https://parents.dignify.org))

Dignify partners with schools and community groups to deliver practical parent and carer workshops that support confident conversations around **relationships, online safety and digital culture**. Sessions are informed by current research and guidance, and can be delivered in-person or online.

“Dignify's approach to such an important topic should reach as many parents/carers and young people as possible to raise awareness and introduce strategies to families.”

*-Amy, Family Support Worker, Fairlands Primary School*

Together we can see children thriving in healthy relationships, free from the harms of pornography and sexual objectification.

## Get Involved:

For more about our survey, scan here or email [research@dignify.org](mailto:research@dignify.org)



For more about our education, scan here or email [education@dignify.org](mailto:education@dignify.org)



**“I would recommend all schools to invest in the Dignify workshops.”**

*Elaine Harrold, Head Teacher, St Antony's Catholic Primary and Nursery School*



**Nicola Lee**

*Associate Director - Community Services*

Senior leader with a BA (Hons) in Childhood Studies and 25+ years' experience in children's services. Qualified SafeLives Service Manager with experience leading ISVA and IDVA services, counselling support, and Sure Start mobilisation. National trainer for Parents as First Teachers, focused on safeguarding and trauma-informed practice.



**Chris Moffat**

*Dignify Programme Manager*

20+ years experience in shaping organisational culture and promoting healthy relationships across staff and community environments. Skilled in leading national training programmes and evidencing impact.



**Hannah Roberts**

*Research & Engagement Officer*

BA (Hons) Politics and International Relations, specialising in social research, gender inequality, and parliamentary procedure. Experience in political advocacy, strategic communication, and parliamentary engagement.



**Natasha Jacobs**

*Senior Youth & Schools Worker*

Youth work professional with 10+ years experience. Specialist in healthy relationships education, mentoring, programme design and workshop delivery. Accredited RSE practitioner with ACET UK, with Level 3 Integrative Counselling and Sex Education Forum training.



**Tiffany Philips**

*Youth & Schools Worker*

Specialist in healthy relationships education, consent, online safety, and wellbeing. Experience as a PSHE teacher & youth pastor. Accredited RSE practitioner with ACET UK, with training from the Sex Education Forum, NSPCC, and Youthscape.

@dignifyorg

## As seen in:



itv NEWS



The Guardian



Exclusive on our 2024 National Report, May 2025

Exclusive on rising child exposure to pornography, January 2026

Reported on Dignify's nationwide statistics, March 2023

Pornography Harms Coalition open letter, March 2026; Parenting & porn exposure article, March 2023

Dignify are proudly part of:



UK FEMINISTA



Dignify YVCA



A Model For Scotland

