

YOU SAID, WE DID



Progress update for young people in school years 7 to 9

Thank you to everyone who completed the Essex Relationships Sex and Health Education (RSHE) 2025 survey. The survey, delivered by Essex Public Health and Essex Youth Service, asked age-appropriate questions to young people in years 7 to 9 about their RSHE lessons and awareness of local services.

Since getting the results, we've been working hard to improve services. Our goal is to make sure young people in Essex have good access to support and information so you can build healthy relationships.

YOU SAID,

WE DID

You look to family and school for information



Supporting schools with resources and training to ensure teachers feel confident delivering RSHE to you.

Providing families with clear guidance to help them have open, informed conversations with you at home.

Listening to young people to create inclusive, relevant, and respectful content.

You would like to know more about, consent and the law and healthy and respectful relationships.

Creating school sessions for years 7 to 9 to help you understand consent, recognise healthy vs. unhealthy relationships and feel confident making safe choices.

Most of you told us that the RSHE you've had in school has been inclusive of all sexualities and gender identities.

Continuing to support teachers with training and resources that promote inclusion and understanding. We will ensure RSHE teaching respects everyone's identity and work with schools to listen to feedback and keep improving.

YOU SAID,

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Many of you who experience periods also deal with problematic symptoms — but most of you don't seek support. When you do, you told us you are most likely to turn to family.

For those of you who had felt uncomfortable online, family was the most common source of support.

Sharing information on periods and menstrual health through Essex Sexual Health Service, helping families feel confident discussing periods at home.

Shaping RSHE lessons to include menstrual wellbeing—what's normal, what's not, and where to get help.

Essex Safeguarding Children Board is developing a resource to help parents, carers, and trusted adults have open conversations about online safety helping keep you and your friends safe.

For more information on Essex Sexual Health Service and to access the resource hub on a range of topics please visit:

<https://askingforafriend.org.uk>

You can follow Essex Sexual Health Service on the following social media channels:



ESHS.Essex



essex_shs



@E_SHS



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This information is issued by:
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