



RSHE Newsletter

Autumn 2026

Welcome to our latest RSHE newsletter, which features information on new RSHE Guidance, as well as a reminder of the free NHS services available to Leicester City education venues.

New RHSE Guidance Key Points

New government guidance for RSHE came into place in September 2026, replacing the previous guidance from 2019.

Some key additions from the new guidance include:

- Content on incels, misogyny and harmful sexual behaviours
- Online safety updates, including AI-generated sexual imagery and deepfakes, AI chatbots and sextortion
- Awareness of Pre-Exposure Prophylaxis (PrEP) for HIV prevention
- The law on “virginity testing” and strangulation
- Updated guidance on menstrual and gynaecological health



See the full guidance on the [gov.uk website here](#).

Free RSHE Offer from Leicester Sexual Health

At Leicester Sexual Health, our highly experienced team offers free training, informal workshops and resources for staff, students and other service users in educational venues and community groups within the city. Our training supports the national guidelines of the mandatory RSHE curriculum and we offer sessions on site at schools, colleges and community venues.



Free services include:

- Presentations at assemblies and tutor time in academic venues which reflect sensitivity to age, culture, religion and the overall needs and interests of the group
- Free resources to support delivery with examples of engaging activities
- Training for practitioners – topics include an overview of sexual health services, sex and the law, contraception, sexually transmitted infection, healthy relationships, online safety and FGM
- Bespoke sessions for teenagers (aged 14+) and adults
- Training for practitioners to deliver the C-Card free condom scheme on site with all resources and ongoing support
- C-Card registration (sign up events)



Our sessions are sensitive to all cultures and religions and all resources are free.

Contact the team:

If you would like to learn more about our offer or to book a session, please contact:
Julie Eason RGN, Senior Project Worker – RSHE, Julie.Eason@mpft.nhs.uk
Alison Spooner, Senior Project Worker – C-Card Scheme, Alison.Spooner@mpft.nhs.uk

www.leicestersexualhealth.nhs.uk

Follow us on social media:



For more information, please email: SexualHealthComms@mpft.nhs.uk

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