

own teaching competence. The Talk About Drug Education tool kit is designed to take this pressure away and to provide a comprehensive suite of sequential lesson plans with booster sessions and bite size activities and knowledge shares. It is designed to encourage and guide school staff in a confident and active drug education delivery.

We encourage all schools to invest in Continuing Professional Development (CPD) and teacher training for RSHE subjects. The Talk About Trust provides tailored CPD training on alcohol, vaping, cannabis, SEN approaches, harm reduction for 16+ and county lines across England and Scotland. For more details email [kate@talkabouttrust.org](mailto:kate@talkabouttrust.org).

### Assessment for learning

You will also find criteria for RSHE assessment from the source listed overleaf. Ideally, an assessment of student knowledge and needs should be carried out prior to delivery of these 5 lessons. We provide knowledge questions (via emoji quizzes) that can be used to measure improvement in knowledge before and then after delivery - the questions are revisited to gauge progress.

In addition, assessment for learning is incorporated into each lesson and allows the teacher to monitor understanding, adapt teaching, promote and maximise learning. The effective use of assessment allows pupils and teachers to reflect on the learning that has taken place, increases motivation for learning and helps to demonstrate impact. We have also provided a template for individual student workbooks for completion, which evidence learning.

### Sources

1. DfE and ACPO Advice for Schools 2012  
[talkabouttrust.org/resources/schools/Dfe-ACPOadvice/](https://talkabouttrust.org/resources/schools/Dfe-ACPOadvice/)

DfE Statutory guidance - Relationships and sex education (RSE) and health education (Sep 2021)  
[assets.publishing.service.gov.uk/media/687a3d473f4bde279ef4528c/RSHE\\_statutory\\_guidance\\_-\\_July\\_2025\\_.pdf](https://assets.publishing.service.gov.uk/media/687a3d473f4bde279ef4528c/RSHE_statutory_guidance_-_July_2025_.pdf)

DfE statutory guidance - Physical health and mental wellbeing (Primary and secondary) - September 2021  
[gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary](https://gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary)

Plan your relationships, sex and health curriculum (2020)  
[gov.uk/guidance/plan-your-relationships-sex-and-health-curriculum](https://gov.uk/guidance/plan-your-relationships-sex-and-health-curriculum)

DfE – RSHE Implementation Guidance from the DfE Sept 2020  
[gov.uk/guidance/teaching-about-relationships-sex-and-health](https://gov.uk/guidance/teaching-about-relationships-sex-and-health)

England NICE - Alcohol interventions in secondary and further education Aug 2019  
[nice.org.uk/guidance/ng135/chapter/Recommendations#planning-alcohol-education](https://nice.org.uk/guidance/ng135/chapter/Recommendations#planning-alcohol-education)

DfE policy statement on relationships education, relationships and sex education, and personal, social, health and economic education (March 2017)  
[gov.uk/government/publications/relationships-education-rse-and-pshe](https://gov.uk/government/publications/relationships-education-rse-and-pshe)

DfE PSHE education: a review of impact and effective practice March 2015  
[gov.uk/government/publications/pshe-education-a-review-of-impact-and-effective-practice](https://gov.uk/government/publications/pshe-education-a-review-of-impact-and-effective-practice)

Public Health England - Promoting children and young people's emotional health and wellbeing: a whole school and college approach (2015) [assets.publishing.service.gov.uk/media/614cc965d3bf7f718518029c/Promoting\\_children\\_and\\_young\\_people\\_s\\_mental\\_health\\_and\\_wellbeing.pdf](https://assets.publishing.service.gov.uk/media/614cc965d3bf7f718518029c/Promoting_children_and_young_people_s_mental_health_and_wellbeing.pdf)

Ofsted Personal, Social, Health and Economic (PSHE) education survey visits (based on the 2013 Inspection Framework, which was updated in 2019)  
[talkabouttrust.org/wp-content/uploads/2024/01/ofstedPSHE.pdf](https://talkabouttrust.org/wp-content/uploads/2024/01/ofstedPSHE.pdf)

Drug and Alcohol Education in Schools (2013)  
[talkabouttrust.org/mentoradepis/](https://talkabouttrust.org/mentoradepis/)

### Scotland

Scotland Curriculum for Excellence: health and well being outcomes and experiences (Scotland)  
[education.gov.scot/media/5p4dvqvm/health-and-wellbeing-eo.pdf](https://education.gov.scot/media/5p4dvqvm/health-and-wellbeing-eo.pdf)

Health and wellbeing in schools (Scottish government) [gov.scot/policies/schools/wellbeing-in-schools/](https://gov.scot/policies/schools/wellbeing-in-schools/)

### Wales

Personal and social education framework for 7 to 19-year-olds in Wales (2008) <https://hwb.gov.wales/curriculum-2008/key-stages-2-to-4/personal-and-social-education-framework-for-7-to-19-year-olds-in-wales>

Curriculum for Wales 2020 - Area of learning and experience: Health and Well-being

[hwb.gov.wales/curriculum-for-wales/health-andwell-being](https://hwb.gov.wales/curriculum-for-wales/health-andwell-being)