**Positive Choices study information sheet and commitment form**

**Signing up for the study**

Schools opting to participate in the evaluation will have a 50/50 chance of being randomly allocated to deliver the intervention or act as a comparator school. Comparator schools will receive £500 to cover the costs of research participation. Comparator schools will be free to continue with their normal RSE provision or any plans they had to develop this.

Schools should only sign up for the study if they are willing to be randomly allocated to implement Positive Choices or act as a comparator. Schools will be informed whether they will receive the intervention or act as a comparator school by March 2022.

**Benefits for the school**

Participating schools will have the opportunity to implement Positive Choices, an evidence-based programme which aims to promote healthy relationships, sexual health and school engagement and prevent sexual harassment and LGBTQI bullying.

Positive Choices ensures schools are implementing statutory RSE and supports their broader duty to promote pupil social and emotional wellbeing.

Involvement also contributes to meeting Ofsted's requirement to communicate well with parents under the leadership and management judgement and helps address safeguarding requirements.

Provision includes free training, lesson plans and learning resources.

Staff receive free, quality training in SRE delivered by by England’s leading RSE provider, the Sex Education Forum (SEF) and full lesson plans and curriculum resources to implement the programme.

The programme is evaluated by Europe’s leading public health institute, the London School of Hygiene and Tropical Medicine (LSHTM).

The evaluation offers students the chance to meet and work with leading public health scientists, some of whom have played a key role in scientific advice to government on Covid-19 and other major health issues.

**Timetable**

***All schools***

* LSHTM researchers undertake baseline surveys of students in year 8 (January-March 2022)
* LSHTM randomises schools to intervention or control groups (March 2022)
* LSHTM researchers undertake follow-up surveys of students at the start of year 11 (September-December 2024)

**For schools allocated to receive Positive Choices**

* SEF holds start-up meeting with school SLT (March-April 2022)
* SEF trains school staff (April-July 2022)
* Schools implement Positive Choices with SEF support (2022/23 and 2023/24 school years)
* Schools collaborate in research activities with LSHTM support (2022/23 and 2023/24 school years)

**Positive Choices intervention**

1) **School health promotion council** comprising a diverse group of 6 staff (including RSE/Personal, Social, Health and Economic Education (PSHE) coordinator and senior leadership team members) and 6 students, which meets termly to plan, launch, coordinate and oversee delivery of components 3-6. Each school nominates an intervention champion (senior leadership team member) and a day-to-day intervention lead (RSE/PSHE coordinator) both of whom will sit on the school health promotion council.

2) **Student needs survey** of year-8 students which identifies areas of need overall and provides evidence to help the school health promotion council build school commitment to the work and inform local tailoring of intervention components 3-6.

3) **Classroom curriculum** addressing social and emotional skills and relationships and sexual health knowledge and skills, delivered by school staff. The curriculum is designed as a set of learning modules, some of which are delivered in all schools (8 lessons for year 9; 4 for year 10) and some of which are ‘add-on’ lessons, with schools choosing from a menu of lessons based on assessed student needs (2 for year 9; 1 for year 10) providing 10 hours for year 9 and 5 hours for year 10 in total. The curriculum covers all statutory subjects and addresses issues such as consent, sexual harassment etc.

4) **Student-run social-marketing campaigns** facilitated by a trained teacher and implemented by 12-18 students per school. Campaigns use social and other media, posters and events, with at least one campaign being delivered per year.

5) **Parent information** – three newsletters and two homework assignments per year addressing parent-child communication.

6) **Review of school and other local sexual and reproductive health services** to inform improvements in provision and/or access.

SEF provides schools with the following:

* a 2-hour start-up meeting with each school’s senior leadership team and RSE coordinator to build commitment and enable timetabling and staffing;
* train-the-trainer sessions for selected school staff delivered via a blend of 7-hour face-to-face (for curriculum) and 2-hour online (for social marketing) training per year;
* a manual;
* materials for staff training, the curriculum and parent information; and
* guidance for the social-marketing campaigns and sexual and reproductive health services review.

All materials will be downloadable via a password-protected website.

Curriculum training is then cascaded to classroom teachers in 2 x 3-hour internal trainings per year.

**Control schools**

Schools randomly allocated to act as controls will continue with existing RSE/sexual health provision.

Acting as a control school places no limitations on what RSE the school delivers, but we would prefer schools not to deliver a programme closely resembling Positive Choices.

Control schools will receive **£500** to cover any costs arising from their participation.

**Research commitments**

***All schools***

* Baseline surveys will be done before randomisation when students are in year 8 in January-March 2022. Paper questionnaires will be completed confidentially in classrooms supervised by LSHTM fieldworkers, with teachers remaining at the front of the class to maintain quiet and order, but unable to see student responses.
* We will resurvey students in September-December 2024 as students begin year 11.
* Structured phone interview with 1 staff-member

***Intervention schools only***

* Brief, tick box logbooks to be completed by school staff implementing internal training, school health promotion councils, curriculum and social marketing meetings.
* LSHTM researchers to conduct structured observations of one session per school of internal training, school health promotion council, curriculum lesson and social-marketing meeting.
* Face-to-face focus group with 4-8 students per school per year of delivery.

**Headteacher commitment**

I have read the above information and would like to commit my school to participate in this study. I commit to continue this participation regardless of whether the school is randomly allocated in March 2022 to implement Positive Choices or act as a control school

***Headteacher name:***

***School name***

***Signed:***

***Date:***