



Sex Ed Matters Credentials

Sex Ed Matters is an award-winning social enterprise dedicated to delivering impactful sex education across the UK through consultancy, workshops and training. We specialise in the following:

- Consent and healthy relationships
- Periods and menopause
- Friendships and bullying
- Sexuality

We work with schools, membership clubs, summer residentials, SEND organisations, community groups, workplaces, local authorities, charities and more to bring sex education to life for as wide an audience as possible. Together, we strengthen healthy, happy communities and workplaces.

Please see below more information about our expertise and why our support is important and impactful.



Client overview

'Sex Ed Matters' was founded in 2019 to tackle the normalisation of sexual harassment, as documented by [Everyone's Invited](#) and [Ofsted](#), and to strengthen the new Relationships and Sex Education (RSE) curriculum.

We have since provided consent and healthy relationships workshops in many of the country's top schools, including University College School, St Paul's Girls' School, St Andrew's Pangbourne and Haberdashers Boys' and Girls' schools, as well as state schools.

We've also worked with older students at universities including Goldsmiths and the University of Nottingham, and businesses such as Ambition About Autism by delivering consent, healthy relationships and friendships trainings to their members, aged 16 to 25. We also work with summer school provider ISSOS to train staff in safeguarding and host regular events at Soho House, during which members explore crucial relationship topics including love in the world of misogyny and how to be both masculine and loving. Finally, we work with charities Irise to tackle period stigma and ECT, delivering healthy workplace training to budding young workers from disadvantaged backgrounds across North London.

We are proud to be backed by [UKRI](#) and to hold a 100% client retention rate.



Irise International



The University of
Nottingham



SOHO HOUSE

Goldsmiths
UNIVERSITY OF LONDON

ISSOS 
the experience of a lifetime™



Innovate
UK



**Ambitious
about Autism**

Why is this important?

Sex education is so important in a world where 45% of young people learn about consent through tv shows and films and 26% of students start their periods before knowing what menstruation is. Furthermore, [Ofsted](#) reported sexual harassment has become "normalised" amongst school aged children, as nine in ten students experience sexist name calling and being sent unwanted sexual photos or videos "a lot" or "sometimes".

Yet, only 6% of young people "strongly agree" prior education prepared them for the reality of sex and relationships in higher education and beyond.

The negative impact of a lack of consent and healthy relationships education is clear throughout society, as 97% of young girls have been sexually harassed in public, 43% have experienced harassment in the past 12 months, and 18% experience this daily. Furthermore, 47% of people have experienced or witnessed bullying at work, including harassment.



Our expertise

We have been working on delivering empowering sex education since our founder [Laura Coryton](#) began her [campaigning against tampon tax](#) in 2014, which changed UK law in 2021 and brings period education to life.

For her campaigning, she has met several Prime Ministers, spoken with President Obama and joined his [Foundation's cohort of European Leaders](#), and been awarded the [UKRI's Young Innovator Award of 2023](#). Her book, '[Speak Up!](#)', a campaign guide for rebel girls has also been published by Harper Collins in French and the USA and she holds a Distinction from the University of Oxford for her Masters Degree in Women's Studies and Gender.

We weave Laura's campaigning experience throughout our RSE support, so that everyone feels empowered by RSE rather than overwhelmed or frightened. We are on a mission not only to raise awareness of the RSE problems young people face, such as sexual harassment or an overwhelming pressure to sext, but also how to overcome these difficulties and make changes for the better.

Laura has spoken about RSE topics including consent, healthy relationships and periods at the following events and programmes: BBC's [Woman's Hour](#), BBC's [University Challenge](#) Christmas Celebrity Special, BBC Breakfast, [BBC News](#), ITV News, most recently on 6th January 2023 to discuss her new tampon tax petition, The Oxford Union, The [European Parliament](#), for Molly Scott MSP's 'taxation if a feminist issue' conference, The United Nation's 'Girl Up' summit, The [LSE Ted X](#) conference, The [Battle of Ideas](#) Festival: What's the point in feminism today?', Columbia University and [Hay Festival](#).



Advisors

We benefit from the support of our incredible advisors, including Payzee Mahmod, the campaigner who changed UK law to tackle child marriage in 2023, Kajal Radia, gynaecological consultant for Newham University Hospital, many teachers and senior school leaders, Cathy Walker, head of development at the Girls' Day School Trust, Abi Odell, Digital Youth Engagement Officer at Ambitious About Autism, and Sophie Williams, who has worked in supporting the LGBTQ+ community for a decade.



You can find out more about our advisors [here](#).

Clients

We support lots of organisations and schools, including:



Awards



As seen in...



For more information or to request an enquiry call, please email us at info@sexedmatters.co.uk with your name and organisation. We would love to work with you.

Best wishes,

Laura and Julia Coryton

**Co-Founders and Managing Directors
Sex Ed Matters**



