

WILLIAM EDWARDS SCHOOL



Relationships, Sex and Health Education

PARENT INFORMATION

June 2021

What is Relationships, Sex & Health Education (RSHE) ?

Between Years 7 and 11 all pupils at secondary school should have been taught the following material :

- ▶ Relationships & Sex Education : Families; Respectful relationships, including friendships; Online and the media; Being safe; Intimate and sexual relationships, including sexual health
- ▶ Health Education : Mental wellbeing; Internet safety & harms; Physical health & fitness; Healthy eating; Drugs, alcohol & tobacco; Health & Prevention; First Aid; Changing adolescent body

We aim to make this learning age appropriate, engaging, accessible and delivered with sensitivity and support. We teach it alongside the PSHE programme (Personal, Social, Health & Economic education), including British Values and SMSC (Spiritual, Moral, Social and Cultural awareness).

Why do we teach RSHE?

- ▶ On their journey to a happy and successful adult life, pupils need knowledge that enables them to make well informed decisions about their own wellbeing, health and relationships to build their own self efficacy.
- ▶ Everyone faces difficult situations in their lives at some stage. These subjects can help our pupils to develop resilience, to have the confidence to know where and how to ask for help, and to know where to access support.

Ground Rules

RSHE is taught within the context of a set of ground rules that ensure that pupils are able to participate with confidence.

- ▶ Be open and honest, but do not directly discuss own/others' private lives
- ▶ Ask questions, but not personal questions or ones designed to deliberately embarrass another person
- ▶ Be non judgmental in our approach - and be aware it is ok for us to disagree with each others' views respectfully, but we never judge, make fun of, or put anybody down
- ▶ Listen to others respectfully, whether you agree with them or not
- ▶ Behave in a mature and sensible manner, especially when discussing sensitive topics
- ▶ Seek help / advice from a member of staff if any of the topics concerns you
- ▶ Try to avoid assumptions and stereotypes - listen to what people are saying and aim to show empathy

When and how do we deliver the RSHE programme?

We deliver the RSHE programme alongside the PSHE programme, through timetables lessons and also Focus Days. The Focus Days are opportunities for bringing in external providers such as Health practitioners, drama workshops and other professionals. They are really important and pupils who miss them will be at a disadvantage.

PSHE is divided into 3 core areas :

- ▶ Health & wellbeing (linking to the statutory Health Education in RSHE)
- ▶ Relationships & Sex Education (linking to the statutory Relationships & Sex Education in RSHE)
- ▶ Living in the wider world (linking to Careers and the Gatsby benchmarks)

The programme is delivered via a spiral curriculum to ensure that each year group receives age appropriate coverage.

The Spiral Curriculum

	Health and Wellbeing	Living in the Wider World	Relationships
Year 7	<ul style="list-style-type: none"> Transition to secondary school Diet and exercise and how to make healthy choices The risks of alcohol, tobacco and other substances Managing puberty and the issues of unwanted contact and FGM 	<ul style="list-style-type: none"> Enterprise skills and introduction to careers Challenging career stereotypes and raising aspirations Making ethical financial decisions Saving, spending and budgeting our money 	<ul style="list-style-type: none"> Diversity, prejudice and bullying including cyber bullying Managing on-and-offline friendships Self-esteem, romance and friendships Exploring family life
Year 8	<ul style="list-style-type: none"> First aid and personal safety, focusing on road safety Alcohol and drug misuse and managing peer influence Mental health and emotional wellbeing, including body image Managing change and loss 	<ul style="list-style-type: none"> Rights and responsibilities in the community Tackling age and disability discrimination Evaluating value for money in services Risk and consequences making financial decision 	<ul style="list-style-type: none"> Tackling racism and religious discrimination, promoting human rights Online safety and digital literacy Introduction to sexuality and consent Introduction to contraception including condom and the pill
Year 9	<ul style="list-style-type: none"> Peer pressure, assertiveness and risk, gang crime Dieting, lifestyle balance and unhealthy coping strategies Managing peer pressure in relation to illicit substances Assessing the risks of drug and alcohol abuse and addiction 	<ul style="list-style-type: none"> Understanding careers and future aspirations Identifying learning strengths and setting goals as part of the GCSE options process Planning and carrying out an enterprise project Reflecting on learning skills development in key stage 3 	<ul style="list-style-type: none"> Managing conflict at home and the dangers of running away from home Tackling homophobia, transphobia and sexism Relationships and sex education including health relationships and consent The risks of STIs, sexting and pornography
Year 10	<ul style="list-style-type: none"> Transition to key stage 4 and developing study habits Mental health and ill health, tackling stigma Exploring the influence of role models Evaluating the social and emotional risks of drug use 	<ul style="list-style-type: none"> Understanding the causes and effects of debt Understanding the risks associated with gambling Readiness for work 	<ul style="list-style-type: none"> Tackling relationship myths and expectations Managing romantic relationship challenges including break ups Understanding different families and learning parenting skills Managing change, grief and bereavement
Year 11	<ul style="list-style-type: none"> Promoting self-esteem and coping with stress Learning and revision skills to maximise potential Health and safety in independent contexts Taking responsibility for health choices 	<ul style="list-style-type: none"> Understanding the college application process and plans beyond school Skills for employment and career progression 	<ul style="list-style-type: none"> Personal values and assertive communication in relationships Tackling domestic abuse and forced marriage

Parents' entitlement to withdraw children from the sex education aspect of RSHE

- ▶ Parents are not entitled to withdraw their child from the Relationships Education aspect of RSHE
- ▶ Parents are entitled to withdraw their child from the Sex Education aspect of RSHE, except for that part of the course that is delivered as part of the science national curriculum
- ▶ However, a child also has the right to opt into sex education from their 15th birthday (specifically, three academic terms before they turn 16).
- ▶ Any request to withdraw a child from sex education must be made in writing to the Headteacher, and a meeting with the parent will be required following the request.

What can parents do to help?

Pupils have said :

- ▶ Please take the lead in talking to us about these topics; don't wait for us to ask you.
- ▶ If we ask you things, please tell us the truth. Don't put it off or say you'll tell us when we're older. We have probably heard things from other pupils and would rather know the truth from you than rely on what we hear amongst our peers or see online.
- ▶ Don't be angry if we ask, and try not to be embarrassed. We know it's tricky, but it is for us too!
- ▶ If you don't know the answer, be honest and say so. Help us find the information from a trustworthy source.
- ▶ Giving us books or leaflets is fine, but please talk to us too.
- ▶ Don't assume school will tell us everything, we need to learn from you as well.
- ▶ Please don't laugh at us if we ask something, or we won't feel able to ask again.
- ▶ Don't save it all up for a 'birds and bees' talk - talk about things little and often and we'll all feel more comfortable.

Further resources which can be found with a quick Google search

- ▶ 12 Points of Good Quality RSE
- ▶ ThinkUKnow Parent Homepage
- ▶ ChildLine - You and your Body
- ▶ Big Talk Education
- ▶ Bodyform - Explaining Puberty to your Daughter
- ▶ Brook - Healthy Lives for Young People
- ▶ Disrespect NoBody
- ▶ The Proud Trust