

# Relationships and Sex Education and Health Education



RSE Workshop for parents



Please do not hesitate to contact Kevin [kevin@wemms.co.uk](mailto:kevin@wemms.co.uk) if you have any questions regarding the RSE / Health Curriculum

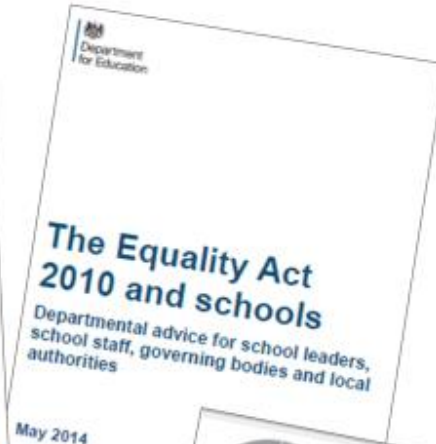
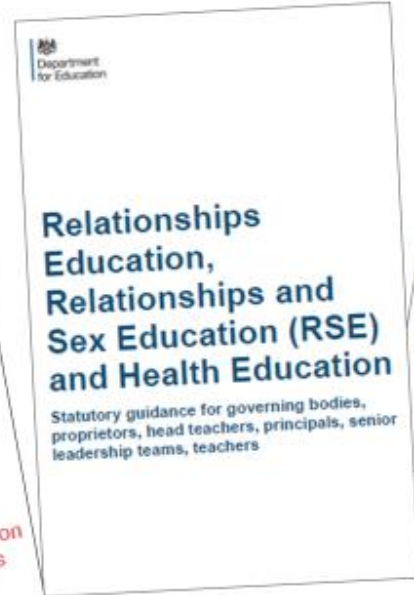
# Learning Objectives

What is RSE?

We want to:

- Explain the requirements for RSE
- The benefits of RSE
- Explain how we currently teach RSE





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# WHAT IS RSE?

- Relationships and Sex Education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.
- Some aspects are taught in science
- Others are taught as part of personal, social, health and economic education (PSHE).
- A comprehensive programme of RSE provides accurate information about the body, reproduction, sex, and sexual health.
- It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

**Sex and relationships education (SRE) for the 21st century (2014)**

## THE AIM OF RSE IS NOT TO:

- encourage young people to become sexually active at a young age
- promote a particular sexual orientation or gender identity
- sexualise young people



## AIMS OF RSE

*'To give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships'*



# GOVERNMENT POLICY



## Department for Education

- As of September 2020 the new government statutory requirements have made the teaching of Relationship and Health education compulsory in primary and secondary schools across the country.
- Sex education within the national curriculum of science (including teaching about reproduction in humans) is also compulsory.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

# Why has the guidance been updated?

- The last guidance on Sex and Relationship education was published in 2000
- The new guidance places emphasis on Relationships and Sex Education (RSE)
- Health Education ensures that students are educated about their body, healthy lifestyles and choices, mental wellbeing and the impact of these issues throughout their life.
- The new guidance was informed by Government consultation with over 40,000 people including religious, youth and charitable organisations, parents, students, teachers and educational leaders.
- It aims to ensure young people are given the necessary knowledge and skills required to make informed choices and live a healthy and fulfilling life.



# Statutory guidance for secondary schools from September 2020: Relationships and Sex Education (RSE)

- **Compulsory** in all secondary schools in England.
- **Parents can withdraw** from Sex education (not Science) but not from relationships education. A meeting should take place with the head teacher if you would like to withdraw your child. A request also needs to be made in writing.
- **A child can request** sex education **without parents consent** 3 terms before 16th birthday.
- 'The **aim of RSE** is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.'

- Building on what students learnt in Primary school, by the **end of Secondary school students will have learned about:-**
  - **Families**
  - **Respectful relationships including friendships**
  - **Online and Media**
  - **Being safe**
  - **Intimate and sexual relationships, including sexual health**

# Statutory guidance for secondary schools from September 2020: Relationships and Sex Education

This will include lessons covering: Information about and laws relating to:

- Female genital mutilation (FGM)
- Child sexual exploitation (CSE)
- Marriage
- The age of consent
- Violence against women and girls
- Information and image sharing online.
- Gender identity
- Sexuality
- Abortion
- Pornography
- substance misuse
- hate crime
- radicalisation/extremism and exploitation (including in intimate relationships and through gang involvement).

Lessons will be **taught at an age appropriate time and in an age appropriate way;**

Wemms follows a 'spiral' curriculum that enables students to build on their knowledge of important issues throughout each Key Stage.

You can view the content covered in each key stage in our curriculum map.



# Statutory guidance for secondary schools from September 2020: Health Education

- Compulsory in all secondary schools in England (no opt out).
- ‘Starting point for health and wellbeing education should be a focus on enabling pupils to make well-informed, positive choices for themselves.’

- Building on what they learned in Primary school, by the **end of Secondary school students will have learned about:-**
  - **Mental well-being**
  - **Internet safety and harm**
  - **Physical health and fitness**
  - **Healthy eating**
  - **Drugs, alcohol and tobacco**
  - **Health and prevention**
  - **Basic first aid**
  - **Changing adolescent body**

# WHY IS RSE IMPORTANT

- Current regulations and guidance from the Department for Education (DfE) state that from September 2020, all schools must deliver RSE.
- **Creates a safe school community**
- To prepare them for the challenges, opportunities and responsibilities of adult life.
- It has a positive impact on students' health and wellbeing and their ability to achieve



# Positive outcomes

Research evidence suggests that high quality

PSHE:

- ❖ *“When pupils receive lessons on healthy relationships, their first sexual activity occurs later and they are more likely to report abuse and exploitation.”*
- ❖ *“Reduces risk-taking behaviours such as drug or alcohol addiction and improves diet and exercise levels, in turn boosting long-term life chances.”*
- ❖ *“Can promote positive outcomes relating to emotional health while reducing stigma and helping pupils learn where to go if they have mental health concerns.”*
- ❖ *“PSHE education has been proven to remove barriers to learning and provide skills to aid success.”*
- ❖ *“Can provide school-leavers with key skills and characteristics to thrive in the world of work.”*
- ❖ *“Can positively impact on personal financial choices, an understanding of risk and responsibility, about different types of work and the influence of the media on financial choices (e.g. in relation to gambling).”*

Source: PSHE Association ‘Curriculum for life’ report 2017

# Evidence about the impact of RSE

- The Sex Education Forum regularly carry out surveys of students regarding their experience of PSHE education.
- They also work closely with other relevant research bodies with the aim to improve RSE with an evidence-based approach.
- Their research shows that high quality RSE contributes to:
  - First sexual encounters happening at an older age
  - First sexual encounters more likely to be fully informed, consensual and protected
  - Earlier identification of abusive and exploitative behaviours

# PSHE

- Pupils have 1 lesson a week (1 hour) of discrete PSHE, RSE and Health.
- Many of the topics in the statutory guidance will be covered during PSHE lessons.
- However, there are some subjects that will also cover elements of PSHE, RSE and Health Education.

## These include:

- English - Media, Relationships
- Science – reproduction, healthy eating
- History - Relationships
- Computer studies - Online Safety
- PE - Physical well-being
- Cooking - Healthy Eating
- Work Related Learning (KS4) - Careers, Application forms, Interview Techniques



# PSHE Subject intent & delivery model at Wemms

At Wemms, Each student has a one-hour weekly PSHE lesson and through enrichment.

**Personal, Social, Health, Citizenship Education .**

**There are three themes;**

- 1.) **Health & Wellbeing** -Physical Health and Mental Wellbeing
- 2.) **Living in the Wider World** - Including Careers Education
- 3.) **Relationships**- Relationships and Sex Education (RSE)





<https://wemms.co.uk/department/pshe/>

Introduction

Long Term Plans

RSE

RSE Resources

## RSE LESSON PLANS & RESOURCES

Medway RSE planning and resources are used to complement the PHSE Association relationships planning.

YEAR 7 LESSON PLANS & RESOURCES

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YEAR 8 LESSON PLANS & RESOURCES

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YEAR 9 LESSON PLANS & RESOURCES

+

YEAR 10 LESSON PLANS & RESOURCES

+

YEAR 11 LESSON PLANS & RESOURCES

+

**KEVIN**

Head of Department

At Wemms Education Centre we are committed to collaborating with parents and carers to ensure that cultural, ethnic, and religious diversity is both acknowledged and embraced.



# SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW – THEMATIC MODEL

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Diversity</b> Diversity, prejudice, and bullying	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices
Year 8	<b>Drugs and alcohol</b> Alcohol and drug misuse and pressures relating to drug use	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	<b>Digital literacy</b> Online safety, digital literacy, media reliability and gambling hooks
Year 9	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<b>Employability skills</b> Employability and online presence
Year 10	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism	<b>Work experience</b> Preparation for and evaluation of work experience and readiness for work
Year 11	<b>Building for the future</b> Self-efficacy, stress management, and future opportunities	<b>Next steps</b> Application processes, and skills for further education, employment and career progression	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Independence</b> Responsible health choices, and safety in independent contexts	<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

# KS3 RSE Curriculum

RSE Year 7	Year 8	Year 9
<p><b>Health &amp; Puberty</b> Healthy routines Puberty Unwanted contact, FGM</p> <p><b>Building relationships</b> Self-worth Romance and friendships (including online) Relationship boundaries</p>	<p><b>Identity and relationships</b> Gender identity Sexual orientation Consent 'Sexting' An introduction to contraception</p>	<p><b>Intimate relationships</b> Consent Contraception The risks of STIs, attitudes to pornography</p>



# KS4 Curriculum

## Year 10

### Healthy relationships

Relationships and sexual expectations,

Myths

Pleasure

Challenges including the impact of the media and pornography

## Year 11

### Communication in relationships

Personal values

Assertive communication (including in relation to contraception and sexual health)

Relationship challenges

Abuse



# Year 12/13

## Respectful Relationships

- Consent
- Assertive communication
- Positive relationships and recognising abuse
- Strategies for managing dangerous situations or relationships



# WHEN WILL THE TEACHING OF RSE TAKE PLACE?

## **RSE will be taught primarily in term 2 Spring term**

- We will have details of topics covered on our website..
- This is part of our balanced curriculum which covers the topics of :
- Health and wellbeing
- Relationships and Living in the wider world
- For more details, please see our curriculum map and RSE policy.



# Knowledge , skills and Attitudes learned through RSE

## Knowledge

- Relationships on & offline
- Physical and Mental health
- Friendships
- Puberty



## Skills

- Empathy
- Presentation skills
- Assertiveness
- Interpersonal skills
- Resisting peer pressure

## Attitudes

- Honesty
- Integrity
- Courage
- Kindness



## Teachers of PSHE are responsible for the teaching of RSE

### Ground rules-

- Co-constructed
- Memorable
- Positive
- No personal experiences

### Distancing techniques

I have read....

I have heard....

How can he/she...?

PSHE Association  
Quality Assured  
Resource

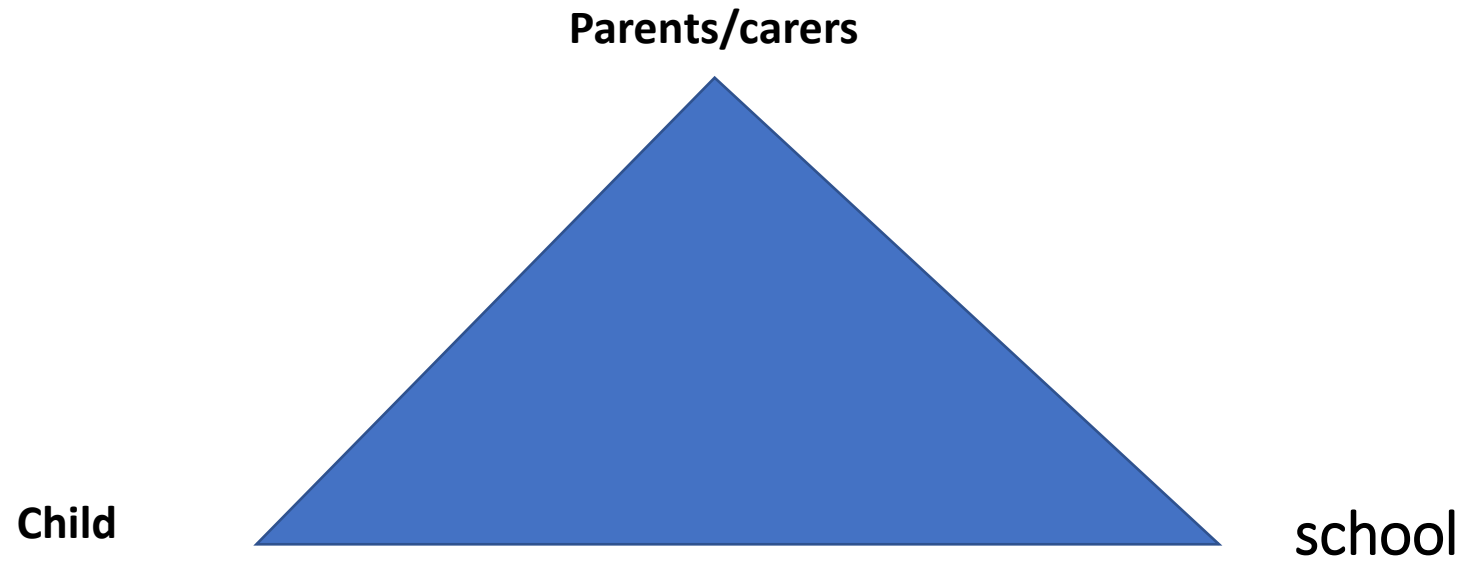
PSHE  
Association

# Common Principles

- We all want what is best for children.
- We want to protect children and to keep them safe.
- We want children to be healthy and happy.
- **High quality RSE is part of this.**



# How is this achieved? Partnership



We need to be working together? We need to share viewpoints and listen.



# Personal development – at home

## How to engage with a student at home:

- Discuss topics over dinner
- Ask open questions not leading ones
- “What did you learn today in PSHE?”,
- “Did you hear any words you don’t understand?”,
- “Did anything worry or concern you today? Would you like to talk about it?”
- Encourage your child to present ideas
- Encourage your child to show/ demonstrate what they have learnt
- Present / Provide further learning opportunities outside of the classroom of you can.



# Sign posting

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<https://ukfeminista.org.uk/>

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<https://www.the-big-think.org/>

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<https://teachers.thenational.academy/subjects/rshe-pshe>

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<https://www.rsehub.org.uk/>

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<https://p4sre.com/>

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<https://www.brook.org.uk/education/sexual-behaviours-traffic-light-tool/>

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# Right to withdraw

- Parents and carers have the right to withdraw their child from aspects of sex education within PSHE up until 3 terms prior to their child's 16th birthday.
- If you should wish to exercise this right, please do get in touch with Neil Bain as soon as possible so we are able to discuss the options available.



# What happens next

- RSE policy is on the website
- Parent Workshop Session Content (this power point) – website
- Parents Questionnaire/Survey Google Form- *Please complete relevant Parent Questionnaire, to we can gather your views*
- Teaching staff are in the process of designing creative lesson plans as part of which we are carefully considering resources that will safely and subtly address all topics and areas.

# Thank you!

- *We hope, as parents/carers you have the confidence that we are providing the highest quality education for your children. As a school community we are committed to working in partnership with parents so your views will be greatly appreciated to further inform our RSE policy and curriculum.*

- *Please complete Parental Survey*

- *Thank you!*

