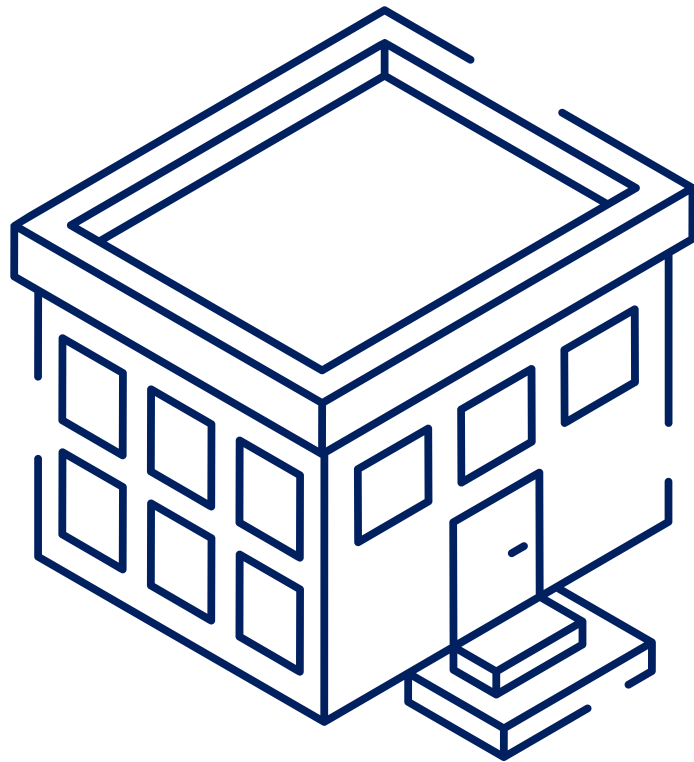




RELATIONSHIPS, SEX & HEALTH EDUCATION

A PARENT / CARER GUIDE



South Lincolnshire

Academies Trust

RELATIONSHIPS & SEX EDUCATION (RSE)

SECONDARY schools are required to teach about...



- Families, including different types of families
- Respectful relationships, including friendships
- Being safe and accessing support
- Intimate and sexual relationships, including sexual health
- Students will learn about the Equality Act 2010 and Protected Characteristics in an age-appropriate manner, helping them understand respect, inclusion, diversity and equality within modern British society.



HEALTH EDUCATION

SECONDARY SCHOOLS ARE REQUIRED TO TEACH ABOUT...

Mental wellbeing

Internet safety
and harms

Physical health
and fitness

Healthy eating

Drugs, alcohol
and tobacco

Health and
prevention

Basic first aid

Changing
adolescent body



TOPICS TO KEEP UP TO DATE WITH A CHANGING WORLD

- AI
- Deepfakes
- Misogyny
- Personal safety
- Identifying and reporting signs of abuse
- Vaping
- Extremism
- Scams, fraud, extortion and 'sextortion'
- Fake news
- Healthy masculinity
- Violence Against Women and Girls (VAWG)
- Consent and boundaries
- Gambling harms
- Coercive control
- Online influencers
- Reproductive health
- Gillick competence and medical consent

PSHE/SMSC– CURRICULUM MAP

	Health and wellbeing		Living in the wider world
	Relationships		Preparing for exams

1 hour lesson for Y7-8 and 1 hour lesson every fortnight for Y9-11

Key Stage 3	7	Transitioning into secondary school.	Staying Safe	Physical Health	Diversity	Environmental issues	Careers
	8	Mental Health and Wellbeing	Staying Safe	Being healthy	World Issues	Human Rights	Careers
Key stage 4	By the end of Key Stage 3, students will have gained confidence in coping strategies for transitioning from Primary to Secondary school. They will develop an understanding of how to build their skills to support future career pathways. Students will have gained knowledge of how to maintain their physical and mental health, as well as an awareness of how to stay safe both in and beyond school, including how to recognise and respond to risks associated with online activity, social media, artificial intelligence and misinformation. Students will also develop an awareness of environmental challenges affecting the world today. They will gain an understanding of the protected characteristics and British Values, including how the UK has developed as a diverse society. In addition, students will be aware of issues affecting people globally, including modern slavery, FGM, forced marriage, and exploitation in both offline and online contexts.						
	9-11	Global Awareness	Issues in Modern Britain		RSE (Relationships & Sex Education)		
		Parliament and democracy	Money Matters		Relationships	Family life	
		Financial management	Consent		Substance Abuse		
By the end of Key Stage 4, students will be able to understand the difference between healthy and unhealthy relationships and know where to access support. They will recognise the importance of consent and develop an understanding of different family structures. Students will understand how both legal and illegal substances can impact physical and mental health, and where to seek help if needed. They will develop an awareness of key issues affecting society, including the refugee crisis, racism and homelessness in Britain, and will be prepared to manage modern financial challenges such as fraud, budgeting, banking and pensions. Students will understand how democracy works in Britain, how laws are made, and how to participate in local and general elections, including how they are protected under the Equality Act and the importance of British Values. Students will have developed a deeper understanding of how to identify, manage and respond to risk in both offline and online contexts, including exploitation, coercion and abuse. They will critically evaluate the impact of digital technologies, including artificial intelligence, recognising risks such as misinformation, online manipulation, financial scams and sexual exploitation. Students will understand how these risks link to wider safeguarding concerns, including Child Sexual Exploitation, and will be equipped with the knowledge and confidence to seek support, challenge harmful behaviours and make informed, responsible decisions.							

SMSC- Tutor time three times a week

	9+ 10	E-Safety	Financial Management	November special sessions Remembrance Day, Road Safety Week, UK Parliament Week, Cyberbullying, Interfaith	Interfaith and Holocaust Memorial Day	Law and Order	British Values	Diversity, radicalisation and Equality	Relationships	Ethical Debates	Inspirational People and Water Safety	Current Affairs
		Mental health	November special sessions Remembrance Day, Road Safety Week, UK Parliament Week, Cyberbullying.	Substance Abuse	Holocaust Memorial Day	RSE (Relationships & Sex Education)	Self-Image	Life Saving Skills	Healthy Body, Healthy Mind	Careers	Spirituality and Water Safety	Current Affairs
	11	Mental Wellbeing		Revision Techniques		Intervention			GCSE Exams			
	By the end of Key Stage 4, students will understand how to maintain their mental and physical health and use effective coping strategies, particularly in preparation for exams. They will recognise the impact of their digital footprint on future education and career opportunities and understand how to plan for life after GCSEs, including developing skills for CV writing and interviews. Students will develop an understanding of British Values, diversity and will learn essential first aid and life-saving skills. They will gain knowledge of Relationships and Sex Education, including STIs, contraception, consent, the difference between healthy and unhealthy relationships, sexting, and the risks associated with pornography, artificial intelligence and Child Sexual Exploitation. Students will also develop an awareness of current global and societal issues, including plastic pollution, radicalisation, misinformation and inequality.											

Key Stage 5	12	Personal Finance	Health and Wellbeing	Equality, Safety and Diversity	Drugs and Risk Education	Positive Wellbeing	Careers
	13	Personal Finance	Emotional wellbeing	Relationships and Sex Education	Drugs and Risk education		
	At Key Stage 5, the Personal Development curriculum prepares students for the transition to adulthood, higher education and the world of work by equipping them with the knowledge, skills and confidence needed to make informed, responsible decisions. Through a carefully sequenced programme covering personal finance, health and emotional wellbeing, relationships and sex education, equality, diversity, safety and risk awareness, students develop the resilience and independence required to thrive in modern society. The curriculum places a strong emphasis on inclusion, ensuring that all students develop an understanding of equality, protected characteristics, diversity and the value of different perspectives, experiences and identities. Students are encouraged to challenge discrimination, celebrate diversity and contribute positively to an inclusive and respectful community. Through discussion of real-life scenarios and contemporary issues, including the impact of digital technologies and artificial intelligence, students develop critical thinking, self-reflection and informed decision-making skills. They are empowered to manage personal risk, maintain positive physical and mental health, build healthy relationships, understand their rights and responsibilities, and develop the employability skills necessary for successful progression into further education, employment and independent living. Through this programme, students leave Key Stage 5 as confident, resilient and socially responsible young adults who value inclusion, demonstrate respect for others and are prepared to contribute positively to their communities and wider society.						



HOW OUR SCHOOL WILL TEACH PSHE/RSHE

At our school, every learner will have PSHE lessons on their timetable this will be one hour a week in Y7-8 and once a fortnight in Y9-11. They will also explore issues related to PSHE during tutor time and in Head of House assemblies as part of our broader Personal Development Curriculum.

In PSHE lessons.....

- Each class will create a working agreement so learners feel comfortable to join in the lessons.
- All teachers will use correct scientific language when talking about parts of the body.
- No learner will be forced to join in an activity, or answer a question.
- Teachers have been trained to teach these lessons
- Teachers and learners will not be asked to share personal experiences.
- All causes for concern raised as a result of the lessons will be dealt with according to the school safeguarding policy.



WORKING IN PARTNERSHIP WITH PARENTS

We are committed to working with parents.

- Parents can view our PSHE and RSE policies on the school website.
- Parents can request to view curriculum materials and lesson resources.
- Parents can contact the PSHE Lead with questions or concerns.
- Parents may request withdrawal from elements of Sex Education in line with statutory guidance.
- We welcome feedback and consultation regarding the curriculum.

TOP TIPS FOR TALKING TO YOUR CHILD ABOUT RSE

- ✓ Avoid 'The Chat'. Talk about sex little and often over everyday events like washing up or watching TV. This can help to normalise talking about relationships & sex &, hopefully easing uncomfortable feelings.
- ✓ Don't leave it too late. Start before you feel your child is approaching readiness for relationships so that you already have strong channels of communication.
- ✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged and feeling listened to will encourage them to come to you for support
- ✓ If they ask you a question that you are not sure how to answer that is OK. Suggest that you find out the answer together and then you will both know!
- ✓ Try to listen calmly even if what they say surprises or concerns you. Try to remember that it is good that they are comfortable to discuss these things with you and that they need to trust that you will not respond negatively.
- ✓ If your child is sexually active, however upsetting you may find this, it is important to make sure they have access to and know how to correctly use contraception, they understand consent and know how to access support services.

These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others', wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.



Parents may request withdrawal from elements of Sex Education delivered outside the National Curriculum Science framework. There is no right to withdraw from Relationships Education, Health Education or National Curriculum Science.

ANY QUESTIONS

If you would like to discuss the PSHE & RSHE provision further, please contact the school's PSHE lead.

