

**RSE –
STATUTORY GUIDANCE
INFORMATION FOR PARENTS**

Relationships and sex education

Objectives

We want to:

- Explain the changes to requirements for RSE coming in from September 2020
- Explain how we currently teach RSE, and get your views on how well this curriculum works
- Get your views on what you think our RSE curriculum should cover
- Explain how we'll develop our updated curriculum

What are the new RSE requirements?

- We **must** provide the following to all pupils:
 - Relationships and sex education
 - Health education

What does our curriculum look like now?

- Currently we cover RSHE through our C42 programme.
- This provides students with the knowledge about PSHE and currently we are confident that we cover the vast majority of the statutory guidance for 2020.
- Students are taught C42 once a week in KS3 and once a fortnight in KS4.
- This is supplemented with deep learning days in KS4.
- Students in KS5 have a series of lessons in their Wellbeing programme.
- This programme is supplemented by tutor time and the assembly programme.

Key stage 3 curriculum RSHE

Year 7	Year 8	Year 9
HEALTH AND WELLBEING		
Transition to secondary school	Addiction including the effects of drugs and gambling.	Personal safety- how to keep yourself safe in different environments and in situations.
Personal safety including road safety	Mental health – recap of LLTF, Promoting positive <u>self identity</u> and esteem.	First aid unit- basic first aid procedures.
Growing up including – Puberty and emotional changes	Healthy diet- <u>recognise</u> thing characteristics of a good diet and issues arising from a poor diet.	Mental health- unhelpful coping strategies including Eating disorders and <u>self harm</u> .
Living life to the full- vicious cycle and developing coping mechanisms, including 10 a day.	Importance of Sleep The effects of media on body image and confidence.	
RELATIONSHIPS		
Friendship- what makes a good relationship? And how to cope with changes in friendship groups.	How to cope with attraction and intro to consent.	Consent Gender and sexuality
Peer pressure and the effect of other on decision making- link to drugs, alcohol and smoking. * links to health	Relationship expectations including online relationships.	Why people have sex and when is the best time to have sex?
How to develop your ability to work in a Team, overcoming differences.	Starting and ending relationships.	What is contraception? Different types.
Family structure- recognising different family structures.	Different types of abuse and characteristics of positive relationships.	Conflict resolution
bullying including cyber bullying		Child sexual exploitation
Valuing difference- Diversity, prejudice, stereotyping		Relationships and the media including -Sexting and pornography intro

Key stage 4 curriculum RSHE – Taught in year 10.

Health and wellbeing	
<p>STIs and contraception</p> <p>Cancer risk and self checks</p>	<p>Develop knowledge of sexually transmitted infections and how these can be prevented through condom use. Understand signs and symptoms of STIs and how to gain health advice from the school nurse and Sexual health clinic. To learn about the available contraceptive choices and how to negotiate safer sex.</p>
<p>Mental health- coping mechanisms including exam stress.</p>	<p>To manage emotional wellbeing during stressful times. Look at strategies that can help to develop resilience. To look at the cause and effect of stigma in relation to mental health</p>
<p>Drug and alcohol addiction</p>	<p>Learn about the risks associated with alcohol and binge drinking. To understand the health and legal implications associated with drug and alcohol abuse.</p>
Relationships	
<p>Characteristics of healthy relationships.</p>	<p>To understand the importance of developing healthy and respectful relationships with sexual and romantic partners.</p>
<p>How to recognise abuse - domestic and peer on peer abuse.</p>	<p>To recognise the characteristics of a controlling relationship and relationship abuse. Include honour based violence, forced marriage and rape</p>
<p>Pornography- portrayal of relationships and issues with watching porn.</p>	<p>To learn about the additional pressures on relationships which occur due to media influence including watching pornography. To understand how to end an intimate relationship.</p>
<p>Parenthood- implications of unplanned pregnancy</p>	<p>To learn about the readiness for parenthood and the implications of becoming a young parent including the option of abortion. To recognise the importance of parenting skills and the importance of family life.</p>
<p>Contraception, STI, Cancer checks (DLD)</p>	<p>To learn about the contraception choices and where to gain accurate advice and services. Including emergency contraception. To recognise that sexual activity can lead to STI's, how to prevent and treat STI's</p>

What would we like to know from a parental perspective?

- What are your thoughts on our current curriculum for RSE and personal, social, health and economic (PSHE) education?
 - Do you think this curriculum meets your child's needs?
 - What do we do well? What could we do better?
 - Is there anything we're not covering that you think we need to address?
 - Is there something we could cover more/less?
 - What do you think about the way we currently deliver RSE to pupils?
 - As a parent, do you feel like you need more information or guidance on specific topics?
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What happens next?

We will be giving parents and students the opportunity to let us know their thoughts through an online survey.

We will be looking at the feedback that we receive from our school community.

Once we've considered all the feedback, we'll draft an updated RSE policy, which will set out our proposed curriculum. This will be posted on the college website. This will be completed before the end of the academic year.

You will be sent an email asking for feedback.

There will be a formal consultation period before the updated policy is approved.