

# Teaching Relationships, Sex and Health Education at Alderman White School



# Relationships, Sex and Health Education



- Explain the changes to requirements for RSE coming in by May 2021.



- Explain how we teach RSE and get your views.



- Explain the underlying principles of our new policy.

# Relationships and Sex Education (RSE) and Health Education by May 2021



- By May 2021 it will be compulsory for all secondary schools to include Relationships and Sex Education (RSE) and Health Education in PSHCE Education.
- This session will explore the necessity and relevance of this educational reform; explain the updated guidance and how Alderman White intend to implement this vital part of your child's education.
- Statutory guidance from the Department for Education can be viewed here:

<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 and although it covers important elements of this education, society and the world our young people grow up in has changed significantly and education in such important matters must be able to keep up with these changes.
- The new guidance places emphasis on Relationships and Sex Education (RSE) indicating the significant importance of relationships education preceding sex education and that the two cannot be taught in isolation.
- Health Education ensures that students are educated about their body, healthy lifestyles and choices, mental well-being and the impact of these issues throughout life.
- The new guidance was informed by Government consultation with over 40,000 people including religious, youth and charitable organisations, parents/carers, students, teachers and educational leaders.
- It aims to ensure young people are provided necessary knowledge and skills required to make informed choices and live a healthy and fulfilling life.

# Statutory guidance for secondary schools: 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 student can request sex education without parents consent 3 terms before 16<sup>th</sup> 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 they learned 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: Relationships and Sex Education (RSE)



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 are taught at an **age-appropriate time and in an age-appropriate way**; using resources or teaching guidance that have been produced or endorsed by reputable organisations such as the PSHE Association, NSPCC, Brook Advisory Service, CEOP, to name a few, or funded by the government in line with their statutory guidance.

When necessary, trained specialists will aide in the delivery of highly sensitive content. PSHCE Staff are well trained to deliver the content.

# Statutory guidance for secondary schools: Health Education



**Compulsory in all secondary schools in England (no opt out).**

‘Starting point for health and well-being 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

# Our Policy (draft)



**In writing our policy, we have been informed by:**

- Statutory guidance
- Evidence based research from the Sex Education Forum
- PSHE Association
- Keeping Children Safe in Education (Statutory Guidance)



**The underlying principles of our policy are to:**

- Educate our students to make safe, healthy and fully informed choices throughout their life.
- Provide opportunities for students to reflect on their own values and influences regarding relationships.
- Provide honest and factually accurate information.

# How is RSE / PSHCE taught at Alderman White?



- RSE, PSHE and The Wider World (including Careers and Citizenship).
- Compulsory for all students in Y7-11.
- Some elements of the curriculum are also covered in other subjects:
  - Science – statutory sex education
  - RE – relationships education
  - Computer Science – online safety
  - Food Tech / PE – healthy lifestyles
  - English – role of the media
  - History – links with RE & Citizenship
  - Assemblies / tutor time – specific foci e.g: bullying, cyber-safety, well-being etc



# Your views



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Your thoughts on our curriculum for RSE and personal, social, health and economic (PSHE) education?

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- Do you think this curriculum meets your child's needs?

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- Is there anything we're not covering that you think we need to address?

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- As a parent, do you feel like you need more information or guidance on specific topics?





# What happens next?



Please feel free to ask any questions now, or email [mandy.holling@whprtrust.org](mailto:mandy.holling@whprtrust.org)



Draft policy sent out to all parents and staff for feedback.



Look at our website (RSHE page being finalised in the next few weeks)



We will finalise our policy based on any feedback and take it for approval to our governing body in March this year.