

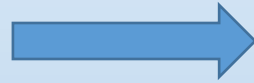
RSE (Relationship and Sex Education) Information Session

Parents of Hospital Education Service

Thursday 1st April 2021

What is the difference between RSE and PSHE

RSE is Relationship and Sex Education. This is a compulsory component of secondary education that schools must deliver.



PSHE is Personal, Social and Health Education. This is a subject that we use to equip pupils to lead a healthy life and gain the ability to make informed decision.

What is PSHE?

“PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.”

“Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.”

Why is this so important?

Health

PSHE education forms a bridge between education and public health.

Chief Medical Officer

Safety

When pupils receive lessons on relationships and sex, disclosures about abuse and exploitation increase significantly.

International Cochrane study, 2015

Academic attainment

A virtuous cycle can be achieved, whereby pupils with better health and well-being achieve better academically

PSHE Education: A Review of Impact and Effective Practice, DfE, 2015

Flourishing

A curriculum for life?

UK Youth Parliament

Personal development

As a school we are working towards meeting the following statements:

- the school prepares pupils for life in modern Britain by
 - equipping them to be responsible, respectful, active citizens who contribute positively to society
 - developing their understanding of fundamental British values
 - developing their understanding and appreciation of diversity
 - celebrating what we have in common and promoting respect for the different protected characteristics as defined in law
 - how curriculum areas such as personal, social, health and economic education, and relationship and sex education contribute to pupils' personal development
- provision rather than impact

PSHE plays a vital role in meeting a number of these points. We believe all of our students can strengthen these statements by discussing topics they learn about at home. This supports our parents/carers to develop further knowledge and also create positive relationships to understand what life will be like when they leave school



Department
for Education

Relationships and Sex Education

Relationships and Sex Education will build on the teaching at primary school. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

Our school will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

You can find further details by searching 'relationships, sex and health education' on GOV.UK



Department
for Education

Health Education

Health Education aims to give children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of secondary school, pupils will have been taught content on:

- 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

You can find further details by searching 'relationships, sex and health education' on GOV.UK.



The Equality Act 2010

The Equality Act 2010 places duties on schools not just to address prejudice-based bullying but also to help to prevent it happening, and in doing so to keep protected characteristic groups safe.

PSHE education, with its focus on identity and equality, can help schools to fulfil this duty.

How does the Equality Act impact on Relationships/Health Education?

- Schools are required to have due regard to the need to:
 - eliminate discrimination, harassment, victimisation and any other conduct that is prohibited by or under the Act; and
 - advance equality of opportunity and foster good relations between persons who share a relevant protected characteristic and persons who do not share it
- Relevant protected characteristics are age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation

RSE Policy

- There is a draft copy of the RSE Policy on our website in the Parent Zone. (Draft)
- There are some questions included in the Parent Consultation regarding this policy and we would be grateful for your feedback on it
- It is mandatory that we have a RSE policy in place
- This policy will be approved by Governors
- The policy includes the following information:
 - Topics students will study and which year groups
 - How the programme is taught (class teachers, visiting speakers, assemblies etc)
 - How religious backgrounds of pupils are taken into account
 - How sensitive topics are approached
 - When sex education is taught – including clarity for parents on right to withdraw
 - Reference to any requirements on schools in law e.g. the Equality Act
 - When policy updated and who approves (e.g. governing body etc)

Right of withdrawal

Current Guidelines

- Under the current SRE guidance, until September 2020, parents can choose to withdraw their child (up to the age of 18) from any or all aspects of Sex and Relationships Education that are not included within the statutory National Curriculum.
- This means that parents are not permitted to withdraw their child from elements of sex education (for example reproductive and biological aspects) that are within the science curriculum.
- Schools must make alternative arrangements for pupils whose parents choose to withdraw them from SRE lessons

Starting September 2020

- Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents will be able to withdraw their child (following discussion with the school) from **any or all aspects of Sex Education**, other than those which are part of the science curriculum, up to and until three terms before the age of 16.
- After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.'
- Where pupils are withdrawn from sex education, schools should document the process and will have to 'ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.'

What is relationships,
sex and health?

Relationships

Sex

Health

Possible topics include:

1. Mental health
2. Cyberbullying
3. Pornography
4. FGM
5. Puberty
6. 'Sexting'
7. Consent
8. STIs
9. Pregnancy
10. Contraception
11. Same sex marriage
12. Drugs & Alcohol
13. LGBT

The Outcome: what can you expect from students and staff?

- Discerning and mindful human beings willing to participate as positive citizens
- Solution-focused individuals – knowing how and when to solve their own problems, and when to seek help
- Resilient, caring people – caring for self and others
- Questioning and challenging minds that want to learn
- Self-knowledge for self-efficacy
- Emotionally literate individuals
- Exploration skills – looking for their own answers

Through this programme, we can be confident that a focus on well-being and mental health not only enables us to provide a healthy and happy school environment for students and staff, and prepare the citizens of tomorrow with sound character and values, but also directly supports their more immediate mission: the promotion of effective learning.

For more information:



Promotional material

**Relationships, sex and health
education: guides for parents**

Search 'RSE FAQ' on GOV.UK

Search 'RSE Parent Guide' on GOV.UK