

What is Relationships, Sex Education and Health Education - RSHE ?



RSHE

From September 2020 Relationships and Sex Education alongside Health Education will become statutory in both Primary and Secondary maintained schools.

The Department for Education believe that, 'Today's young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way'



Our intention

The why ?

Through our PSHE curriculum we at Tor Bridge strive for young people to acquire the knowledge, understanding and skills they need to manage their lives for now and for the future, dealing with life's ever-increasing challenges and a fast-moving digital world – being safe, happy and healthy.

Topics in the statutory framework that will be studied

<u>TOPICS - Health Education.</u>	<u>TOPICS – Relationships and Sex education</u>
Topic 1 – Mental wellbeing	Topic 1 - Families
Topic 2 – Internet safety and harms	Topic 2 – Respectful relationships including friendships
Topic 3 – Physical health and fitness	Topic 3 – Online and media
Topic 4 – Healthy eating	Topic 4 – Being safe
Topic 5 – Drugs alcohol and the law	Topic 5 – intimate sexual relationships including sexual health.
Topic 6 – Health and prevention	
Topic 7 – Basic first aid	
Topic 8 – Changing adolescent body.	

Living in the wider world –

Not in the statutory framework but is part of our wider PSHE programme of study within all of key stage 3 programmes and topics include –

- Learning skills
- Choices and pathways
- Work and career
- Employability
- Financial choices rights and responsibilities
- Media literacy and digital resilience.

RSHE and PSHE at Tor Bridge High.

The curriculum

From 2020 RSHE has been mandatory in all secondary schools. The recommendation is that PSHE and RSHE should be taught in discrete lessons, supported by other learning opportunities across the curriculum, including the use of enhancement days where possible.

Time tabled lessons

KS3 - PSHE / RSHE lessons at Tor Bridge are timetabled weekly

Year 9 Health and Wellbeing lessons every other week, with direct practical links to statutory topics.

KS4 – Year 10 timetabled lesson every other week.

Year 11 – Currently no timetable provision, from **2025** planned provision.

KS5 – Delivered through a targeted tutorial programme, assemblies and organised trips.

Other opportunities

Drop down days such as first aid and other outside professionals such as Barnardo's and the Zone.

A PSHE led assembly programme, a reading programme that tackles many social and personal issue and links to topics studied in other subject areas.

We have used the PSHE associations 3 core themes structure to facilitate the PSHE curriculum to date. The association has provided a very coherent that has helped to map the PSHE programme to facilitate the new framework and this can be seen in the planning of the booklets and schemes of Health and Wellbeing learning.

The core themes run alongside the topics as laid out in the statutory framework – although there is no core theme 3 – living in the wider world in the Statutory Framework.

Relationships and Sex Education

Relationship and Sex Education is always taught with due regard to moral and legal consideration and with the explicit values of family life and supportive relationships. It is taught by members of staff who are experienced in this aspect of education and have strong, positive relationships with our students.

PSHE, RSHE will develop the personal qualities, knowledge and attributes pupils need to thrive as individuals, family members, friends and ambitious members of our community and society.

Building and nurturing, collaboration, courage, aspiration, uniqueness, embracing difference and tolerance of individual personal characteristics, in line with our culture and values.

We want them to be fully armed with age-appropriate information and decision-making capabilities about relationships both in real and online life, including intimate and sexual relationships.

Health Education

We want our students to know the facts about potential risk-taking activity such as drugs, vaping and alcohol and be able to make safe judgements and choices in tricky situations where they could be influenced negatively, building reserve and self-confidence.

PSHE programmes of study have the common theme running through them on how the way we live our lives can impact our mental health, giving young people real and relevant strategies to recognise and deal with mental health issues in ourselves and others.

They reflect on their experiences and learning, understanding how they are developing physically, personally and socially, tackling many of the various and challenging issues that are part of growing up.

Wider World

Students learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life, learning about our British Modern society and values.

In all cases we endeavour for our young people to learn about their rights as set out in the 2010 Equality Act, responsibilities, knowing facts about the law surrounding illegal and harmful activities.

We want them to map out an aspirational future pathway and have a proactive plan in place for their career as well as work on improving personal skills - being self-aware of the self-management skills needed for personal growth and for them to achieve

Alongside this we give them sound knowledge of adulting such as finances and important economic / money management.

Health and Wellbeing programme

Health and Well Being will be taught alongside and in addition of our RSE / PSHE programme of study.

Through Health and Wellbeing, we will give students tangible, real and relevant practical experiences that can enhance their everyday lives.

These will include gaining a first aid certificate, healthy lifestyle tasks such as cooking entrepreneurial and sports leadership projects, knowing about effective self-examination for testicular and breast cancers using educational models.

Enhancing and embracing self- management, self- awareness, resilience and growth mindset skills.

The right to withdraw – Department for Education.

The right to withdraw

- **Article 45 – statutory framework –**

*Parents have the right to request that their child be withdrawn from some or all of **sex education** delivered as part of the statutory RSE. Before granting any such request it would be good practise for the head teacher (or their representative as appropriate) to discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. We will record and document this process to ensure a record is kept.*

**You can find the
statutory framework
guidance for parents
at –**

**[https://www.gov.uk/
government/publicat
ions/relationships-
sex-and-health-
education-guides-
for-schools](https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools)**

Please find the full policy on our website for your information.

