

Our PSHE and RSHE curriculum Year 7-11

Parents Consultation

Dear Parent/Carer,

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond.

Relationships, sex and health education (RSHE) is the statutory element of our PSHE curriculum and all schools in England are required to teach RSHE (relationships, sex and health education) in secondary schools. We will be teaching lessons about RSHE/RHE as part of our Life, Science, tutor time and drop down days. Big Talk will deliver sessions which are age appropriate for each year group annually.

<p>Year 7:</p> <p>Introduction to Secondary RSE</p>	<p>The basis of knowledge of year 7 pupils can vary considerably dependent on the quality of their primary RSE provision or lack thereof. This lesson is designed to establish knowledge levels, ensure consistent accurate knowledge of core topics and back fill gaps. Themes covered include proactive safeguarding, reproduction, puberty, relationships, body image, gender and reliable sources of information.</p>
<p>Year 8:</p> <p>Building on the basics</p> <p>Understanding sexuality</p>	<p>We address core themes within RSE, myth busting common misconceptions of young people around sex, risky behaviour, pregnancy, rights and responsibilities, as well as the law. The young people work with the team to clarify definitions of terms they have heard but may not understand, as well as answering questions in a safe confidential environment.</p> <p>We work with the young people to discuss changes in friendships and relationships as they may begin to develop emotional and romantic attachments. This covers all types of relationships and as with all of our programme, is fully LGBTQ+ inclusive. The workshop covers a range of themes that affect relationships and young people's perception of what constitutes a healthy relationship. We address peer pressure, abusive relationships and gender stereotypes, as well as contemporary issues such as youth generated images (sexting), internet safety and the dangers of inappropriate websites which we demonstrate can warp a young persons' view of social norms.</p>
<p>Year 9</p> <p>Infections and Protection</p>	<p>At this point we introduce the young people to the dangers of sexually transmitted infections, ensuring they understand the short and long term effects, as well as which can be treated or cured and which can't. The lesson includes information on safer sex, a demonstration of condoms and the local information relating to how, (when the time is right for them) to access them for free. Developing a greater awareness of the law,</p>

<p>Sex: Your decisions</p>	<p>consent, better communication skills about safer sex and confidence to make good decisions are all objectives for this workshop.</p> <p>Building on the themes of consent and contraception from the previous lesson, this session introduces more of the choices that young people need to consider before entering a sexual relationship. Covering the most up to date contraception information with details on efficacy, is critical to help young people make informed decisions. To underline the consequences of decision making, we highlight the effects of unplanned parenthood on potential mothers and fathers. We highlight the limited power of fathers in decision making, the effects of pregnancy for mothers, as well as the financial and lifestyle impact for both.</p>
<p>Year 10</p> <p>Mates, Dates, Loves, hates</p> <p>Paths to Parenthood</p>	<p>This lesson is designed to aid young people identify abusive relationships and establish boundaries. Covering a wide range of abuse from verbal, emotional, financial, sexual and physical as well as isolation. By highlighting the warning signs of these we explore how young people could help their friends through these situations and where to get help, if they have concerns. To ensure the reinforcement of healthy relationships the team work with the group to discuss the positive qualities of their perfect partners.</p> <p>Focuses on the routes to parenthood that today's young people may encounter. As the average age of parents rises, so does the number of young people that may require fertility treatment later in life. This lesson also includes the path to parenthood for LGBTQ+ people, which has historically not been covered in RSE lessons. It is also within this topic that we touch on termination, statistics show that one in three women will have a termination before the age of 45, so sharing information on this subject may be of relevance to a significant number of students in the future</p>
<p>Year 11</p> <p>Show what you know</p>	<p>This is often the age at which some young people are thinking of becoming sexually active, so we review the essential material to ensure that the key topics are front of mind for the group. Covering consent, contraception, condoms and the responsibilities of young people, we once again highlight the ever present, potential risks of STIs and unplanned parenthood as well as the positives of pleasure and healthy relationships</p>

During these lessons, pupils will be able to ask questions, which will be answered factually in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

RSHE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. In the 21st century pupils are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

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RSHE is a carefully planned curriculum and is there to ensure our pupils can navigate the world around them safely. An un-informed child is often a child left vulnerable and we want to empower our pupils here at Huntcliff School].

Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching. Here is a parents & carers guide to RSE: <https://www.bigtalkeducation.co.uk/parents/>

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All materials used are available for you to browse through should you so wish.

For further information and FAQ about our RSE curriculum please access the PSHE & RSE page of our website. <https://www.huntcliff.n-lincs.sch.uk/pshe/rse/>

Yours faithfully

Mrs E Green
Acting Deputy Head