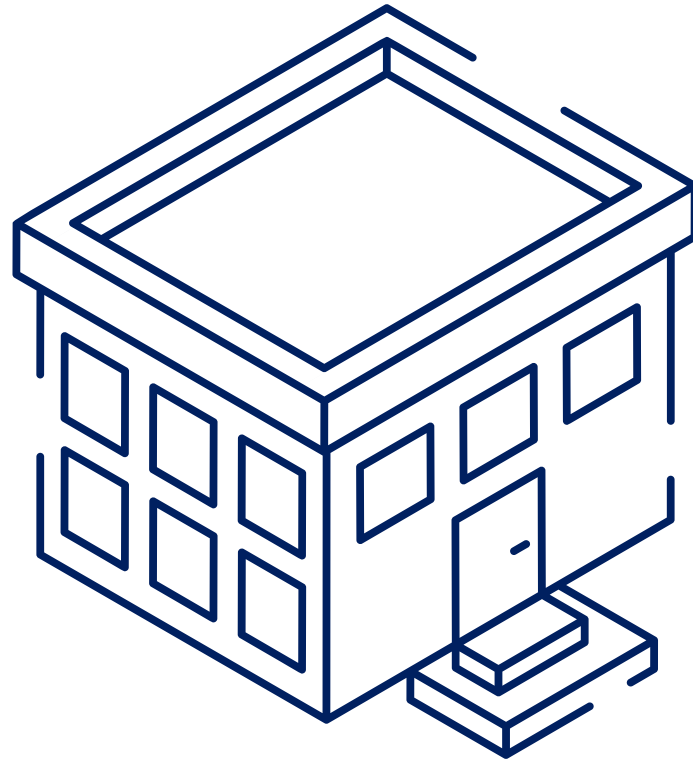


RELATIONSHIPS, SEX & HEALTH EDUCATION

A PARENT / CARER GUIDE



RELATIONSHIPS & SEX EDUCATION (RSE)

SECONDARY schools are required to teach about...



- Families, including different types of families
- Respectful relationships, including friendships
- Being safe and accessing support
- Intimate and sexual relationships, including sexual health.

HEALTH EDUCATION

SECONDARY SCHOOLS ARE REQUIRED TO TEACH ABOUT...

Mental wellbeing

Internet safety
and harms

Physical health
and fitness

Healthy eating

Drugs, alcohol
and tobacco

Health and
prevention

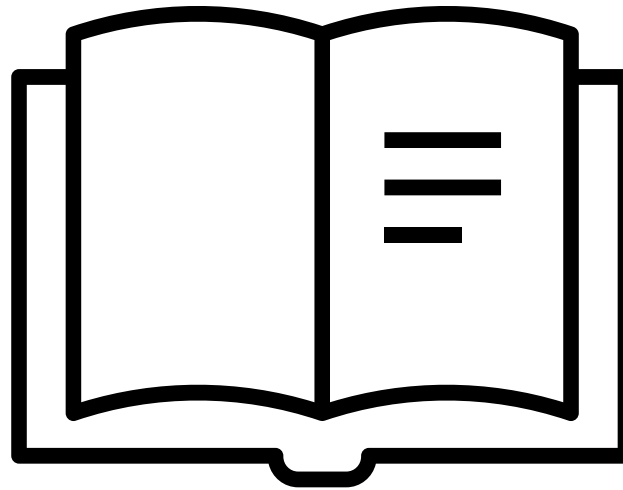
Basic first aid

Changing
adolescent body

TOPICS TO KEEP UP TO DATE WITH A CHANGING WORLD

- AI
- Deep fakes
- Misogyny
- Personal safety
- Identifying and reporting signs of abuse
- Vaping
- Extremism
- Scams, fraud, extortion and 'sextortion'
- Fake news

OUR CURRICULUM



<https://seafordhead.org/our-education/pshe-wellbeing/>

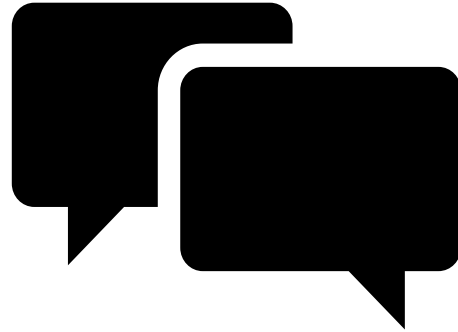
HOW OUR SCHOOL WILL TEACH PSHE/RSHE

At our school, every learner from Year 7 to 10 will have specific PSHE lessons on their timetable. All year groups will also explore issues related to PSHE during tutor time assemblies as part of our broader Personal Development Curriculum.

In PSHE lessons.....

- Each class will create a working agreement so learners feel comfortable to join in the lessons.
- All teachers will use correct scientific language when talking about parts of the body.
- No learner will be forced to join in an activity, or answer a question.
- Teachers have been trained to teach these lessons
- Teachers and learners will not be asked to share personal experiences.
- All causes for concern raised as a result of the lessons will be dealt with according to the school safeguarding policy.

LEARNING FROM & FOR OUR COMMUNITY



To give your views please complete
our online consultation-:

[Parent/Carer PSHE & RSHE Consultation – Fill in form](#)

TOP TIPS FOR TALKING TO YOUR CHILD ABOUT RSE

- ✓ Avoid 'The Chat'. Talk about sex little and often over everyday events like washing up or watching TV. This can help to normalise talking about relationships & sex &, hopefully easing uncomfortable feelings.
- ✓ Don't leave it too late. Start before you feel your child is approaching readiness for relationships so that you already have strong channels of communication.
- ✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged and feeling listened to will encourage them to come to you for support
- ✓ If they ask you a question that you are not sure how to answer that is OK. Suggest that you find out the answer together and then you will both know!
- ✓ Try to listen calmly even if what they say surprises or concerns you. Try to remember that it is good that they are comfortable to discuss these things with you and that they need to trust that you will not respond negatively.
- ✓ If your child is sexually active, however upsetting you may find this, it is important to make sure they have access to and know how to correctly use contraception, they understand consent and know how to access support services.

These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others', wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.



ANY QUESTIONS

If you would like to discuss the PSHE & RSHE provision further, please email health@seafordhead.org

