



RHSE

Background

In 2019 the DfE published statutory guidance for Relationships Education, Relationships and Sex Education and Health Education. Before this, while many schools taught aspects of this content it was not a requirement and therefore the coverage in schools was varied. Schools were given a year to implement this and it was intended to be ready for delivery in September 2020, however with the impact of Covid this was adapted. It was announced that schools who were not ready to fully teach the new requirements should start teaching the new content by at least the start of the summer term 2021. If the school is then unable to start teaching this in good time, they will need to decide on the content to prioritise and show how they will cover the full curriculum in the future.

What is it?

RSHE covers many aspects of the wider development of young people, it tackles issues that they need to be educated about in the world today and gives them the skills to stay safe and seek help where needed.



The curriculum

The curriculum for RSHE begins in Primary schools and develops throughout Secondary school. The learning builds throughout this time with Secondary RSHE building on what has been delivered in Primary school. The RSHE curriculum is a whole school responsibility. There is no prescribed way or location in which it should be taught. Each school has the freedom to teach it in a way that best suits their students and within this the autonomy to focus more heavily on aspects which are of a concern in their local area. There are many aspects of the RSHE curriculum that naturally lend themselves to other curriculum areas, for example 'Internet Safety and Harms' has many aspects which can be taught through the core ICT curriculum, likewise much about 'Physical Health and Fitness' and 'Healthy Eating' can be delivered in PE and Food Technology lessons. Further to this there is also the opportunity for aspects of the curriculum to be delivered through other whole school provision such as assemblies or tutor activities. This could include work with outside agencies such as the local police force delivering an age-appropriate assembly to a specific year group.

Other useful information

There is a limited right to withdraw from some aspects of this education. Parents have the right to request their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Schools should document this process. This can take place up until 3 terms before the child turns 16. At this point if the child wants to receive sex education the school should make arrangement for this to take place. In teaching RSHE schools should ensure they meet the needs of all pupils; this includes ensuring that their provision is sensitive and age appropriate in approach and content. Teaching about LGBT should be fully integrated into programmes of study and not delivered as a standalone unit or lesson, although this could be used to complement the provision. The nature of the content means that there may be more cases of safeguarding which arise in these lessons, these should be followed up using the school safeguarding policy.

Broad theme	Examples of issues covered
Families	Different types of relationships, how these contribute to happiness, marriage and its legal status, legal status of other long-term relationships, how to determine if others and sources of information are trustworthy.
Respectful relationships including friendships	Characteristics of healthy relationships, the impact of stereotypes, trust and respect, types of bullying, criminal behaviour in relationships including coercion and violence, sexual harassment and violence, legal rights and responsibilities of protected characteristics in the Equality Act 2010.
Online and media	Online behaviour and its impact, online risks, staying safe online, impact of viewing harmful content, that sexually explicit material can damage how people see themselves and behave in relationships, that sharing or viewing indecent images of children is a criminal offence, and information about how data is collated online.
Being safe	The concepts and laws about; sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence, FGM and how consent is communicated and that it can be withdrawn.
Intimate and sexual relationships, including sexual health	Recognising the characteristics of healthy relationships, the impact of choices in sexual relationships on all aspects of health, facts about reproductive health, fertility, menopause, identifying sexual pressure, the choice to delay sex, the facts around pregnancy and miscarriage, contraceptive choices, pregnancy choices, sexually transmitted infections and their transmission and treatment, the impact of alcohol and drugs on sexual behaviour.
The law	An understanding about the laws regarding; marriage, consent, violence against women and girls, online behaviours and information sharing including youth produced sexual imagery, nudes and sexting, pornography, abortion, sexuality, gender identity, substance misuse, violence and exploitation by gangs, extremism, radicalisation, criminal exploitation, hate crime and FGM.
Mental wellbeing	Using appropriate vocabulary about emotions, the impact of social connections on mental wellbeing, recognising early mental ill health signs, recognizing negative impacts on mental health, the importance of physical exercise on mental health.
Internet safety and harms	The similarities and differences between the online world and the physical world and the impact his can have on body image, relationship and the impact of social media, the risk of online gambling and how to identify harmful behaviour online.
Physical health and fitness	The positive impact of physical activity, what constitutes a healthy lifestyle and the links between this and cardio-vascular health, the science about blood, organ and stem cell donation.
Healthy eating	Maintaining healthy eating, the links between poor diet and health risks, dental decay and cancer.
Drugs alcohol and tobacco	Facts about legal and illegal drugs, the associated risks with drug use and the impact on mental health, the law about drugs their supply and possession, physical and psychological risks from alcohol consumption, physical and psychological consequences of addition and alcohol dependence, the possible dangers of prescribed drugs, facts about the harms from smoking tobacco and its link to lung cancer.
Health and prevention	Personal hygiene, germs, bacteria and viruses, preventing the spread of infection, dental health and oral hygiene, the benefits of regular self-examination and screening, facts and science about immunisation and vaccination, importance of sleep.
Basic first aid	Basic treatment for common injuries, CPR, purpose of defibrillators.
Changing adolescent body	Facts about puberty, menstrual wellbeing, main changes that take place in males and females and the impact on emotional and physical health.