

# Relationships, Sex and Health Education

St Luke's Provision within our **Personal Development** curriculum area.



# Meet the Personal Development team

Name	Title	Role
Mrs Andrew	Head of Interventions	Relationships and Health Education Relationships, Sex and Health Education
Mr Pollard	Designated Safeguarding Lead Mental Health Lead	Safeguarding
Ms Blackman	Teacher	Citizenship and Independence
Mrs Roper	Transitions Co- Ordinator	Careers
Mr Caple	Head of School	Curriculum Intent
Mr Guiney	Deputy Head of School	Curriculum Impact
Your child's class teacher	Teacher	Curriculum Delivery



# New Guidance for schools

- Relationships Education in primary schools
- Sex Education advised in primary schools
- Relationships and Sex Education in secondary schools
- Health Education in primary and secondary schools.

This 'guidance' is for all primary and secondary schools including special schools, academies and faith-based schools. Most content is statutory.



# What has to be covered?

## Primary schools:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



# What has to be covered?

## Secondary schools:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health



# What has to be covered?

## Health Education

Physical health and mental wellbeing education will now become statutory in primary and secondary schools. These subject areas are split into 8 themes:

- 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



# What has to be covered?

These themes are statutory and parents cannot withdraw their child from these lessons.

The statutory science curriculum is also compulsory and parents cannot withdraw their child from these lessons that approach relationships and sex education.

At St Luke's School, we do not teach sex education that goes beyond the national curriculum for science.

Parents may wish to withdraw their child from Sex Education lessons that are not part of statutory science teaching.



# Right to withdraw

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSHE. This right of the parent transfers to the child 3 terms before their 16<sup>th</sup> birthday.

You may decide to remove your child from areas of sex education teaching and as part of our consultation, should you wish to do this, we ask that on an individual basis, you identify the areas of sex education teaching you do not want your child to take part in.





# LGBT inclusive lessons

- The guidance states that pupils should be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way.
- All pupils should feel that the content is relevant and no value judgements will be made about one sexual orientation over another. Gender identity will also be discussed in a clear, sensitive and respectful manner.
- The guidance also states that pupils should be well informed about the full range of perspectives and, within the law, should be well equipped to make decisions for themselves about how to live their own lives, whilst respecting the right of others to make their own decisions and hold their own beliefs.



# LGBT inclusive lessons

- LGBT inclusive lessons are covered as part of Relationships Education, therefore parents cannot withdraw their children from these lessons.
- Schools must consult parents when deciding what content will be covered as part of Relationships Education, including LGBT inclusive lessons.
- Parents cannot veto these lessons



# What would you expect to be covered as part of RSHE?

Here at St Luke's School

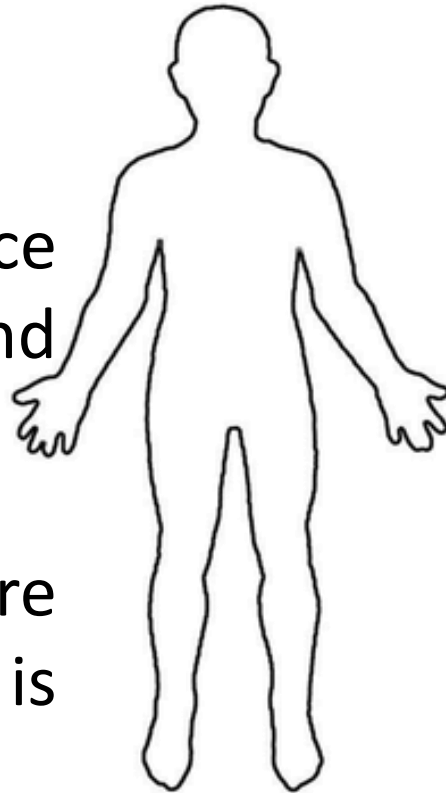


# Why is RSHE important for our pupils?

Pupils with SEND are more vulnerable

Young people with SEND face barriers to having personal and sexual relationships

Meeting people can be more difficult and social isolation is common



Importance of knowing how to keep themselves safe

In response to puberty, pupils deserve to understand what is happening to their bodies/how to deal with changes that occur

Developing skills for independent adult life



# Making RSHE relevant to our learners

- Framed within our Personal Development teaching
- Preparation for adulthood by developing skills for later life
- Focus on healthy friendships and relationships and being part of the community
- Tools for keeping self safe including consent, boundaries and owning own feelings
- Shapes personal identity and respecting individual choices and preferences
- Using informal opportunities for learning as well as formal e.g. queueing at lunch time, care routines, practicing and embedding skills



# Safeguarding and relationships

- Importance of knowing the difference between healthy and unhealthy or potentially exploitative relationships
- Knowing how to create and sustain good friendships and relationships to enrich life, ask for support and guard against isolation
- Developing an awareness and understanding of diversity



# Themes and Topic Areas

We have 6 topic areas , each with sub themes



Six Themes of  
our Personal  
Development  
curriculum  
framework

Self-Awareness

Self-Care, Support and Safety

Managing Feelings

Changing and Growing

Healthy Lifestyles

The World I Live In





# Self–Awareness Topic Areas

Key stage 1 and 2 topic areas	Key stage 3 topic areas	Key stage 4 topic areas
1. Things we are good at	1. Personal strengths	
2. Kind and unkind behaviours	2. Skills for learning	
3. Playing and working together	3. Prejudice and discrimination	3. Prejudice and discrimination
4. People who are special to us	4. Managing pressure	4. Managing pressure



# Self Care, Support and Safety Topic Areas

Key stage 1 and 2 topic areas	Key stage 3 topic areas	Key stage 4 topic areas
1. Taking care of ourselves	1. Feeling unwell	1. Feeling unwell
2. Keeping safe	2. Feeling frightened/worried	2. Feeling frightened/worried
3. Trust	3. Accidents and risk	
4. Keeping safe online	4. Keeping safe online	4. Keeping safe online
5. Public and Private	5. Emergency situations	5. Emergency situations
	6. Public and private	6. Public and private
	7. Gambling	7. Gambling



# Managing Feelings Topic Areas

Key stage 1 and 2 topic areas	Key stage 3 topic areas	Key stage 4 topic areas
1. Identifying and expressing feelings	1. Self-esteem and unkind comments	
2. Managing strong feelings	2. Strong feelings	
	3. Romantic feelings and sexual attraction	3. Romantic feelings and sexual attraction
	4. Expectations of relationships/abuse	



# Changing and Growing Topic Areas

Key stage 1 and 2 topic areas	Key stage 3 topic areas	Key stage 4 topic areas
1. Baby to adult	1. Puberty	1. Puberty
2. Changes at puberty	2. Positive/unhealthy relationships	2. Positive/unhealthy relationships
3. Dealing with touch	3. Friendships	
	4. Romantic relationships, consent	4. Intimate relationships, consent and contraception



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# Healthy Lifestyles Topic Areas

Key stage 1 and 2 topic areas	Key stage 3 topic areas	Key stage 4 topic areas
1. Healthy Eating	1. Elements of a healthy lifestyles	
2. Taking care of physical health	2. Mental wellbeing	
3. Keeping well	3. Physical activity	
	4. Healthy eating	
	5. Body image	
	6. Medicinal drugs	
	7. Drugs, alcohol & tobacco	7. Drugs, alcohol & tobacco



# The World I Live In Topic Areas

Key stage 1 and 2 topic areas	Key stage 3 topic areas	Key stage 4 topic areas
1. Respecting differences between people	1. Human diversity	
2. Jobs people do	2. Rights and responsibilities	2. Rights and responsibilities
3. Rules and laws	3. Managing online information	
4. Taking care of the environment	4. Taking care of the environment	
5. Belonging to a community	5. Preparing for adulthood	5. Preparing for adulthood
6. Money	6. Managing finances	6. Managing finances
Travel	Travel	
Home skills	Home skills	



# Qualifications

Key Stage 4 complete qualifications in PSD. The subject areas are:

- Managing Social Relationships
- Managing Money
- Personal Development
- Health and Safety in the Home and the Community
- Preparation for Work
- Rights and Responsibilities
- Healthy Living



# Further Information

- Further information on learning outcomes and progression please read the Personal Development curriculum framework
- How our curriculum maps against the DfE guidance please read the Curriculum framework
- To know what themes and subjects are taught please refer to the curriculum map