

# RSHE Briefing

## May 2021

# Chat Check In

Name

One thing you would like to take away from today

What age your child is



# Goals

**To gain an overview of Relationships Sex and Health Education (RSHE) statutory guidelines.**

**To gain a clear understanding of RSHE obligations regarding parents and carers.**

**To explore ways to link RSHE to a whole school approach to wellbeing**

**To find out about local parental resources and support services**



# Agreements

1. **No Put Downs of Self or Others**
2. **Listen Well**
3. **Share your Reflection**
4. **Participate Fully**
5. **Confidentiality**
6. **No Gossip**



# Overview RSHE and Statutory Guidance



# The Facts

The new guidance & legislation on RSHE (The Children and Social Work Act 2017):

- Makes Relationships and Health Education mandatory in
- primary schools
- Makes Relationships, Sex and Health Education mandatory in secondary schools
- Makes no changes to the status of sex education in primary schools
- Continues to encourage all primary schools to provide sex education
- Parents still have a right to request to withdraw their child from sex education (primary & secondary up to 15 years old)
- Pupils who are withdrawn from sex education can opt themselves in from three terms before 16th birthday



# Building Inclusive Communities

## **EQUALITY ACT 2010:**

- Inclusive policies integrating all protected characteristics.
- Sexual Orientation and Gender reassignment are protected characteristics and LGBTQ+ should be embedded in curriculum and school narratives
- Normalising different kinds of families (race/gender/sexuality) in school narratives, images and role models.
- Religion or belief are protected characteristics.
- In schools with a religious character, the distinctive faith perspective on relationships may be taught, and balanced debate may take place about issues that are seen as contentious.
- Recommends positive action is taken/modelling positive behaviours
- Reflect on pupil support in RSE

N.B. SEND: Subjects must be made accessible for all pupils. This is particularly important when planning teaching for pupils with special educational needs and disabilities (SEND). Some primary topics extended into secondary. Preparing learners for adulthood.



# What about parental withdrawal from sex education?

- Following discussion with the school, **parents can withdraw their child from the 'sex' elements of RSE.** It is good practice for parents to meet with the Headteacher.
- **Parents do not have a right to withdraw their child from Health education, Relationships or any other aspect of PSHE education.**
- **There is no right of withdrawal from National Curriculum science** which includes elements of sex education such as puberty and reproduction.
- Three terms before they turn 16, **a student can opt back in to sex education lessons** against their parents' wishes. The school has a duty to provide sex ed. during one of the remaining three terms.





# A Deeper Dive into RSHE Curriculum Themes

Families and People who care for me  
Caring friendships  
Respectful relationships  
Online relationships  
Being safe on and offline  
Sex Education  
Sex and Intimacy  
Mental and Physical Health



# What does good quality RSHE look like?

Good quality RSHE promotes the core values of

**respect, love and care**

It also provides the opportunity for children and young people to reflect on their own attitudes and beliefs and those of their peers and others. – Sex Ed Forum



# Curriculum Content: Core areas

## Relationships Education (KS1+2)

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

## Relationships and Sex Education (KS3+4)

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

## Health Education (KS1-4)

- 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

# Sex Education in Primary

- Sex education is not compulsory at primary schools but many primary schools may choose to teach some aspects of age-appropriate sex education
- However, the DfE continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils
- Where schools choose to teach sex education at primary, schools **must consult parents** about policy and content in this area
- Parents have a right to withdraw their child from sex education at primary (but not from the national curriculum for science)
- The content set out in the statutory guidance for Relationships Education is compulsory and does not carry any right to withdraw

# By the end of Primary

## Families and people who care for me

- Importance of family
- Characteristics of healthy family life
- Respect for family diversity
- Importance of stable relationships
- Marriage/civil partnership as legally recognised commitment
- How to recognise unsafe situations and how to seek advice/help

## Caring friendships

- Importance of friendships
- Characteristics of friendships,
- Benefits of healthy friendships
- How to maintain a healthy friendship
- How to recognise unhealthy friendships and seek help

## Respectful relationships

- Importance of respecting others
- Conventions of courtesy and manners
- Importance of self-respect
- Requirement to respect others
- Types of bullying , impact and how to get help
- Stereotypes and their impact
- Permission seeking

## Online relationships

- People behave differently online
- Same relationship principles apply online
- Rules for keeping safe online
- How to critically consider online content
- How information and data is shared and used online.

## Being safe

- Appropriate boundaries
- What privacy means
- Your body belongs to you
- How to respond to adults you do not know
- Asking for help and reporting feeling unsafe and abuse
- Where to get advice and support

## Changing Adolescent Body (Health Ed.)

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- About menstrual wellbeing including the key facts about the menstrual cycle.

# Health Education

- Mental health and wellbeing: emotional literacy and self care
- Isolation and Loneliness (how to connect)
- Links with physical health: diet, physical fitness; sleep; oral health
- Mental illness
- How to seek help/safeguarding/signposting
- Internet safety and harms
- Drugs, alcohol and tobacco
- Health and Prevention (hygiene/sun care)
- First Aid

# Why is Relationships and Sex Education in schools important for children and young people?

## Statistics from Sex Ed Forum

1. 16-24 year olds asked about preferred sources of info about sex:
  - 70 % said they did not know enough before first sexual experience
  - 46% of boys and 40% of girls said they would have liked more from schools.
  - 15% of boys from their mothers and 23% from their fathers
  - 40% of girls from their mothers and 15% from fathers
  - 22% of boys and 27% of girls from health professionals
1. 16-24 year olds main source of info growing up:
  - 39% of boys and 41% of girls said school
  - 24 % of both boys and girls said friends and peers

Schools are very important sources of information about sex, intimacy and relationships. Also parents are very important alongside health professionals. This indicates that the best way is a collaboration between schools, parents and health professionals

What other influences apart from friends and peers might influence children and young people?

# RSE: Safeguarding and Risk

## **Discussion: Why is Relationships and Sex Education important for children and young people?**

- Exploitation/abuse by unsafe adults on and offline (all ages)
- Early Pregnancy (from transition stage to Secondary)
- Lack of boundaries in relations with other children/young people (all ages)
- Pornography/STIs/Rape (Primary/Secondary)
- Bullying/Exclusion/Identity issues/Difference (All ages)
- Mental Health: Loneliness, alienation, mental health symptoms, depression, suicide through experience of difference... (All ages)





# RSHE and Wellbeing





# The Somerset Wellbeing Framework: A Whole School & College Approach



## Outcomes:

- To focus on ensuring effective practice and provision is in place that **promotes the mental health of both pupils and staff**
- To change the long-term culture of schools to embed an ethos where **mental health is regarded as everyone's business**

[www.cypsomersethealth.org](http://www.cypsomersethealth.org)

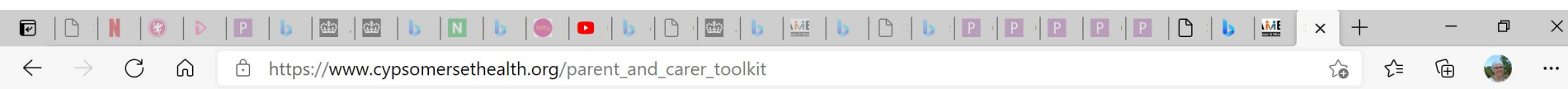




# Pillars of Wellbeing

[https://www.cypsomersethealth.org/?ks=1&page=wellbeing\\_framework\\_-\\_the\\_pillars\\_of\\_wellbeing](https://www.cypsomersethealth.org/?ks=1&page=wellbeing_framework_-_the_pillars_of_wellbeing)





## Somerset Children & Young People Health & Wellbeing

Logged in as Secondary School (Edit)

Secondary School (Edit)

Sign out

- [Home](#)
- [Contact](#)
- [The Wellbeing Audit](#)
- [Life Hacks](#)
- [Bulletins](#)



Parent and Carer Toolkit

This area of the website has been designed to support parents and carers to find the information they need to help with their role of 'being a parent'. Parenting can be the most rewarding job in the world but at some point all parents need a bit of help.

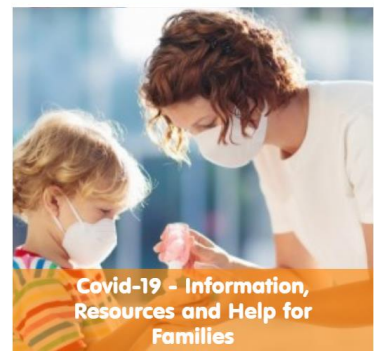
We have identified the most common topics that affect families and linked these to recommended web-based information and local support.

For anyone at the start of their parenting journey visit our [Maternity Toolkit](#) offering support and advice for pre-conception, pregnancy and beyond

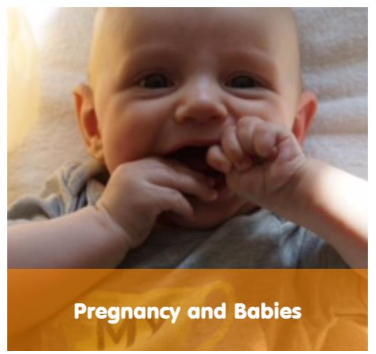
### Latest...

- [Schools Health Weeks](#)
- [Supporting School Transitions](#)
- [Coronavirus - Infection Control Information & Help](#)
- [SCC Public Health Nursing \(PHN\)](#)
- [Covid-19 Lifhacks](#)

Need help looking for something?   Or view a complete site map



Covid-19 - Information, Resources and Help for Families



Pregnancy and Babies



Pre - School



Primary Years



Teenage Years and Beyond



# Parental Resources

- Safety and Consent: [pants-parents-guide-online.pdf \(nspcc.org.uk\)](https://www.nspcc.org.uk/parents/parenting/parents-guide-online.pdf)
- Periods: Puberty for boys: [\(20\) What Boys Want to Know About Puberty – YouTube](#)
- Periods for girls: [https://www.youtube.com/watch?v=vXrQ\\_FhZmos](https://www.youtube.com/watch?v=vXrQ_FhZmos)
- [parent hub landing page | we are betty](#)
- Sex education, Puberty, Healthy Relationships and Sexuality: [\(16\) AMAZE Org – YouTube](#)
- Diet and Physical Activity: [Home | Change4Life \(www.nhs.uk\)](#)
- Sleep: [Somerset children & young people : Health & Wellbeing : Supporting Parents Health Vi \(cypsomersethealth.org\)](#)
- Brain Development: [Somerset children & young people : Health & Wellbeing : Supporting Parents Brain \(cypsomersethealth.org\)](#)
- Drugs and alcohol: [Somerset children & young people : Health & Wellbeing : Supporting Parents Health Viii \(cypsomersethealth.org\)](#)
- Friendship: For more advice on friendship see [www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111 to speak to a trained counsellor.
- Online Safety: [www.internetmatters.org](http://www.internetmatters.org)  
<https://www.childnet.com/parents-and-carers>

# Local Support Services (1)

**Mindline Somerset**  
Emotional support helpline  
Coronavirus



01823 276 892

Open 24 hours a day, 7 days a week

Open 24 hours a day, seven-days a week, Mindline is open to people of all ages who need urgent mental health support. The helpline is the first port of call for mental health help – it is operated by people in your local area who will know how best to support you.



ChatHealth is a new mobile health service for parents and young people in Somerset making it easier to get health and wellbeing advice. Available Monday-Friday 9am - 5pm.

**Parents of children 0-4:** Confidential help from the Health Visiting Team for parents and carers of 0-4 years. **Just send a text 07480 635514**

**Parents of children 5-19 years:** If you have a child 5-19 and looking for confidential help and advice? Just send a text to your School Nurse Team. **Text 07480 635515**

**Young People 11-19 years:** Discreet and quick. If you're aged 11-19 it only takes one text to start making a difference. You'll get confidential advice from a local School Nurse. You don't have to give your name if you don't want to. **Text 07480 635516**

# Local Support Services (2)



**Young Somerset's Wellbeing Service** - Free wellbeing support for young people experiencing low level mental health needs. Find out more here: [www.youngsomerset.org.uk/wellbeing-support](http://www.youngsomerset.org.uk/wellbeing-support)

**What is the Virtual Hub?** This is a safe online space for young people & parents to find out about what support is available in your area. We also have interactive workshops each week on social media, led by Young Somerset's team to give you professional advice and guidance on how to maintain positive Wellbeing, and look after your Mental Health. - find out more here: [www.youngsomerset.org.uk/the-hubs](http://www.youngsomerset.org.uk/the-hubs)

A yellow-bordered poster for bereavement support. It features the text "Bereavement support" in blue, followed by "The Somerset Bereavement Support Service is here if you've been bereaved and need emotional support or someone to talk to." Below this is a photo of an elderly man sitting at a table. Contact information includes "Call 0800 304 7412" and "9am to 5pm, Monday to Saturday." Logos for NHS Somerset, Somerset County Council, Mind, and Marie Curie are at the bottom.

**Bereavement support**  
The Somerset Bereavement Support Service is here if you've been bereaved and need emotional support or someone to talk to.  
Call 0800 304 7412  
9am to 5pm, Monday to Saturday.  
In partnership with:  
NHS Somerset  
Somerset County Council  
Mind  
Marie Curie



**Kooth** – Safe and anonymous online support for young people aged 11-18, available daily until 10pm – friendly counsellors, self-help and community support. [kooth.com](http://kooth.com)

**Educational Psychology Service  
(EPS) Help for Parents and Carers:**  
[EPShelpline@somerset.gov.uk](mailto:EPShelpline@somerset.gov.uk)  
01823 357000