



RIDGEWOOD
HIGH SCHOOL

Relationships and Sex education and Health Education at Ridgewood

What is PSHCE?

(Personal, Social, Health, Citizenship, Economic)

“PSHCE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.”

“Evidence shows that well-delivered PSHCE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.”

Why is this so important?

Health

PSHE education forms a bridge between education and public health.

Chief Medical Officer

Safety

When pupils receive lessons on relationships and sex, disclosures about abuse and exploitation increase significantly.

International Cochrane study, 2015

Flourishing

A curriculum for life?

UK Youth Parliament

Academic attainment

A virtuous cycle can be achieved, whereby pupils with better health and well-being achieve better academically

PSHE Education: A Review of Impact and Effective Practice, DfE, 2015

Relationships and Sex Education

Relationships and Sex Education will build on the teaching at primary school. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

At Ridgewood, we will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

You can find further details by searching 'relationships, sex and health education' on GOV.UK



Department
for Education

Health Education

Health Education aims to give children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of secondary school, pupils will have been taught content on:

- 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

You can find further details by searching 'relationships, sex and health education' on GOV.UK.



Department
for Education

- The Equality Act 2010 places duties on schools not just to address prejudice-based bullying but also to help to prevent it happening, and in doing so to keep protected characteristic groups safe.
- PSHE education, with its focus on identity and equality, can help schools to fulfil this duty.



How does the Equality Act impact on Relationships/Health Education?

Schools are required to have due regard to the need to:

- eliminate discrimination, harassment, victimisation and any other conduct that is prohibited by or under the Act; and
- advance equality of opportunity and foster good relations between persons who share a relevant protected characteristic and persons who do not share it
- Relevant protected characteristics are age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation



It will provide the opportunity for a whole school approach in the following areas:

VALUES


Encouraging values that build successful citizens who play a full and active role in society. Empathy and respecting diversity are values which are instilled through the PSHCE curriculum. Children should learn to build positive, enjoyable, respectful and non-exploitative relationships and know how to stay safe both on and offline. Relationships and sex education involves learning about the emotional, social and physical aspects of growing up, relationships, sex, consent, human sexuality and sexual health.

MIND

Learning the skills and knowledge that are needed for successful adult life. This includes; Personal life, Social environment, Health aspects, Citizenship knowledge and Economic understanding. These are vital life skills and PSHCE aims to empower students to learn now and improve their life-chances, and to help them develop personal awareness.

VOICE

PSHCE will provide opportunities for 'oracy' and the skills needed to express opinion through debate, presentations, and group discussions aiming to build upon childrens' confidence. All students are expected to develop this essential skill that will directly contribute to raising students' achievement across the curriculum as well as being a transferable skill applicable to many walks of life and careers.



New PSHE Guidelines

Physical health and fitness

- associations between physical activity and mental wellbeing,
- what constitutes a healthy lifestyle
- maintaining a healthy weight, links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.
- the science relating to blood, organ and stem cell donation

Healthy eating

- how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer

Health and prevention

- personal hygiene
- germs
- antibiotics
- Dental Health
- Immunizations & Vaccines
- Self-examinations
- Importance of sleep

DfE Topics

Mental wellbeing

Internet safety and harms

Drugs alcohol and tobacco

Respectful relationships, including friendships

Online and media

Intimate and sexual relationships, including sexual health

Citizenship

● Physical health and fitness

● Healthy eating

● Health and prevention

● Basic first aid

Changing adolescent body

● Families

● Being Safe

CPR/First Aid

- Basic treatment for common injuries
- Life-saving skills, including how to administer CPR
- The purpose of defibrillators and when one might be needed

Families

- Different types of families,
- Marriage
- Roles and responsibilities of parents
- Judge when a family, friend, intimate or other relationship is unsafe

Being Safe

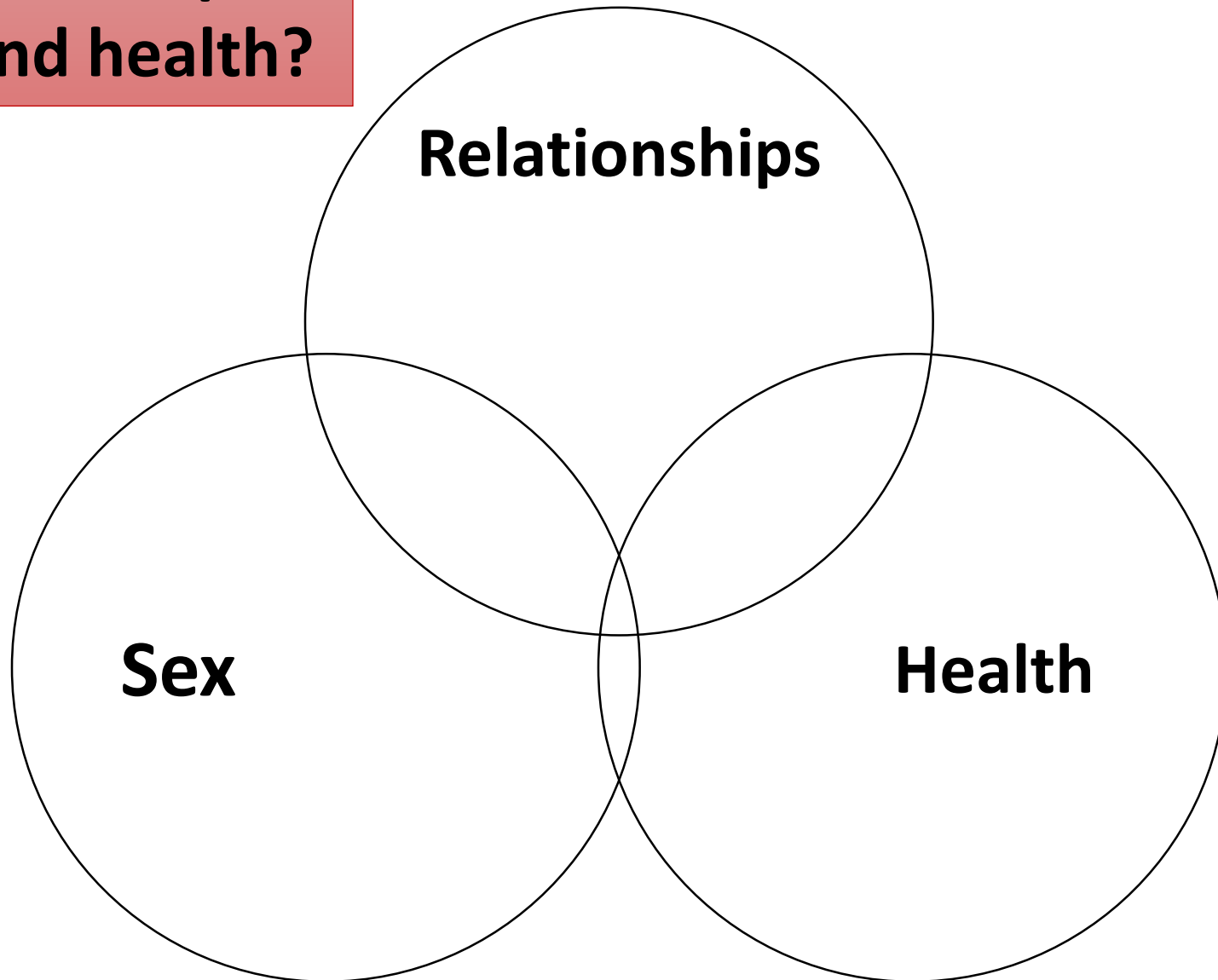
- The concepts of and laws relating to sexual consent
- Sexual exploitation, abuse, grooming, coercion, harassment, rape domestic abuse, forced marriage, honour-based violence and FGM
- How these can affect current and future relationships

Right of withdrawal

Updated Government Guidance as of September 2021

- Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents will be able to withdraw their child (following discussion with the school) from **any or all aspects of Sex Education**, other than those which are part of the science curriculum, up to and until three terms before the age of 16.
- After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.'
- Where pupils are withdrawn from sex education, schools should document the process and will have to 'ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.'

What is relationships, sex and health?



Topics covered include:

1. Mental health
2. Cyberbullying
3. Pornography
4. FGM
5. Puberty
6. 'Sexting'/Sharing Nudes and semi-nudes
7. Consent
8. STIs
9. Pregnancy
10. Contraception
11. Same sex marriage
12. Drugs & Alcohol
13. LGBT

The Outcome:

What can you expect from students and staff?

- Discerning and mindful human beings willing to participate as positive citizens
- Solution-focused individuals – knowing how and when to solve their own problems, and when to seek help
- Resilient, caring people – caring for self and others
- Questioning and challenging minds that want to learn
- Self-knowledge for self-efficacy
- Emotionally literate individuals
- Exploration skills – looking for their own answers

Through this programme, we can be confident that a focus on well-being and mental health not only enables us to provide a healthy and happy school environment for students and staff, and prepare the citizens of tomorrow with sound character and values, but also directly supports their more immediate mission: the promotion of effective learning.

For more information:

Get the facts

on Relationships
and Sex Education

Promotional material

**Relationships, sex and health
education: guides for parents**

Search 'RSE FAQ' on GOV.UK

Search 'RSE Parent Guide' on GOV.UK

**Please share any comments or
feedback on this presentation via the
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