

# RSHE at Ratton

## Year 10

Ratton is committed to delivering high quality RSHE to all students in an age appropriate way. It is delivered by subject specialists as part of Ethics.

From September 2020 RSHE will be statutory in all schools. The Government Guidance can be found here: [Government Guidance On Relationships, Sex and Health Education](#)

The Ethics department have developed our curriculum in conjunction with the students, using the resources provided from East Sussex County Council, Sex Education Forum and the PSHE association.

This overview of the lessons has been produced to inform parents and carers of what will be covered by students. We agree with the DfE statement that says;

“We are clear that parents and carers are the prime educators for children on many of these matters. Schools complement and reinforce this role and have told us that they see building on what pupils learn at home as an important part of delivering a good education.”

The RSHE Curriculum is divided into the two themes:

- Health
- Relationships and Sex Education.

The topics that must be covered are outlined in the boxes below along with the theme covered and when the topic will be delivered.

The lessons marked with an asterisk are also part of the GCSE syllabus for Religious Studies. Students explore the theme of human relationships from religious, ethical and non- religious points of view.

Parents of secondary school children do have the right to excuse them from the Sex Education lessons up to 3 full terms before the students 16<sup>th</sup> birthday.

The guidance on excusing students is covered in points 40-50 of the RSHE Guidance (purple hyperlink above) or please contact Ms.G Bryden for help on this matter email: [gbryden@ratton.co.uk](mailto:gbryden@ratton.co.uk)

### Health

Mental Wellbeing  
Internet Safety  
Physical Health and Fitness  
Healthy eating  
Drugs, Alcohol and Tobacco  
Health and prevention of harm  
Basic First Aid  
The changing adolescent body

### Relationships and Sex Education

Families  
Respectful relationships  
Online and Media  
Being Safe  
*Intimate and Sexual Relationships*  
*Sexual health*

## Lesson 1: Healthy Relationships

### Students will:

- Consider what qualities and characteristics people look for in friends and partners
- Know what qualities are present in a healthy and unhealthy relationships
- Know how to access help and support around relationship issues

RHSE themes: **Families, Respectful relationships , Being safe**

Term 1

## Lesson 2: Consent

### Students will:

- Discuss why consent (in the general sense) links with respect and self-respect.
- Know what the law says about sexual consent
- Consider ways in which sexual consent can be discussed in an intimate relationship.

RSHE themes: **Respectful relationships, Being safe, Intimate and sexual relationships**

Term 1

## Lesson 3: Readiness for Intimacy

### Students will:

- Identify ways in which people express attraction and love without sexual intimacy
- Consider the responsibilities and risks involved with intimate sexual relationships
- Build confidence in communicating about readiness for sexual intimacy

RSHE themes:

**Respectful relationships, Being safe , Intimate and sexual relationships**

Term 1

## Lesson 4: Contraception

### Students will:

- Be able to explain a range of contraception methods
- Identify ways to use a condom effectively
- Overcome common barriers to accessing and using contraception and sexual health service

RSHE themes: **Respectful relationships, Being safe , Intimate and sexual relationships ,sexual health**

Term 1

## Lesson 5: Unplanned pregnancy

### Students will:

- Identify emergency contraception and where they can be accessed
- recognise signs and symptoms of pregnancy and know how to ask for help as soon as pregnancy is suspected
- understand what abortion is, including the legal status consider a range of beliefs and opinions related to abortion.

RSHE themes: Families, Intimate and sexual relationships , sexual health, The changing adolescent body

Term 1

## Lesson 6: Sexual Health

### Students will:

- Know that intimate sexual relationships carry the risk of sexually transmitted infection
- be able to explain a range of ways to reduce the risk of sexually transmitted infection
- To overcome barriers that prevents young people accessing sexual health services

RSHE Themes: Intimate and sexual relationships, Sexual health, The changing adolescent body

Term 1

## Lesson 7: HIV and Aids

### Students will:

- Be able to Explain the differences between HIV and AIDS
- know how HIV can be transmitted and how the risk can be reduced
- Reflect on why there is a stigma associated with HIV and AIDS

RSHE themes: Health and the prevention of harm, Intimate and sexual relationships, Respectful relationships, Sexual health, Mental well being

Term 1

## Lesson 8&9: Marriage\*

### Students will:

- Discuss the ethics and cultural implications of marriage
- explore the relevance of marriage in the 21st century
- Be able to explain the significance of a Christian wedding and marriage

RSHE themes:

Families, respectful relationships

Term 1

## Lesson 10: Divorce and remarriage

Students will:

- Explore the Legal and cultural significance of divorce
- understand the religious objections to divorce and remarriage
- express their own views on the issue of divorce

RSHE themes: **Families, respectful relationships**

Term 1

## Lesson 10: The Ethics of Sexual relationships

Students will:

- Discuss the legal and cultural significance of sexual relationships
- explore religious opinions on sexual relationships
- Express their own views on the ethics of sexual relationships

RSHE themes: **Families, Respectful relationships**

Term 1

## Lesson 11: The Ethics of Contraception

Students will:

- Explain the legal and cultural significance of contraception
- explore religious opinions on contraception
- express their own views on the ethics of contraception

RHSE themes: **Being Safe, Intimate and Sexual Relationships, Sexual health, Health and the prevention of harm.**

Term 1

## Lesson 12: The Ethics of Human Sexuality

Students will:

- Explore how attitudes towards human sexuality have changed overtime and across cultures
- respectfully respond to different attitudes towards human sexuality
- Express their own views on the ethics of human sexuality

RHSE themes: **Respectful relationships, Being Safe, Intimate and Sexual Relationships, Sexual health, Health and the prevention of harm.**

Term 1

## Lesson 13 & 14: The role of the family

Students will:

- explore how attitudes towards the role of the family have changed across time and culture
- explain religious attitudes on the role of the family
- express their own views on the role of the family in the 21st century

RSHE themes: **Families**, **Respectful relationships**

Term 1

## Lesson 15 & 16: The roles of men and women

Students will:

- explore how attitudes towards the roles of men and women have changed across time and culture
- explain religious attitudes on the roles of men and women
- express their own views on the roles of men and women in the 21st century

RSHE themes: **Families**, **Respectful relationships**

Term 1

## Lesson 17: Mental Health- Stigma

Students will:

- Critically analyse messages in the media about mental illness
- Challenge stereotypes and myths regarding mental illness
- Ask questions and discuss issues regarding emotional health and well being

RSHE themes: **Mental Wellbeing**, **Internet Safety**, **Online and the Media**

Term 3

## Lesson 16: Mental Health- Different types of mental health issues

Students will:

- Know Symptoms of different mental health issues
- To understand a range of treatments for those dealing with a mental health issue
- Know how and when to access support

RSHE theme: **Mental Wellbeing**, **Health and prevention of harm**, **Drugs alcohol and tobacco**.

**Basic First Aid**

Term 3

## Lesson 17: Getting help with mental health issues

### Students will:

- Know how and when to access support
- Know How to support a friend or family member who may be dealing with them into a health issue
- To understand the importance of self-care in managing emotional health and wellbeing

RSHE theme: [Physical Health and Fitness](#), [Health and prevention of harm](#), [Mental Health](#), [Basic First Aid](#)

Term 3

## Lesson 18: Mental Health: Looking after yourself and others

### Students will:

- Review strategies for self-care
- Know when and how to speak to professional services
- To know when it is right to speak to an adult about concerns to have for the welfare of others

RSHE theme: [Physical Health and Fitness](#), [Health and prevention of harm](#), [Mental Health](#)

Term 3

## Lesson 19: Cannabis-The Law

### Students will:

- Know Current UK legislation regarding possession and use of cannabis
- critically appraise sources all the information about cannabis
- Show understanding of the different classes of illegal drugs

RSHE theme: [Mental Wellbeing](#), [Health and prevention of harm](#), [Drugs alcohol and tobacco](#).

Term 6

## Lesson 20: Cannabis and Mental Health

### Students will:

- Explore the range of risks associated with cannabis uses
- Demonstrate an awareness of why early cannabis use has an increased risk to mental health
- Critically evaluate why some young people engage in cannabis use despite knowing the risks

RSHE theme: [Mental Wellbeing](#), [Health and prevention of harm](#), [Drugs alcohol and tobacco](#).

Term 6

## Lesson 21: Cannabis and Learning

Students will:

- Explore the specific issues raised by use of cannabis and learning
- demonstrate an awareness of the neurological effects of cannabis on memory
- demonstrate an awareness of the effects of cannabis on motivation

RSHE theme: [Mental Wellbeing](#), [Health and prevention of harm](#), [Drugs alcohol and tobacco](#).

Term 6

## Lesson 22&23 Careers: Personal Statement

Students will:

- Think about the choices after Ratton
- Create a personal statement that can be used for college applications
- reflect on their own skills qualities and attributes

RSHE theme: Not part of RSHE but meeting CIAG needs.

Term 6

## Lesson 24: Careers-Interview Skills

Students will:

- Demonstrate understanding of what interviewers are looking for in candidates
- Have an opportunity to practice interview skills
- be aware of some of the common mistakes made at interview

RSHE theme: Not part of RSHE but meeting CIAG needs.

Term 6

## Lesson 25: Stereotypes and Media awareness

Students will:

- Identify if media idealised images constructed around gender
- interpret how media messages impact on self-esteem and body image
- consider a range of views relating to cosmetic surgery and identifying long term effects of such surgery

RSHE theme: [Respectful relationships](#), [Online and Media](#), [Mental Wellbeing](#)

Term 6

## Lesson 26: Body Image-Selfies

### Students will:

- Reflect on the use and purpose of selfies
- Recognise that the media can purposefully communicate messages of idealised body shapes and that this does not always reflect reality
- critically evaluate the role and motifs of influencers on social media

RSHE theme: **Respectful relationships**

**Online and Media, Mental Wellbeing, Internet Safety**

Term 6

## Lesson 26: Body Image-Self Care

### Students will:

- Reflect on their own sense of self esteem
- critically evaluate whether their own use of social medias has a positive impact on their self esteem
- further develop a range of strategies for the promotion of selfcare

RSHE theme: **Respectful relationships**

**Online and Media, Mental Wellbeing, Internet Safety**

Term 6