

RSHE at Ratton

Year 11

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, the 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 topics marked with an asterisk are taught as part of Love Life Day which is a drop down Day that takes place in December.

Parents of secondary school children do have the right to excuse them from the Sex Education lessons.

The guidance on excusing students is covered in points 40-50 of the RSHE Guidance (linked above) or please contact Ms.G Bryden for help on this matter. email: 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: Sexually Explicit imagery

Students will:

- Understand the law on the making of and access to sexually explicit imagery.
- Understand that sharing sexually explicit material may class as distribution of pornography- including sending nudes
- Know the penalties are for breaking the laws

RSHE Themes: *Respectful relationships, Online and Media, Being Safe, Intimate and Sexual Relationships*

Term 2

Lesson 2: Pornography: Its impact

Students will:

Discuss the impact of pornography on:

- Young people's expectations and attitudes towards sex- including consent and contraception.
- Body image
- relationships

RSHE themes:

Respectful relationships, Online and Media, Being Safe, Intimate and Sexual Relationships, Sexual Health

Term 2

Lesson 3: Sexuality, Sex and Gender

Students will:

- Be able discuss a range of gender identities and sexualities in a respectful way
- understand that gender, gender identity and sexuality are variable factors from one person to another and may vary over a person's lifetime
- Recognise that everyone has a right and responsibility to protect personal privacy

RSHE Themes: *Respectful relationships, Online and Media, Being Safe*

Term 2

Lesson 4: Pregnancy and Childbirth*

Students will:

- Be reminded of early signs of pregnancy and what the options are
- Understand the stages of pregnancy and childbirth
- Consider readiness for parenthood

RSHE themes:

Physical Health and Fitness, Healthy eating, Drugs, Alcohol and Tobacco, Intimate and Sexual Relationships

Term 2

Lesson 5: Binge drinking its risks*

Students will:

- Know what counts as a binge drinking and why it is risky
- To consider particular risk factors associated with binge drinking and unsafe sex
- To consider how alcohol impacts on a person's ability to consent to sex and what the law says about this.

RSHE themes:

Respectful relationships, Online and Media, Being Safe

Term 2

Lesson 6: Sexual Health*

Students will:

- Understand the importance of sexual health awareness and the responsibility that comes with sexual activity for sexual health
- Demonstrate confidence to seek help and support regarding sexually transmitted infection
- This session will also cover the importance of self-examination of breasts and testicles.

RSHE Themes: Being Safe, Mental Wellbeing, Physical Health and Fitness, Sexual Health

Term 2

Lesson 7: Healthy Relationships

Students will:

- Identify the markers of healthy and respectful relationships
- Consider the importance of self-respect as the foundation for healthy relationships
- Be able to recognise controlling behaviours and discuss strategies for dealing with these

RSHE themes: Mental Wellbeing, Families, Respectful relationships, Online and Media, Being Safe, Respectful relationships, Online and Media, Being Safe, Intimate and Sexual Relationships

Term 3

Lesson 8: abusive relationships

Students will:

- Identify potentially abusive behaviours within a range of relationship scenarios
- identify the legal status of some abusive behaviours
- demonstrate confidence to respond appropriately to unhealthy relationships

RSHE themes: Mental Wellbeing, Families, Respectful relationships, Online and Media, Being Safe, Respectful relationships, Online and Media, Being Safe, Intimate and Sexual Relationships

Term 3

Lesson 9: Abusive relationships: Getting help and supporting others

Students will:

- Demonstrate an accurate understanding of the law regarding abusive relationships including coercion and peer on peer abuse
- Demonstrate the confidence to support others dealing with unhealthy relationships- including talking to the police.
- know how to access support for themselves or others

RSHE themes: **Mental Wellbeing**, **Families**, **Respectful relationships**, **Online and Media**, **Being Safe**, **Respectful relationships**, **Online and Media**, **Being Safe**, **Intimate and Sexual Relationships**

Term 3

Lesson 10: Dealing with stress (as part of exam preparation workshop) workshop

Students will:

- Know how stress affects the brain
- Know a range of self-care strategies to help manage stress
- Be reminded of the support services available for them

RSHE themes: **Respectful relationships**, **Being Safe**, **Intimate and Sexual Relationships**, **Sexual health**, **Alcohol and Tobacco**, **Health and prevention of harm**

Term 4

Lesson 11: The importance of sleep (as exam preparation workshop)

Students will:

- Know the benefits that sleep has on our mental wellbeing
- Know the impact sleep has on memory
- Know some strategies for sleep hygiene

RHSE themes: **Mental Wellbeing**, **Health and the prevention of harm**.

Term 4

Lesson 12: Self Esteem and Motivation (as part of exam preparation workshop)

Students will:

- Participate in a motivational workshop hosted by the award winning 'Self Esteem Team.'
- They will explore the neuroscience and psychology of motivation
- Know some techniques to manage stress more effectively.

RHSE themes: **Mental Wellbeing**, **Healthy eating**, **Drugs**, **Alcohol and Tobacco**, **Health and prevention of har**

