

Relationships, Sex and Health Education at Ratton

Year 7

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 PSHE Association and the Sex Education Forum.

This overview of the lessons has been produced to inform parents and carers of what will be covered by students. We support 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.

Parents of secondary school children have the right to excuse them from the Sex Education lessons which are identified in italics in the box.

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: Being Successful at Ratton

Students will:

- Know what to expect in the first few weeks at Ratton
- Know who to get support from if required.
- Share any concerns or worries and suitable strategies for dealing with these those worries

RSHE theme: [Mental Wellbeing](#)

[Respectful Relationships](#)

Term 1

Lesson 2: What are the Ratton Virtues?

Students will:

- Know the Ratton Virtues
- Know how we build good habits by practising them often
- Discuss why our virtues begin with compassion

RSHE theme: [Mental Wellbeing](#)

[Respectful Relationships](#)

Term 1

Lesson 3: Why do some people bully others?

Students will:

- Know that (there) are different types of bullying
- Consider why bullying happens
- Explore strategies for handling it

RSHE theme: [Mental Wellbeing](#), [Internet Safety](#), [Respectful Relationships](#), [Being Safe, Online and Media](#),

Term 1

Lesson 4: Why is Self Esteem important?

Students will:

- Be able to define self esteem
- Explore strategies for building it
- Know how other people can impact on it (linking back to bullying behaviour)

RSHE theme: [Mental Wellbeing](#)

[Respectful Relationships](#)

Term 1

Lesson 5: What are prejudice and discrimination?

Students will:

- Know what prejudice is
- Know what discrimination is
- Know what the law on equality is
- Understand that we all have the right to live free from discrimination

RSHE theme: [Respectful Relationships](#)

Term 1

Lesson 6: Managing my emotions?

Students will:

- Discuss how we feel and act in certain situations
- Learn about a range of strategies to manage difficult emotions
- Understand the role puberty plays in managing emotions.

RSHE theme: [Mental Wellbeing, The changing adolescent body](#)

Term 3

Lesson 7: Puberty: how it works

Students will:

- Know what physical and emotional changes people may encounter during puberty
- Confidently use correct scientific names for genitalia
- Demonstrate a clear understanding of conception

RSHE theme: [Mental Wellbeing, The changing adolescent body](#)

Term 3

Lesson 8: Puberty: The big questions

Students will:

- Ask and answer questions about puberty
- Understand the importance of personal privacy
- Understand the importance of personal hygiene

RSHE theme: [Mental Wellbeing, The changing adolescent body, Physical Health and Fitness,](#)

Term 3

Lesson 9: Emotional Health and Wellbeing

Students will:

- Understand the impact good nutrition has on wellbeing
- Know how much sleep they should be getting
- Understand how exercise lifts mood

RSHE theme: [Mental Wellbeing](#) , [The changing adolescent body](#), [Physical Health and Fitness](#), [Healthy eating](#)

Term 3

Lesson 10: My Body, My Rights

Students will:

- Understand the importance of privacy in terms of our bodies
- Know the importance of showing respect for other people's right to privacy and boundaries
- Demonstrate an understanding that FGM (Female Genital Mutilation) is a form of abuse.

RSHE theme: [Health and prevention of harm](#), [Being Safe](#)

Term 3

Lesson 11: Looking After myself

Students will:

- Develop skills in risk assessing in the home
- Will be able to identify common dangers in the home and how to make them safe.
- Will be able to make a fire escape plan

RSHE Theme: [Health and prevention of harm](#), [Being Safe](#)

Term 3

Lesson 12: First Aid

Students will:

Complete an introduction to first aid that includes:

- treating cuts and grazes
- The recovery position
- CPR

RSHE Theme: [Health and prevention of harm](#), [Being Safe](#)

Term 4

Lesson 13: Managing in an emergency

Students will:

Students will meet with the Eastbourne Fire and Rescue Safety

- They will learn about keeping safe in a variety of situations such as:
- Road safety
- Cold Water Shock
- Fire safety

RSHE theme: **Health and prevention of harm, Being Safe**

Term 3/4

Lesson 14: Different families: Same Love

Students will:

- Show understanding of the diverse types of families there are in our community
- Challenge stereotypes
- Identify the different roles and responsibilities parents and children have

RSHE theme: **Mental Wellbeing, Respectful relationships, Online and Media**

Taught as part of the carousel

Lesson 15: Healthy Relationships

Students will:

- Discuss how it might feel when your family is going through changes.
- How to get support if they find themselves in a negative relationship
- How we can challenge or resist thoughts and behaviours that are harmful

RSHE Theme: **Mental Wellbeing, Families, Respectful relationships,**

Taught as part of the carousel

Lesson 16: Show racism the red card

Students will:

- Know why we should challenge racism
- Know how we should challenge racism
- Know how the school will respond if students are racist

RSHE theme: **Mental Wellbeing, Respectful relationships, Online and Media**

Taught as part of the carousel

Lesson 17: Gender in the Media

Students will:

- Know how to recognise gender stereotyping
- Explore why gender stereotyping is an issue
- Know how to challenge gender stereotypes.

RSHE theme: **Mental Wellbeing** **Respectful relationships**, **Online and Media**

Taught as part of the carousel

Lesson 18: Diversity at Ratton

Students will:

- Know what is meant by a hate crime
- Know how we should respond to hate crime
- Know how the school responds to hate crime

RSHE theme: **Mental Wellbeing** **Respectful relationships**, **Online and Media**

Taught as part of the carousel

Lesson 19: What are drugs? Why do people use them?

Students will:

- Describe some negative effects of both legal and illegal drugs.
- Explain how both legal and illegal drugs may damage the body.
- Analyse why people continue to use drugs in Britain, despite having knowledge of the risks.

RSHE theme: **Health and prevention of harm**, **Drugs, Alcohol and Tobacco**, **Mental Wellbeing**, **Being Safe**

Taught as part of the carousel

Lesson 20: What are the risks of smoking?

Students will:

- Describe the negative effects of smoking
- Explore why people still do it even though they know the risks
- Have a clearer understanding of how addiction works

RSHE theme: **Health and prevention of harm**, **Drugs, Alcohol and Tobacco**, **Mental Wellbeing**, **Being Safe**

Taught as part of the carousel

Lesson 21: What are the risks of drinking alcohol?

Students will:

- Describe the negative effects of alcohol on our physical health
- Explain the negative impact of alcohol on society
- Further their knowledge about addiction

RSHE theme: Health and prevention of harm, Drugs, Alcohol and Tobacco, Mental Wellbeing, Being Safe

Taught as part of the carousel

Lesson 22: Peer Pressure and Peer Support

Students will:

- Identify the different forms peer pressure can take
- know a range of strategies to resist peer pressure
- know how to be a peer supporter

RSHE theme: Health and prevention of harm, Drugs, Alcohol and Tobacco, Mental Wellbeing, Being Safe

Taught as part of the carousel