

RSHE at Ratton

Year 8

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 yellow 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: My Brilliant Body

Students will:

- Students demonstrate what they already know about puberty.
- Confidently use scientific terms for genitalia.
- Demonstrate understanding of conception.

RSHE theme: Term 1

The changing adolescent body, healthy eating

Term 2

Lesson 2: My brilliant Body 2

Students will:

- Find answers to frequently asked questions about puberty, genitals and conception.
- Demonstrate further understanding about the changing adolescent body
- Show an awareness that everybody goes through puberty in their own way

RSHE theme: The changing adolescent body

Sexual health (self-examination e.g. for testicular cancer or breast cancer)

Term 2

Lesson 3: Sexuality, Sex and Gender

Students will:

- Be able to explain the difference between a person's sex, gender and sexuality.
- Recognise that there are different sexualities and know that they are to be respected equally.
- Recognise that there are different genders and know that they are to be respected equally.

Respectful relationships, Families

Term 2

Lesson 4: HPV

Students will:

- Be able to describe the human papilloma virus and its risks.
- Understand that HPV is passed through sexual activity.
- Identify ways to protect themselves and others from the serious health consequences of HPV.

Being Safe, Intimate and Sexual Relationships, Sexual health, Health, and prevention of harm

Term 2

Lesson 5: Drugs, Alcohol and Tobacco Education

Students will:

- Know why risk-taking behaviours sometimes increase during adolescence.
- Understands the harms associated with drugs, alcohol and tobacco use.
- Build confidence when dealing with peer pressure around drugs, alcohol or tobacco use.

RSHE themes:

The changing adolescent body, Drugs,

Lesson 6: Marriage*

Students will:

- Discuss the reasons choose to marry.
- Know the legal and religious connotations of marriage.
- Know that forced marriage is illegal.

*This lesson appears as part of The Religious Studies Topic on Rites of Passage.

Families, Respectful relationships

Term 3

Lesson 7: Crush or Love?

Students will:

- Discuss the different types of love we can feel.
- Identify differences between a crush and love.
- Discuss why do young people often get crushes.

Respectful relationships, The changing adolescent body

Term 4

Lesson 8: Now we are going out...

Students will:

- Identify healthy and respectful relationship behaviours.
- Acknowledge that people will have different expectations and readiness within relationships.
- Can understand the importance of communication and consent in all aspects of relationships.

Being Safe, Intimate and Sexual, Relationships, Internet Safety

Term 4

Lesson 9: Exploitation

Students will:

- Demonstrate an awareness of the ways people can exploit others.
- Identify a range of controlling behaviours.
- Know where to access support for themselves or others.

RSHE themes: [Mental Wellbeing](#), [Internet Safety](#)

[Respectful relationships](#)

Intimate and Sexual Relationships

Term 4

Lesson 10: Question time/Peer Support

Students will:

- Identify a range of issues that young people might need support with.
- Demonstrate an awareness of the range of services in place to offer support.
- Demonstrate understanding of when it is necessary to break someone's confidence to keep them safe.

[Internet Safety](#) [Being Safe](#)

[Respectful relationships](#)

Term 4

Lesson 11: Best/Worst Self

Students will:

- Reflect on how resilient they are.
- Consider what factors their behaviour is dependent on.
- Reflect on how different emotions lead to different responses in different people.

RSHE themes: [Respectful relationships](#), [Mental Wellbeing](#),

This topic is part of the carousel

Lesson 12: Teenage Brain

Students will:

- Understand some of the changes that happen in the brain during adolescence.
- Discuss the pressures on teenagers in the 21st Century.
- Know how to boost their mental wellbeing through nutrition, exercise, and sleep.

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

This topic is part of the carousel

Lesson 13: Body image

Students will:

- Consider how body image pressure leads some young people to send nudes (sexting).
- To know what the law says about sending nudes.
- Suggest effective strategies to manage a sexting scenario including emotional and practical support.

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

This topic is part of the carousel

Lesson 14: Peer Support/Peer Pressure

Students will:

- Identify a broad range of problems that young people might experience.
- Effectively respond when supporting people with problems.
- Risk assess a problem, knowing when to seek further help or support, signposting help.

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

This topic is part of the carousel

Lesson 15: Employability

Students will:

- Discuss what skills and qualities employees want from young people.
- Know what the law is around employment for children.
- Debate: should children have jobs?

This is a CIAG Lesson.

This topic is part of the carousel

Lesson 16: Psychic Vampires

Students will:

- Learn strategies for staying positive while dealing with negativity.
- Be able to explain why employers look for positive people.
- Reflect on their own approach to difficult tasks.

This is a CIAG lesson

This topic is part of the carousel

Lesson 17: Teamwork or Independent Work?

Students will:

- Consider what skills and attributes we need when required to work with others versus when we work alone.
- Reflect on their default role when working in groups.
- Reflect on how independent they can be with their work?
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This topic is part of the carousel.