

RSHE at Ratton

Year 9

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: Alcohol and Self Esteem

Students will:

- Consider reasons that people drink alcohol
- Discuss why people with low self esteem might use alcohol as a crutch
- Learn strategies for building self-esteem in healthy way

RSHE Themes:

Drugs, Alcohol and Tobacco, Health and prevention of harm, Physical Health and Fitness, **Being Safe**

Term 2

Lesson 2: Alcohol- What is Binge Drinking?

Students will:

- Know what is classified as binge drinking
- Know how what binge drinking does to our bodies
- Know strategies to support someone drinking too much
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RSHE themes:

Drugs, Alcohol and Tobacco, Health and prevention of harm, **Being Safe**, Basic First Aid, Physical Health and Fitness, **Being Safe**

Term 2

Lesson 3: Alcohol and addiction

Students will:

- Have a clearer understanding of what alcohol dependency is
- Consider the consequences of alcohol dependency physically and emotionally.
- Engage with stories of people living with alcohol dependency.

RSHE Themes: **Drugs, Alcohol and Tobacco**, Health and prevention of harm, Physical Health and Fitness, **Being Safe**

Term 2

Lesson 4: Alcohol and other drugs

Students will:

- Be able to recognise the risks associated with drinking alcohol and taking drugs
- Explore why alcohol might affect people's sense of risk
- Know what action to take if someone becomes unwell as a result of substance misuse.

RSHE themes: **Drugs, Alcohol and Tobacco**, Health and prevention of harm, Basic First Aid, Physical Health and Fitness, **Being Safe**

Term 2

Lesson 5: Emotional Health and Wellbeing- The Holy Trinity

Students will:

- Know why sleep is so important to our wellbeing
- Explore the impact of exercise on mental health
- Explain why a healthy diet is essential to emotional health.

RSHE themes:

Mental Wellbeing, Physical Health and Fitness

Term 4

Lesson 6: Self Care Strategies

Students will:

- Know how to 'check in' on themselves
- Discuss a range of selfcare strategies.
- Consider the psychology and physiology of how self-care strategies work.

RSHE Themes:

Mental Wellbeing, Physical Health and Fitness

Term 4

Lesson 7: Self Destructive Behaviour

Students will:

- Discuss that Some people develop negative coping strategies
- Identify a range of negative coping strategies
- Understand that these negative strategies are habits and can be changed

RSHE themes:

Mental Wellbeing, Physical Health and Fitness, Drugs, Alcohol and Tobacco, Health and prevention of harm, Being Safe

Term 4

Lesson 8: Happiness as a virtue

Students will:

- Discuss the idea that happiness can be developed
- Know that although we don't have a choice in what happens to us, we do have a choice in our reactions
- Explore 10 ways we can develop happiness

RSHE theme:

Mental Wellbeing, Health and prevention of harm

Term 4

Lesson 9: Risky Relationships and 'frenemies'

Students will:

- Explore the roles people take within friendship groups
- How to identify genuine friendships
- What do if friends are engaging in risk taking behaviours

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

Term 5

Lesson 10: Sexual Intimacy: what are the risks?

Students will:

- Discuss the risks involved with sexual encounters including sexting
- First sexual encounters
- Low Self-esteem and sex

RSHE themes: *Respectful relationships, Being Safe, Intimate and Sexual Relationships, Sexual health*

Term 5

Lesson 11: Contraception skills

Students will:

- Explain the risks associated with unprotected sex
- Can identify why condoms are the most effective method for preventing STI and unplanned pregnancy.
- Know the steps to ensure condoms are used effectively.

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

Term 5

Lesson 12: Contraception part 2

Students will:

- Know a wide range of contraceptive choices available
- Know where and when these can be obtained
- Know how these will prevent common STIS

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

Term 5

Lesson 13: Online sexualised behaviour

Students will:

- critically evaluate different media images that use sexualised imagery
- recognise that this imagery may influence the way people think about their own bodies or about sex
- Consider the intentions behind the use of sexualised imagery

RSHE themes: **Mental Wellbeing**, **Respectful relationships**, **Being Safe**, **Internet Safety**, **Online and the Media**

Term 5/6

Term 1

Lesson 14: Consent is everything

Students will:

- Demonstrate an awareness that people have varying levels of acceptability in terms of their bodies being touched
- Consider the Law in relation to sexual activity and consent
- Recognise different intentions for sexual touching, including grooming.

RSHE themes: **Respectful relationships**, **Being Safe**, **Intimate and Sexual Relationships**

Term 6

Lesson 15: Summer Safety: Body Image

Students will:

- Critically analyse messages in the media about idealised body image
- identify ways to reduce stress or anxiety caused by media
- Critically analyse the way images are produced eg an awareness of digital manipulation

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

Term 6

Lesson 16: Summer Safety: Sun Safe

Students will:

- Know about the link between sun burn and skin cancer
- Know how to protect their skin against sun damage
- Know warning signs to look out for

RSHE theme: **Physical Health and Fitness**, **Health and prevention of harm**

Basic First Aid

Term 6

Lesson 17: Summer Safety: Festival Safe

Students will:

- Review risks around substance misuse
- Consider why people might take risks at festivals
- Plan how to have a good time safely

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

Basic First Aid

Term 6

Lesson 18: Careers: Having a Goal

Students will:

- Think about future life goals
- Consider the steps needed in order to achieve those goals.
- Think about how school can help them achieve those goals

Not part of RSHE but meeting CIAG needs.

Term 6

Lesson 19: Careers: Options

Students will:

- Discuss the process of choosing their GCSE subjects
- Think about what to base their decision on
- Look at scenarios and give advice on what options to choose

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

Term 3

Lesson 20: Careers

Students will:

- Think about life after school
- Will consider the benefits/downsides of Apprenticeships versus college
- Learn about going to university and what that will mean financially and it terms of career prospects.

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

Term 3