



# Relationships, Sex and Health Education (RSHE)

## at Greenford High School

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# Welcome!



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# Parent Ambassadors



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COMMUNITY COMPASSION COURAGE RESPONSIBILITY RESILIENCE





# Workshop Aims

- To understand what is meant by RSHE and why it is important
- To explore the RSHE curriculum for your child
- To discuss how you can support your child in accessing their RSHE lessons
- The opportunity to ask any questions you may have

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# What is RSHE ?

RSHE (Relationships, Sex and Health Education) teaches children and young people how to build **healthy relationships**, understand their **physical and emotional development**, and **stay safe** in the modern world.

## Aims of RSHE:

- Promote respectful relationships
- Support physical and emotional health
- Provide age-appropriate sex education
- Keep children safe

NB. RSHE is split into:

Relationships Education  
(Statutory)

Health Education  
(Statutory)

Sex Education

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## Statutory RSHE

### Relationships Education:

1. Families
2. Respectful Relationships Including Friendships
3. Online And Media
4. Being Safe
5. Intimate Sexual Relationships Including Sexual Health (*Secondary Only*)

The same topic headings are used in both the primary and secondary curriculum, the expectation for a spiral curriculum is made clear in the guidance.

### Health and wellbeing

1. Mental Wellbeing
2. Internet Safety And Harm
3. Physical Health And Fitness
4. Healthy Eating
5. Drugs, Alcohol And Tobacco
6. Health And Prevention
7. Basic First Aid
8. Changing Adolescent Body

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# Teaching about the law:

- marriage
- consent, including the age of consent
- violence against women and girls
- online behaviours including image and information sharing (including youth-produced sexual imagery, nudes, etc.)
- pornography
- abortion
- sexuality
- gender identity
- substance misuse
- violence and exploitation by gangs
- extremism/radicalisation
- criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)
- hate crime
- female genital mutilation (FGM)

## Consent and the law

### CONSENT



It is an offence for anyone to have any sexual activity with a person under the age of 16. However, Home Office guidance is clear that there is no intention to prosecute teenagers under the age of 16 where both mutually agree and where they are of a similar age.

### CONSENT



It is an offence for a person aged 18 or over to have any sexual activity with a person under the age of 18 if the older person holds a position of trust (for example a teacher or social worker) as such sexual activity is an abuse of the position of trust.



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# Frequently asked questions

## Who teaches my child RSHE and when?

RSHE is delivered by form tutors during scheduled PSHCE lessons once a fortnight.

## Do all schools cover RSHE?

Yes- all state schools including faith schools are legally required to teach RSHE

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# Frequently asked questions

## How are LGBTQ issues covered?

Students must be taught in an inclusive manner. Students are required to know about the protected characteristics as set out in the Equality Act 2010 including Gender Reassignment and Sexuality. Other than this, there are no separate lessons on LGBTQ.

## Are any explicit videos/ pictures/ diagrams used?

No- all resources are age appropriate and not graphic

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# Frequently asked questions



## How does RSHE relate to religious viewpoints?

RSHE is designed to be inclusive and respectful of all pupils' backgrounds, acknowledging that families and faiths may have different views on relationships and sex education.

The goal is not to challenge religious beliefs, but to equip children with the knowledge and skills they need to stay safe, understand themselves and the law.

## Does my child have to participate in RSHE lessons?

Almost all lessons are compulsory as Relationships and Health Education are statutory.

Parents have the right to withdraw students from lessons that only focus on Sex Education.

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# Frequently asked questions

## Do you teach about reproduction and sex itself?

No- reproduction is covered in the Science curriculum but not in RSHE. Specific sexual acts are not mentioned or covered, other than brief allusions when talking about consent. These are always age appropriate and not discussed in explicit detail.

## Won't learning RSHE encourage my child to participate in romantic relationships?

No, evidence suggests that RSHE helps to keep children safe and make informed choices. It has also been shown to reduce rates of teenage pregnancy.

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# Why is RSHE important?

**'Nudify'**  
Apps That Use AI to  
**'Undress'**  
**Women** in Photos  
Are Soaring  
in Popularity

**51%**

of UK 11-13-year-olds  
have seen hardcore  
pornography online

British Board of Film Classification Report, March 2022

**75%**

of UK 15-  
questioned  
sent beha

Digital Childhoods, children

**Child protection**

**Vikram Dodd**

Wed 10 Jan 2024 00.01 GMT

**ADOLESCENCE**

Children now 'biggest perpetrators of  
sexual abuse against children'

Police data shows 52% of alleged offenders in England and Wales  
are minors - a situation exacerbated by 'accessibility of violent  
porn'



# Advice for Parents

Dr Ranj has written a book called ***How to grow up and feel amazing, a guide for boys***. It introduces puberty and relationships and his struggles as a young boy.

Dr Zoe Williams has written a similar one for girls. She also has a YouTube channel.



**Ms Hilburn**

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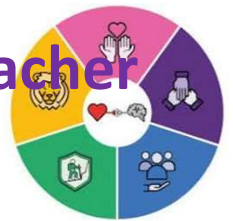


# Advice for Parents

- Ask your child what they understand about these topics and check in again after their lessons
- Ask if there is anything they are worried about. If my child had questions, I would answer as best as I could.
- If I felt that the age was not appropriate, tell them ***'I am not going to lie to you, but you are a little young to be looking at this and we will cover this when you are a bit older. Please do not google/ ask your friends as this will be false information'***



Mrs A Phull  
Assistant Headteacher



# Y7 RSHE Curriculum

## L1: Changes in Puberty Part 1

- Physical and mental changes in puberty in males and females

## L2: Changes in Puberty Part 2

- Hygiene during puberty
- The menstrual cycle
- Coping with the menstrual cycle

## L3: Female Genital Mutilation - delivered by an external speaker

- Basic facts about FGM ( not including types)
- Effects of FGM
- The law surrounding FGM

## L4: Gender stereotypes

- Explore gender stereotypes and why they exist
- Examine why gender stereotypes can be limiting
- Understand the protected characteristics of gender and sexuality as set out in the UK Equality Act 2010

## L4: Healthy and unhealthy relationships- friendship

- Understand the characteristics of healthy and unhealthy friendships
- Explore the concept of values
- Understand what to do if a relationship becomes unhealthy

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# Y8 RSHE Curriculum

## L1: Healthy Relationships

- Features of healthy and unhealthy relationships
- Jealousy and how it can be dealt with
- Imbalance of power in a relationship and how it can be dealt with
- Insults in a relationship and how it can be dealt with

## 2: Relationships and the internet

- Exploring the pros and cons of internet use in relationships
- Social media and friendships
- Sexting- definition, laws and impacts

## L3: Consent

- Definition of consent using FRIES
- Consent in everyday life
- Law surrounding sexual consent
- How to recognise non-consent

## **Consent workshop- Active Bystander assembly**

- Gender stereotypes, sexism and sexual harassment

## L4: The risks of Unhealthy relationships

- Understanding the concepts of coercive control, honour based violence and domestic violence

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# Y9 RSHE Curriculum

## L1: What makes a healthy relationship?

- Communication in a relationship- active, passive or assertive
- The law surrounding sexual consent
- Understanding boundaries and consent and how to maintain these assertively

## L2: Child Sexual exploitation

- Definitions of CSE and grooming
- Understanding the grooming process
- The role of drugs and alcohol in the grooming process
- “Sextortion”

## L3: Sexting

- The law surrounding “sexting” and “sending nudes”
- The risks of sexting and the impact it can have on young people

## L4: Sexual bullying

- Understanding the concepts of sexual bullying and sexual harassment
- Examining the impact of sexual harassment in schools
- Understanding how to gain support and be an active bystander



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# Y10 RSHE Curriculum

## L1: Positive romantic relationships

- The features of a romantic relationship
- Understanding and setting boundaries in a romantic relationship
- Understanding boundaries and consent and how to maintain these assertively

## L2: Consent

- Definition of consent using FRIES
- Consent in everyday life
- Law surrounding sexual consent
- How to recognise non-consent

## L3: Contraception

- Understand the advantages and disadvantages of different types of contraception
- Awareness of responsibility regarding contraception
- How contraception can be accessed

## L4: STIs

- Understanding of different STIs and their signs and symptoms
- How STIs can be treated and avoided

## L5: Pornography (Delivered by an external speaker)

- Define Pornography
- Understand the law surrounding pornography
- Examine reasons why young people may access pornography
- Explore the impact of pornography on relationships



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# Post coffee morning survey



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