

# Relationships, Sex and Health Education Parent and Carers Consultation

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# This presentation will cover

- Why is RSHE important
- How RSE is taught at Brookfield s Community school
- Clarify parents and carers right to withdraw
- Tips for supporting parents to discuss RSHE at home
- Moving forwards...



# Where do young people get their information about Sex and relationships?

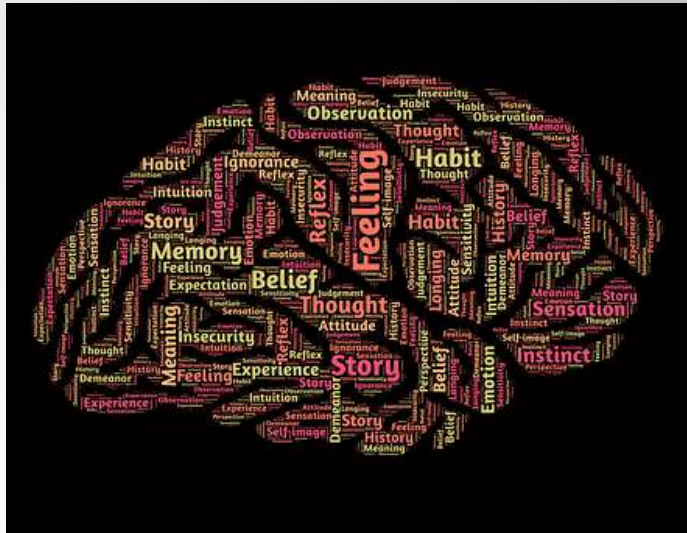


# Relationships First

Social relationships are key to well-being

[UK Trauma Council](#)

Schools should ensure that children and young people feel that they belong to, and are a valued part of, a school community.



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1. MENTAL AND EMOTIONAL HEALTH
2. FAMILY RELATIONSHIPS
3. SUICIDAL THOUGHTS AND FEELINGS

were the **top three concerns** young people were counselled about.

1. SEX AND SEXUAL HEALTH
2. SELF-HARM
3. RELATIONSHIPS

were the **top three topics** on the Childline website's message boards.

News > UK > Home News

# Half of children have seen porn by the age of 13

The Children's Commissioner says consumption of pornography is 'widespread' among children

Research and analysis

## Review of sexual abuse in schools and colleges

Published 10 June 2021



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Most young people make safe choices.



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# Young people who have had quality RSE are..

- More likely to seek help or speak out;
- More likely to practice safe sex and have improved health outcomes
- More likely to have consented to first sex, and for first sex to happen at an older age;
- More likely to have an understanding of digital safety in regard to relationships and sex;
- More knowledgeable and aware of discrimination, gender equity and sexual rights;
- Less likely to be a victim or perpetrator of sexual violence
- [RSE The Evidence - one page summary.pdf \(sexeducationforum.org.uk\)](https://sexeducationforum.org.uk)



# RSE is most effective when..

- teachers receive evidence based training about RSE
- home and school are involved
- information taught in RSE is medically and factually accurate and up-to-date
- a positive approach (not scare tactics) is used
- lessons are timely and responsive to children and young people's needs as they are growing up.
- there are opportunities to ask questions and explore different views and opinions.

[RSE The Evidence - one page summary.pdf \(sexeducationforum.org.uk\)](https://sexeducationforum.org.uk/RSE-The-Evidence-one-page-summary.pdf)



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# Statutory Relationships, Sex and Health Education – Secondary

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain.

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

By the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body



# New Government Guidance tells us

‘Parents should be given the opportunity to understand the purpose and content of Relationships Education.’

‘Parents have the right to request that their child be withdrawn from some or all of sex education.’



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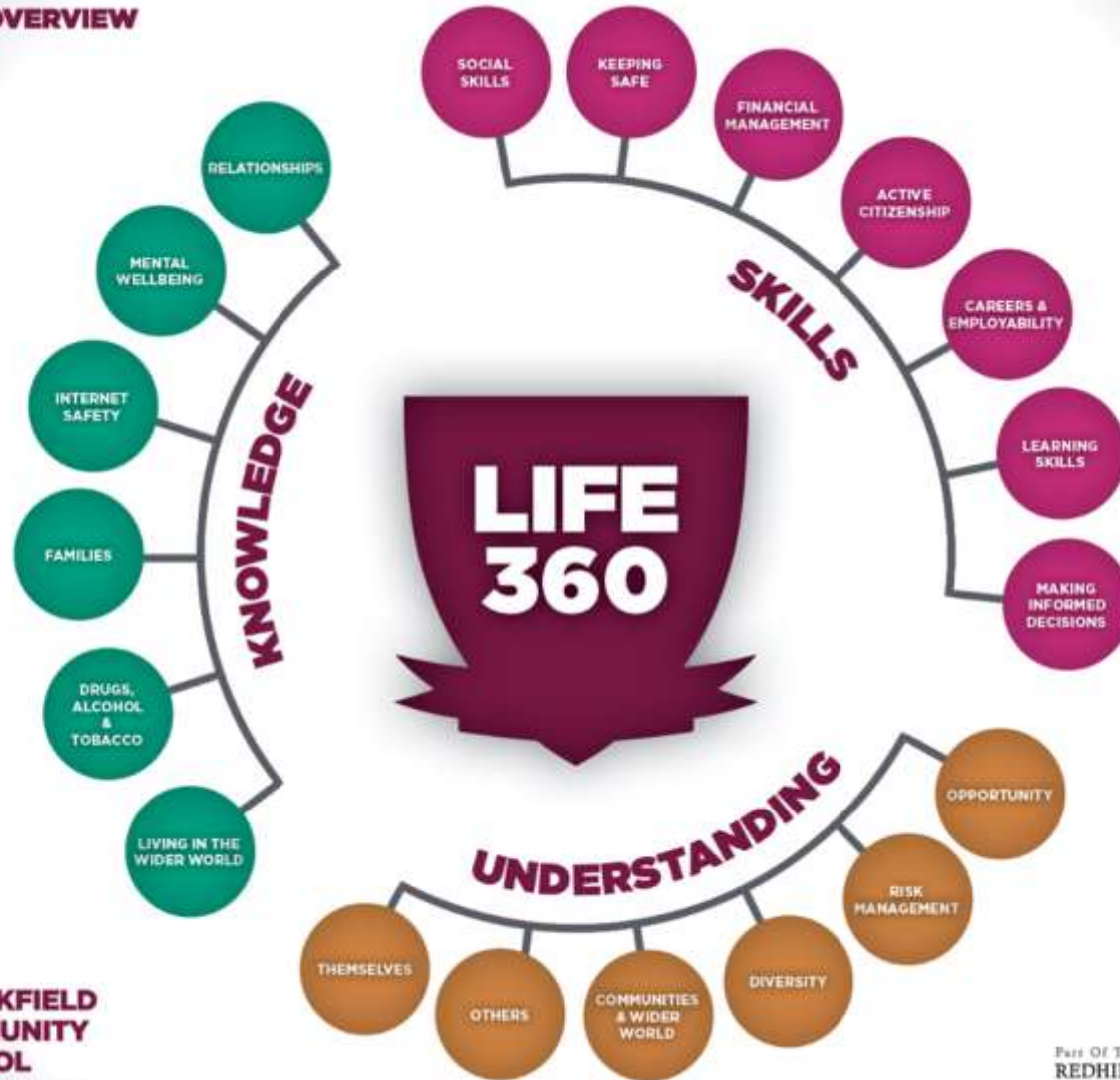


# An overview of how RSE is taught at Brookfield Community School .

- Fortnightly PSHE lessons
- Drop-down sessions (year groups)
- Life 360 tutor time activities
- External guest speakers



## CURRICULUM OVERVIEW



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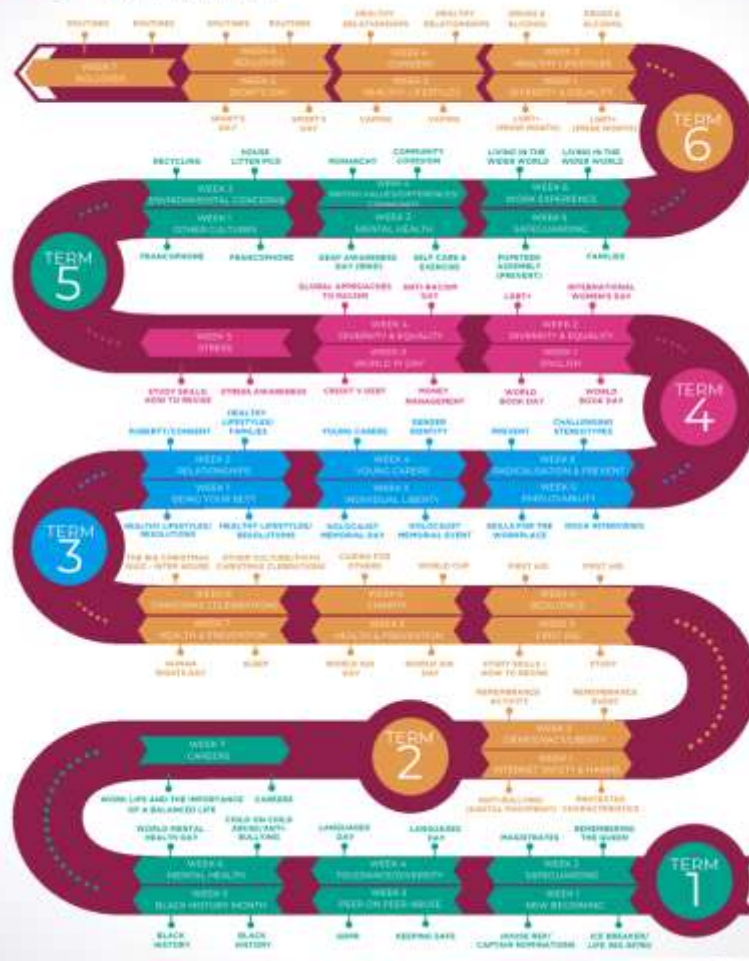




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# LIFE 360

LIFE 360 TUTOR TIME



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# Some examples of approaches and resources used across the age ranges (Year 7)

## What does puberty mean?

"Puberty is the time in life when a boy or girl becomes sexually mature as their body begins to develop and change."


It is a process that usually happens between the ages of 10 and 14 for girls and ages 12 and 16 for boys- however **everyone is different.**"



# Some examples of approaches and resources used across the age ranges (Year 9)

What is a relationship?


"The relationship between two people or groups is the way in which they feel and behave towards each other."



The different kinds of relationships:

- Family relationships (parents/step parents, carers, siblings etc)
- Friendships
- Professional relationships (work colleagues, teachers etc)
- Intimate relationships and/or sexual partners
- Marriage/Civil Partners

Relationships Matter



# More detail on how the sex education is delivered

- RSE policy and text message system
- Age specific sessions
  - Drop down
  - KS3 lessons
- Guest speakers
- Trained staff
- The KS3 and KS4 science curriculum (biology national curriculum)
- Themed assemblies
- School nurse
- LGBT+ club
- Brookfield's No Place for Hate Campaign
- Pastoral Support
- PSHE ground rules before every session (linked mutual respect)
- SENCO support for students with additional needs
- The right to withdraw from a RSE session



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# Talking to your child- handy tips-

- Reflect on your own experience- did my parents talk to me, did it help?
- Answer their simple questions early on
- Find out and listen to their views
- Answer truthfully so they know you are reliable.
- Use everyday situations to start conversation e.g. soaps.
- Use books or leaflets as a prop
- Let them know its ok to discuss anything
- Using correct names of the body parts can help to keep them safe



# Useful links

## **OUTSPOKEN SEX ED**

Getting parents talking openly  
about sex, bodies, consent & relationships

[Outspoken Sex Ed \(outspokeneducation.com\)](http://outspokeneducation.com)

**Stop Abuse  
Together**



[Let's stop abuse together. \(campaign.gov.uk\)](http://campaign.gov.uk)



[Sex education - a guide for parents \(autism.org.uk\)](http://autism.org.uk)

# Talking to your child about online relationships



[Talking to your child about online harassment](#)



[Advice for parents and carers - UK Safer Internet Centre](#)



- [#AskTheAwkward -](#)

Thank you for listening

Do you have any further questions?



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