

Personal, social, health and
economic (**PSHE**) education

and

Relationships and Sex Education
(**RSE**)

True or false

Common beliefs relating to RSE (Relationships and Sex Education)	True or false?
1.Children only need to know about puberty once they have started	
2.Boys and girls benefit from being taught separately	
3. Periods only need to be explained to girls	
4. Sex education for 5 year olds includes teaching them about sex	
5. There is no evidence that RSE works	
6. RSE encourages early sexual experimentation	
7. Good RSE leads to more reporting of sexual abuse	
8. The best RSE tells young people to abstain from sex until they are married	
9. 2% of girls do not learn about periods before they start	
10. 10% of boys do not learn about wet dreams until they experience them	

True or false

Common beliefs relating to RSE (Relationships and Sex Education)	True or false?
1. Children only need to know about puberty once they have started	False
2. Boys and girls benefit from being taught separately	Depends but same content needed
3. Periods only need to be explained to girls	False
4. Sex education for 5 year olds includes teaching them about sex	False
5. There is no evidence that RSE works	False
6. RSE encourages early sexual experimentation	False
7. Good RSE leads to more reporting of sexual abuse	True
8. The best RSE tells young people to abstain from sex until they are married	False
9. 2% of girls do not learn about periods before they start	False, it is 25%
10. 10% of boys do not learn about wet dreams until they experience them	False, it is 38%

Requirements on schools in law

From September 2020:

- Statutory for schools to deliver Relationships Education in primary schools
- Schools are **encouraged** by the Department of Education to deliver Sex Education - prepare for the changes adolescence brings and – drawing on knowledge of the human life cycle set out in the National Curriculum for science - how a baby is conceived and born.
- Health Education, which will also be made statutory from 2020, covers the key facts about puberty and the changing adolescent body.

- Many schools are already delivering very effective RSE - ensure not a post code lottery
- Changes to RSE build on what schools are already doing
- Digital world and access to information

The right to withdraw

Currently parents have the right to withdraw their children from all or part of Relationships and Sex Education. They do not have a right to withdraw their children from those aspects of RSE that are taught in National Curriculum Science or where RSE issues arise incidentally in other subject areas. **From 2020 parents will have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE but not Relationships Education and not Health Education.**

Ofsted is clear that schools must have a preventative programme which enables pupils to learn about safety and risks in relationships.

Through its Common Inspection Framework Ofsted will make judgements on how well schools are supporting children and young people's:

- Management of their own **feelings** and **behaviour**, and how they relate to others
- Understanding of how to keep themselves safe from **sexual exploitation**, including when using the **internet** and **social media**
- Knowledge of how to keep themselves **healthy**, both emotionally and physically
- Personal development, so that they are well prepared to **respect others**

Faith schools are required to deliver Relationships Education in accordance with the teaching of the Church. Denominational schools are therefore advised to take account of the appropriate Diocesan or faith guidance on Relationships Education. For many pupils, schools is their preferred, and sometimes only, source of Relationships Education (see the [Sex Education Forum briefing](#) 2015, page 9), which is why a positive, values-based approach and the development of safeguarding skills play such an important role in the safety, welfare and behaviour of pupils.



- Safety
- Caring
- Achievement
- Resilience
- Friendship

Used by 2000 schools currently, reaching 400 thousand children.

SCARF Relationships Education

- Comprehensive resource - key elements of relationships education: relationships, keeping safe, emotional health, and puberty and reproduction.
- Informed by PSHE association's programme of study
- Informed by the needs / wants of schools surveyed by Coram Life Education
- Informed by young people themselves, through feedback captured by the Sex Education Forum
- A spiral curriculum - knowledge and understanding, life skills, attitudes and values - range of situations now / as they grow older.
- Same key themes are taught each year - apply their learning to age-relevant scenarios - healthy decisions - keep themselves / others safe.

Relationships education

Families and people who care for me

Caring friendships

Respectful relationships

Online relationships

Being safe

Physical health and mental wellbeing

- 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

Example lesson overview – year 1

TERM 1	DATE	TERM 2	DATE	TERM 3	DATE
<p>Unit 1 – me and my relationships</p> <p>Unit Lesson Plans</p> <p>Why we have classroom rules</p> <p>Thinking about feelings</p> <p>Our feelings</p> <p>Feelings and bodies</p> <p>Our special people balloons</p> <p>Good friends ✖</p> <p>How are you listening?</p>		<p>Unit 2 – valuing difference</p> <p>Unit Lesson Plans</p> <p>Same or different?</p> <p>Unkind, tease or bully?</p> <p>Harold's school rules</p> <p>Who are our special people?</p> <p>It's not fair!</p>		<p>Unit 3 – keeping myself safe</p> <p>Unit Lesson Plans</p> <p>Healthy me ✖</p> <p>Super sleep ✖</p> <p>Who can help? (1)</p> <p>Harold loses Geoffrey</p> <p>What could Harold do? ✖</p> <p>Good or bad touches?</p>	
TERM 4	DATE	TERM 5	DATE	TERM 6	DATE
<p>Unit 4 – rights and responsibilities</p> <p>Unit Lesson Plans</p> <p>Harold's wash and brush up</p> <p>Around and about the school</p> <p>Taking care of something</p> <p>Harold's money</p> <p>How should we look after our money?</p> <p>Basic first aid</p>		<p>Unit 5 – being my best</p> <p>Unit Lesson Plans</p> <p>I can eat a rainbow ✖</p> <p>Eat well</p> <p>Catch it! Bin it! Kill it!</p> <p>Harold learns to ride his bike</p> <p>Pass on the praise!</p> <p>Harold has a bad day</p>		<p>Unit 6 – growing and changing</p> <p>Unit Lesson Plans</p> <p>Inside my wonderful body! ✖</p> <p>Taking care of a baby</p> <p>Then and now</p> <p>Who can help? (2)</p> <p>Surprises and secrets</p> <p>Keeping privates private</p>	

Good RSE teaching includes:

- Creating a safe and secure learning environment
- Group agreement
- Addressing sensitive issues
- Considering whether to have single sex or mixed groups
- Confidentiality and safeguarding
- Active learning methods
- Social norms approach
- Helping with terminology/language
- Assessment
- Partnership with parents /carers

Any questions?