

RSE FAQs

Guidance for Parents and Carers

1 WHAT IS RSE?

Relationships and Sex Education (RSE) is defined as:

- A programme designed to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.
- It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.
- It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure).
- It should teach what is acceptable and unacceptable behaviour in relationships.
- This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

2 WHY HAS THE GOVERNMENT MADE RSE STATUTORY?

- Receiving high-quality Relationships and Sex Education is vital in preparing all children and young people for life in 21st Century Britain, and so it's important that it's a statutory subject. It gives children and young people the information they need to understand what happy, healthy and respectful relationships look like (including friendships and family relationships) and how to have them, and to make informed decisions about their wellbeing.
- It helps all young people grow up with respectful attitudes towards people who are different to them, helping to proactively tackle the prejudice-based bullying that remains common in many of our schools. It also supports children and young people to stay safe, including online, and know when to ask for help. Overall, it helps to foster a safe, supportive school environment for young people to grow up in.

3 HOW DO THE CHANGES AFFECT MY CHILD AT OSCA?

- The changes in statutory requirements to RSE will have little change in your child's secondary education at OSCA as we have always provided a comprehensive RSE programme. Any new additions, will simply be an extension of the work we already do. For example, the purpose of defibrillators, will form an extension to the work already carried out regarding First Aid.
- Examples of topics covered in each year can be found below.

Areas highlighted in yellow indicate new topics to be covered from Sept 2020 in accordance with the RSE & Health Education statutory content.

Coverage of RSE & Health Education					
	KS3 YEAR 7	KS3 YEAR 8	KS3 YEAR 9	KS4 YEAR 10	KS4 YEAR 11
Relationships Education Students learn about:	<ul style="list-style-type: none"> • Different types of family units • Marriage, civil partnerships and other long term relationships • How to form positive friendships 	<ul style="list-style-type: none"> • Peer pressure • Domestic conflicts • Grooming • Anti-racism • Homophobia • LGBT+ Rights 	<ul style="list-style-type: none"> • Domestic violence • Drugs and alcohol abuse 	<ul style="list-style-type: none"> • Sexism & Gender inequality • Revenge Porn • Harassment & Stalking • Parenting • Forced and arranged marriages • Same sex relationships • Hate crime inc gender and trans gender • Gangs and Countylines 	<ul style="list-style-type: none"> • Types of relationships • Break ups • Body shaming • Identity and diversity • Multiculturalism • Overt and Covert racism • Extremism • Radicalisation • Staying safe on and off line
Sex Education Students learn about:	<ul style="list-style-type: none"> • Falling in love • Safety online 	<ul style="list-style-type: none"> • Sexting • Pornography • Body image • Teen pregnancy • Miscarriages • Parenting 	<ul style="list-style-type: none"> • Child Sexual Exploitation • Puberty (BROOK) • Consent (BROOK) 	<ul style="list-style-type: none"> • Sex for the first time • Condoms & contraception (BROOK) • STI's (BROOK) 	<ul style="list-style-type: none"> • Fertility • Reproductive health • Chem Sex • Consent • Rape
Health Education Students learn about:	<ul style="list-style-type: none"> • Personal hygiene • Dental hygiene • Obesity • Diabetes • Smoke Free Lives (DECCA) • Depression. • Anger management • Resilience • Healthy Living • Road safety 	<ul style="list-style-type: none"> • Personal Safety • First Aid inc. purpose of defibrillators • Smoking and vaping • Drugs awareness • Cancer awareness • Mindfulness • Emotional literacy • Self-awareness • Self confidence • Independent learners 	<ul style="list-style-type: none"> • Alcohol awareness • Drugs and the law • Responsible health • Sleep health • Eating disorders • Body image • Dealing with anxiety • Dealing with stress • Growth mindsets 	<ul style="list-style-type: none"> • Binge Drinking • Obesity • Cancer awareness • First Aid inc. CPR & refresher on purpose of defibrillators • Managing change 	<ul style="list-style-type: none"> • Happiness and positivity • Risk taking • Self-harm • Gambling and online gaming

Covered in science curriculum: the science relating to blood, organ and stem cell donation.

4 WHO TEACHES RSE TOPICS TO MY CHILD?

- Primarily, delivered by **Form Tutors** and taught through a vertical tutoring system split between KS3 and KS4. This allows for a bespoke teaching and learning environment where students can access age appropriate learning material and teaching from experienced staff.
- Tutor training is given prior to the delivery of Sex and Relationship Education modules (Delivered by BROOK). Individual advice and support is also available.

5 WHEN IS RSE DELIVERED?

- RSE is delivered through Character Development, assemblies, and academy events. RSE is also delivered through other curriculum subjects, such as science, computing and physical education.
- Each session uses a variety of learning techniques which include videos, written tasks, class discussions and self-reflection.
- Resources have been created in collaboration with a number of approved sources: PSHE Association, BROOK and DECCA, to name but a few. This ensures that students receive a balanced and age appropriate curriculum which provides the most up-to-date accurate information and guidance.
- In addition to this, consideration of content from different religious and non-religious perspectives have been taken into account to ensure a balanced point of view and a clear emphasis on respect and tolerance for all.
- Examples of Character Development lessons are available on the Academy website – PSHE tab.

6 WHY ARE YOU TEACHING ABOUT THE LGBT+ COMMUNITY?

- It helps schools to meet their legal duties towards LGBT people, alongside people with other protected characteristics, including: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, sexual orientation.
- Teaching about the LGBT+ community helps make sure that children with same-sex parents feel included in this teaching, and see their families reflected in what they learn.
- By building understanding for people from all different backgrounds – including LGBT+ people, people of different faiths, people with different ethnicities and more – schools can support all pupils to respect people who are different to them, helping to tackle the prejudice-based bullying.

7 DOES RSE PROMOTE LGBT+ RELATIONSHIPS?

- No, RSE does not 'promote' LGBT+, it educates students on the fact that there are different types of committed, stable relationships.
- Students are taught about the society in which they are growing up. These subjects are designed to foster respect for others and for difference, and educate pupils about healthy relationships.
- RSE meets the needs of all students, whatever their developing sexuality or identity – this includes age-appropriate teaching about different types of relationships in the context of the law.

8 DOES RSE PROMOTE THE USE OF CONTRACEPTION?

- No, RSE does not 'promote' the use of contraception, it educates students to make safe and informed choices.
- The new statutory guidance for RSE requires teaching about the full range of contraceptive choices and facts about pregnancy. We also have to ensure that we teach about contraception's role within relationships, and where students can access free contraception.
- The RSE curriculum aims to equip students with the language and tools to be clear about personal boundaries, as well as understand appropriate and inappropriate behaviour, be able to resist pressure assertively, make safe choices, and know who to talk to and how to ask for help when necessary.
- Good quality, age and developmentally appropriate advice and guidance about contraception is known to reduce unwanted pregnancies and reduce the spread of sexually transmitted infections (STIs).
- Young people who have had good RSE are more likely to delay having sex for the first time. And, when they do have sex, they are more likely to use condoms and contraception.

9 DOES RSE PROMOTE SEX BEFORE MARRIAGE?

- No, RSE does not 'promote' sex before marriage, it educates students about safe and healthy relationships.
- The RSE curriculum highlights why marriage is an important relationship choice for many couples and that young people have a choice to delay sex or to enjoy intimacy without sex.
- Students are taught that all aspects of their health can be affected by choices they make in relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.

10 DOES RSE REPRESENT MY RELIGIOUS PERSPECTIVE/VIEWS?

- The RSE curriculum has been designed with consideration from different religious and non-religious perspectives to ensure a balanced point of view is presented with a clear emphasis on respect and tolerance for all.
- The RSE curriculum teaches how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might encourage prejudice).
- In addition, students are taught that within our Academy and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.

11 CAN PARENTS WITHDRAW THEIR CHILDREN FROM RSE?

- Parents will not be able to withdraw their child from Relationships education in primary school or secondary school.
- At secondary school level parents will be able to withdraw their child from Sex education (other than the Sex education which sits in the National Curriculum as part of science in maintained schools).
- However, a child will also have a right to opt into sex education from their 15th birthday (specifically three academic terms before they turn 16)
- See the academy RSE Policy, on the academy website, to find out about our process regarding your 'Right to withdraw from RSE'.

12 SOURCES OF SUPPORT / USEFUL WEBSITES

- At OSCA:
 - K. Phillips – Safeguarding lead (DSL)
 - R. Abbey - First Aid
 - Head of Year/ Assistant Head of Year
 - S. Kaur – Curriculum Leader of Character Development
 - C. Cooper – Assistant Curriculum Leader of Character Development

KS3 (Year 7 - 8) – useful numbers and websites for parents and students

Topic area: Racism

- <https://www.theredcard.org/>
- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/>
- <https://www.unicef.org/parenting/talking-to-your-kids-about-racism>

Topic area: British Values

- www.fairaction.org.uk
- <https://www.votesforschools.com/blog/british-values/>
- <https://www.gov.uk/government/news/guidance-on-promoting-british-values-in-schools-published>

Topic area: LGBTQIA+

- <https://thesafezoneproject.com/resources/>
- <https://lgbt.foundation/>

Topic area: Anti Bullying

- <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- <https://www.schoolsafety.gov/bullying-and-cyberbullying>

Topic area: Multiculturalism

- <https://www.teachingforchange.org/>
- <https://globaldimension.org.uk/>

Topic area: Health - Vaccinations

- <https://www.gavi.org/vaccineswork/>
- <https://www.who.int>

Topic area: Smoking & Vaping

- <https://tobaccofree.org/resources>
- <https://www.themix.org.uk/drink-and-drugs/smoking/how-to-quit-smoking>

Topic area: Rest & Relaxation

- <https://relaxkids.com/>
- <https://www.savethechildren.org/us/charity-stories/easy-at-home-relaxation-activities-to-help-calm-kids>

Topic area: Healthy Eating

- <https://www.healthforkids.co.uk/>
- <https://thenourishedchild.com/>

Topic area: Active Lives

- <https://activeforlife.com/>
- <https://www.nhs.uk/healthier-families/activities/>

Topic area: Body Positivity

- <https://www.youngminds.org.uk/young-person/coping-with-life/body-image/>

Topic area: Gender roles & Equality

- <https://liftinglimits.org.uk/families/>

Topic area: Conflict Management

- <https://www.connectionsacademy.com/support/resources/article/building-conflict-resolution-skills-in-children/>

Topic area: Child Sexual Exploitation (CSE)

- <http://knowaboutcse.co.uk/schools/>
- <https://learning.nspcc.org.uk/child-abuse-and-neglect/child-sexual-exploitation>

KS4 (Year 10 & 11) – useful numbers and websites for parents and students

Topic area: Aspirations and Individual Identity

- www.youngminds.org.uk
- www.stem4.org.uk
- mind - [0300 123 3393](tel:03001233393)
- Childline – 0800111

Topic area: Anti-bullying and Multiculturalism

- www.refugeecouncil.org.uk
- www.stophateuk.org

- www.theredcard.org
- www.stephenlawrenceday.org
- www.ceop.police.uk/Safety-Centre
- thesharpsystem – accessible through the Academy website.
- NSPCC – 0808005000 - help@nspcc.org.uk
- Childline – 0800111

Topic area: Healthy Relationships

- www.standingtogether.org.uk
- www.refuge.org.uk
- www.mankind.org.uk
- www.respect.uk.net
- www.womensaid.org.uk
- www.teenagehelpline.co.uk
- www.ceop.police.uk/Safety-Centre

Topic area: Prevent Agenda

- www.actearly.uk
- www.stophateuk.org - You can report hate crime on this website.
- www.hmd.org.uk
- www.savethechildren.org
- www.ceop.police.uk/Safety-Centre

Topic area: Safer Sex (including consent)

- www.brook.org.uk/find-a-service - BROOK offer advice on Sexual Health & Wellbeing for young people.
- www.victimsupport.org.uk - Charity dedicated to supporting victims of crime and traumatic incidents in England and Wales.
- www.rapecrisis.org.uk - Rape Crisis England & Wales is the charity working to end sexual violence and abuse.
- www.ceop.police.uk/Safety-Centre - To report abuse online.
- www.thinkuknow.co.uk/14_plus/Need-advice/Porn - Think U Know offer advice and help protect children and young people from online child sexual abuse.
- www.verywellmind.com - offers information about the causes and impact of misogyny.

Topic area: Finance

- www.barclayslifeskills.com
- www.redcross.org.uk/get-help/get-help-with-money-problems - Help and support for those struggling with the cost of living crisis and financial pressure.
- www.turn2us.org.uk - support with the cost of living.