

# Relationships, Health and Sex Education

What it looks like at Granta?



# Background

- We are consulting with you around the proposed statutory changes to Relationships and Sex Education (RSE) as it is now known.
- In March 2020 we wrote to all families about the proposed changes and attached a questionnaire. From that questionnaire many families requested a leaflet and details of what we will cover in our RSE curriculum.
- Included on our school website will be our RSE policy, parents leaflet and curriculum overview.

# Things you need to know

- You have the right to withdraw your child from Relationships and Sex Education lessons until a pupil is within 3 terms of their 16<sup>th</sup> birthday. This can be discussed through a meeting with the Head teacher. However due to the vulnerability of our pupils the school would always strongly encourage parents not to take up this option.
- Pupils cannot be withdrawn from Relationships Education, Health Education or the Statutory Science Curriculum.
- The outlined curriculum will be delivered within our PSHE or Skills for Life lessons

# Whole School approach

- Granta as a school is invested in the quality of relationships, sex and health education for all our pupils, as part of their personal development and preparation for adult life.
- Activities to support learning will be as practical as possible and informal opportunities such as care routines will be maximised
- We will use medically/scientifically correct language to describe human anatomy and the processes of the body and all sessions will be supported with visuals.

# Curriculum Overview

|                  | <b>Relationships Education</b>   | <b>Relationships and Sex Education</b>   | <b>Health Education</b>   |
|------------------|--|--|---|
| <b>PRIMARY</b>   | <ul style="list-style-type: none"> <li>-Families and people who care for me</li> <li>-Caring friendships</li> <li>-Respectful relationships</li> <li>-Online relationships</li> <li>-Being safe</li> </ul> |  | <ul style="list-style-type: none"> <li>-Menstruation</li> <li>-Mental wellbeing</li> <li>-Internet safety and harms</li> <li>-Physical health and fitness</li> <li>-Healthy eating</li> <li>-Drugs, alcohol and tobacco</li> <li>-Health and prevention</li> <li>-Basic first aid</li> <li>-Changing adolescent body</li> </ul> |
| <b>SECONDARY</b> |  | <ul style="list-style-type: none"> <li>-Respectful relationships including relationships</li> <li>-Online and media</li> <li>-Intimate and sexual relationships including sexual health</li> <li>-The Law</li> </ul> | <ul style="list-style-type: none"> <li>-Menstruation</li> <li>-Mental wellbeing</li> <li>-Internet safety and harms</li> <li>-Physical health and fitness</li> <li>-Healthy eating</li> <li>-Drugs, alcohol and tobacco</li> <li>-Health prevention</li> <li>-Basic first aid</li> <li>-Changing adolescent body</li> </ul>     |

# Curriculum Overview cont.

- We understand the teaching of these subjects to our pupils is especially important to get right. All sessions are delivered with consideration for pupil age and developmental stage.
- More specific curriculum coverage for each Key Stage is available will be available either on our website or on request.
- We will if more appropriate teach sessions in smaller groups or individually.
- Elements of RSE may also be covered in Science, Computing and PE
- There are a range of resources and websites we can direct you to, feel free to contact the class teacher.

# Common Vocabulary

- **Trusted Adult** – We will help our pupils be able to identify who their trusted adults are within their families and wider circles they are part of including professionals they may come across during their life.
- **Ground Rules** - Our pupils will need to understand and be taught respect and privacy and be able to transfer those skills into RSE lessons
- **Check-in** – Pupils will be given options for breaks, or time to talk 1:1 if they are struggling to regulate their emotions during lessons
- **Public/private** – We will emphasise what is acceptable and not acceptable and also what are public and private spaces
- **Healthy relationships** - Including friendships and what that looks like
- **Preparing for adulthood**- being as healthy as possible in adult life, participating in society

# Questioning

- Pupils will be encouraged to share what they already know about a topic
- Due to the nature of their needs our pupils may be more explicit and direct in the questions they ask. We will always answer questions as honestly and factually as appropriate. We will let you know what your child asked and what we said, if we need to, and likewise would ask you to do the same.
- We will make it clear that pupils can ask a question later if they have one and some classes may use a question box for the pupils to ask questions.

# Actions going forward

- Class teachers will let parents know the themes pupils will be taught in advance.
- School to update PSHE curriculum to dovetail alongside Relationship Education, Health and Sex Education.