

## Parent/Carer Guide

### Relationships and Sex Education

#### What is the Purpose of RSE

Relationships and sex education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. RSE within PSHE education aims to give children and young people essential skills for building positive, enjoyable, respectful and non-exploitive relationships and the skills to stay safe both off and online. It enables students to explore their own and other's attitudes and values and builds their self-esteem and confidence.

#### Inclusion

All children and young people, whatever their experience, background or identity, are entitled to good quality RSE that help them build a positive sense of self. The RSE programme and approach is inclusive of difference: gender identity, sexual orientation, ability, disability, ethnicity, culture, age, faith or belief or any other life experience. RSE lessons help students to explore discrimination, prejudice, bullying, aggressive behaviour and other unhealthy relationships.

#### How is RSE Delivered to My Child?

RSE is primarily delivered through PSHE lessons in each year of Beacon High. The content covered in each year is age appropriate and our curriculum has been developed with the support of the Local Authority. Students will also learn about the biological aspects of puberty, sex and reproduction in their science lessons in line with the KS3 and KS4 national curriculum.

#### Useful Organisations:

We regularly have input into the RSE curriculum from Solace, Abianda and Diversity Role Models, which can take the form of targeted workshops, drop-down events or in-class delivery.

In addition these organisations can provide helpful support and information:

- Betty Bus: website with information and advice for children and families about puberty.
- PSHE Association: national guidance for good practice for RSE in schools and they also have parent guides on their website.
- NHS Website: simple information about our bodies and how they work, including sexual and mental health.

- Brook: national organisation providing information and support for young people around their sexual health and relationships. Women's Aid: information about healthy relationships.

### **What Will My Child Learn About in RSE?**

- Managing being attracted to others
- Puberty and the social and emotional changes that occur
- Respect in relationships
- Sex and the law
- Conception and contraception
- Sexuality
- Parenting
- Relationships: what they want and value/what is acceptable and not acceptable
- Consent
- Unexpected pregnancy options
- STIs
- The effect of pornography
- Types of relationships and forms of sexuality and sexual expression
- Influences on behaviour such as the Media

### **Who Can I Speak to About RSE?**

We understand that this is a sensitive topic and some families. The school works in partnership with parents and carers to educate children and young people about relationships and sex, consulting them regularly on the content of the RSE programme.

### **Statutory changes from 2020**

Parents/carers have the right to request that their child be withdrawn from some or all of the sex education elements of the RSE programme (not those elements that fall within health or relationship education or other National Curriculum subjects, e.g. Science). It is advised that parents and carers meet with relevant staff members to discuss potential withdrawal of their child from lessons and once this discussion has taken place, except in exceptional circumstances, the school should respect the parent's request to withdraw up to and until three terms before the child turns 16. After this point, if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements for this during one of those terms.

If you wish to do so please arrange to meet with Ms S St Hilaire PSHCE Co-ordinator or Ms S McDonald Assistant Headteacher, if you have any concerns.