Life Lessons Secondary RSHE

Information for parents

Link to the Primary version here

Information for Parents

Here are the main aims of this presentation:

1. Help parents understand what RSHE is and what the law says about how it needs to be taught.
2. Communicate to parents the approach we take at school
3. Help parents understand the role they can play in their child's education related to RSE
4. Help parents understand their legal rights

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- What is the guidance around sex education?
- How can you support your child around these issues?

What is RSHE?

RSHE = Relationships, (optional) sex, health education

You might have also heard of PSHE, which includes everything in RSHE, plus some extra topics, such as communities, identity, body image and financial education:

PSHE = Personal, social, health and economic education

Why is RSHE so important?

RSHE was not a priority when most of us went to school, but now it is a government requirement. Students are exposed to huge amounts of information online.

Great RSHE lessons prepare students for the world that they live in:

- Understand themselves better
- Form healthier relationships
- Understand and respect other people
- Manage risks and avoid harm
- Express themselves more clearly
- Be healthier

How will your child benefit?

Aspire to and dream of a bright future

Feel like they belong and be proud of their heritage

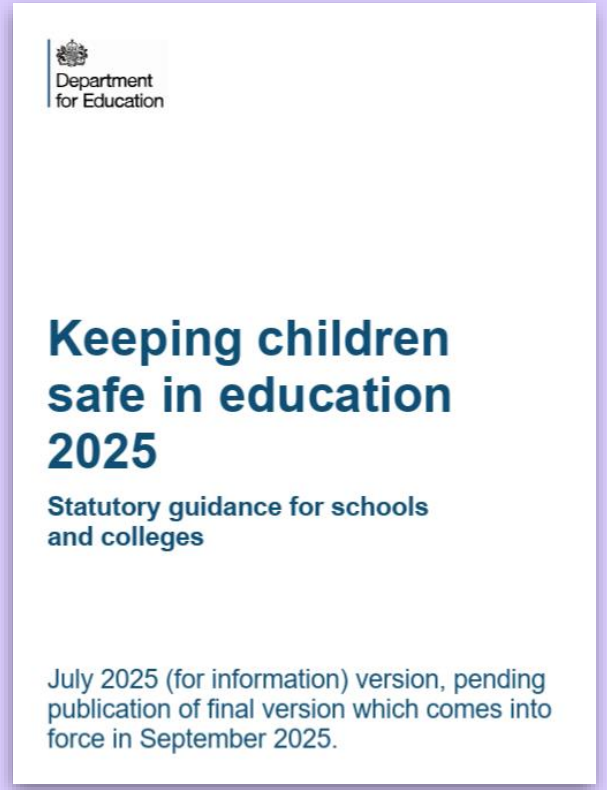
Have healthy relationships

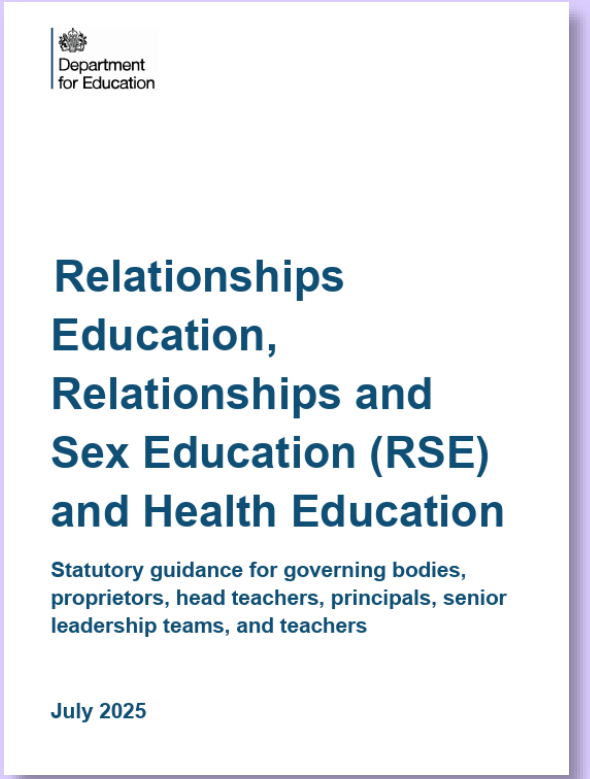
Make healthy choices and stay safe

Understand the world around them

Understand their emotions and feel good about themselves

What government guidance do we follow?







What is the Life Lessons approach?

Life Lessons produces resources for schools to help them create an inclusive school environment where pupils feel they are safe:

- Learning how to identity and maintain healthy relationships with family, friends, colleagues and (when they are ready) romantic partners
- Developing skills to keep themselves safe and healthy
- Improving behaviour through greater emotional understanding and targeted interventions

How we work with Limehurst

- Flexible resources for a variety of different settings
- Adapted to meet students' needs - schools are encouraged to edit resources to match the needs of the students and their communities
- Reflects local context & safeguarding priorities, including how and where to report concerns. This ensures PSHE is relevant and meaningful

We share our PSHE curriculum with parents to keep you informed about upcoming topics. This helps you support your child's learning at home.

What is the Life Lessons approach?



Discussion based



Responsive to the changing world



Inclusive & connects to the lives of young people

What is the Life Lessons approach?



Simple lesson structure

Watch

Discuss

Do

Young people are at the heart of the curriculum.

Resources are designed to help students develop their own voice, and express their ideas and beliefs.

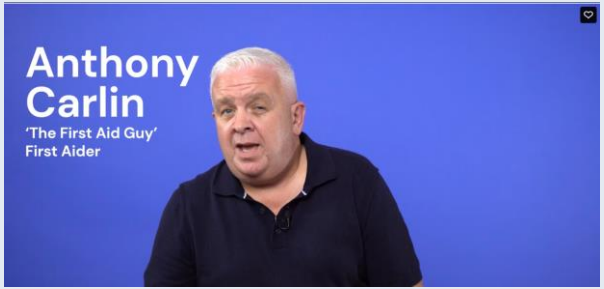


Charismatic experts on film







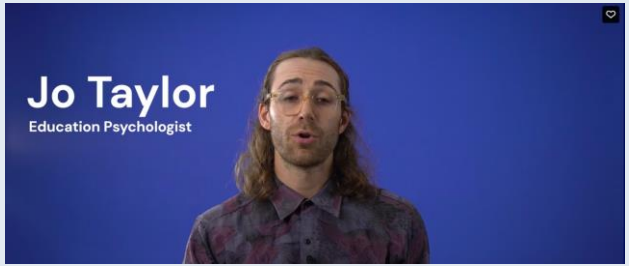












What content do we cover?

- Drugs, alcohol, tobacco and vaping
- Body image and self-esteem
- Sexual reproduction (optional until year 11)
- Physical and mental wellbeing
- Menstruation, puberty and body image
- Resilience and sense-of-self
- Intimate and sexual relationships, including sexual health (Secondary only, optional until Year 11)
- Healthy relationships
- Identifying and finding support for abusive relationships
- Social media and online information
- Communities and belonging
- Dreams, careers, ambitions and money
- Values, heritage and identity
- Anti-discrimination

For specific information about the statutory content, please refer to this audit document.

Life skills - taught in every lesson



How do we deal with sensitive topics?

We know that some topics are particularly sensitive, because of cultural, political or religious reasons.

- healthy relationships
- different families
- consent
- puberty
- gender

All content is covered in an age-appropriate way, and support both the statutory RSHE guidance and the Equality Act.

The purpose of teaching these topics is to help young people to discuss important issues, and understand their own values and beliefs.

How do we deal with sensitive topics?

When we understand the background to conflicts and disagreements, we can stop disagreements turning into arguments:

We live in a world where people can have very different opinions to each other.

Despite these differences, it is possible to be accepting, tolerant and respectful

The Life Lessons curriculum teaches skills that build respect and compassion for all people.

How do we deal with sensitive topics?

We need skills to discuss these sensitive topics. The Life Lessons curriculum helps young people to…

…understand and explain their own thoughts, beliefs and emotions.

…listen to other people and accept difference.

…find common ground with all people.

How do we deal with sensitive topics?

Other key skills that children learn through the Life Lessons curriculum include...

...seeing both sides in an issue.

...thinking deeply, kindly and critically.

...making connections between their own and other people's experiences (building empathy).

How do we deal with sensitive topics?

We know that social media can cause people to feel isolated, biased, frustrated and like they don't belong. Therefore, we teach young people to...

...guess the motivations of content creators.

...identify bias.

...verify information they read online.

Sex education

- The Life Lessons curriculum also includes resources to teach sex education, in line with government guidance. Parents have the right to withdraw their children from these lessons until approximately Year 11*
- Sex education focuses on ensuring that young people have the information to make the best choices for themselves. Good sex education empowers young people to have firm boundaries, say no when they do not want something to happen and to avoid being in dangerous situations. Good sex education helps students to delay their explorations into sex until they are ready to do so, avoiding harm and ensuring that their actions align with their values.
- As well as looking at the biological aspects of sexual intercourse, sex education also explores what healthy sexual relationships look like. It allows students to explore consent, boundaries and avoiding unhealthy intimate relationships.

How can you support your child around these issues?

- Find out what topics they are covering each term.
- Ask them questions related to these topics.
- Help them understand how your family's values and beliefs connect to the topics covered.
- Try to listen without judgement, so they feel safe to share their feelings and ideas, and feel comfortable to ask for your support in understanding the topic.
- Let them know what you think about the topic yourself, and also make space for them to ask questions and form their own opinions too.

Key contacts in school

- SLT lead for PD (Mr Cox)
- Designated safeguarding lead
- Pastoral team (Head of Years)
- PSHE lead (Mr Hoey)