



# Hyde High School

## *RSHE delivery strategy 2021*

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### **Rationale:**

Relationships, Sex and Health Education are compulsory elements of the curriculum in maintained schools. The aim is that teaching will build on the knowledge acquired at primary school and develop further pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex at age-appropriate points.

Teaching about mental wellbeing is central to these subjects, especially as a priority for parents is their children's happiness. We know that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. The subject content will give them the knowledge and capability to take care of themselves and to access support if problems arise.

All of this content will support the wider work of our school in helping to foster pupil wellbeing and develop resilience and character, which we know are fundamental to pupils being happy, successful and productive members of society. Central to this is pupils' ability to believe that they can achieve goals, both academic and personal; to stick to tasks that will help them achieve those goals, even when the reward may be distant or uncertain; and to recover from knocks and challenging periods in their lives.

This should be complemented by development of personal attributes including kindness, integrity, generosity, and honesty.

### **Aims:**

- To understand how to form and manage relationships
- To appreciate what a healthy and unhealthy relationship looks like To learn about managing sexual relationships
- To Learn about choices in relation to pregnancy
- To have an appreciation and tolerance of others protected characteristics To be aware of how to identify and report abuse To be aware of how to stay safe in everyday life To be aware of how to stay healthy
- To understand the factors that affect mental health



## Delivery Strategy:

### KS3 RSHE

All students in KS3 will cover the following National Curriculum themes:

Year 7	Year 8	Year 9
<p><b>Respectful Relationships and Friendships</b> How to recognise the characteristics of healthy and unhealthy relationships. Strategies to improve relationships including tolerance and respect for others. Behaviours that can damage relationships including stereotyping.</p> <p><b>Online and Media</b> How to stay safe when using the internet and being aware of what information can be viewed Where to get support and report material. Analysing how information shared on the internet leaves behind a digital trail.</p> <p><b>Internet Safety</b> SMART rules and how to report concerns (CEOP)</p> <p><b>Families</b> The different types of committed stable relationships. How being part of a family or relationships can contribute to happiness and wellbeing. Marriage and its legal status compared to other types of relationship. Identifying reliable sources of information and determining if information is trustworthy. Where to get help and support.</p> <p><b>Changing adolescent bodies</b> Facts around puberty and changing adolescent bodies, physical and</p>	<p><b>Healthy Eating</b> What constitutes a healthy diet and the characteristics of an unhealthy diet. The role of a balanced diet as part of a healthy lifestyle Food content and the risks associated with an unhealthy diet. What might influence decisions about eating a balanced diet and strategies to manage eating choices.</p> <p><b>On-line Media and Being Safe</b> Revisit e-safety. SMART rules Rights and responsibilities online. Knowing where to find advice or help and to report material. Online risks and the sharing of information. The impact of viewing harmful content. How data is generated, collected and shared. Analysing and understanding why entertainment products including music, games are Exploring the different film categories and age appropriate content. What is the watershed and looking at how content is censored accordingly.</p> <p><b>Internet Safety</b> The impact of unhealthy or obsessive comparisons with others. How to identify harmful behaviour online. How to report issues.</p>	<p><b>Intimate and sexual relationships</b> The facts about reproductive health. Strategies for identifying and managing sexual pressure and choices in relation to delaying sexual activity. The facts around a range of contraceptive choices. How different STI's are transmitted and how risk can be reduced. The impact of STI's on individuals. Where to get confidential Drugs, alcohol and tobacco health, advice and treatment.</p> <p><b>Education</b> Definition of a drug and the laws surrounding drugs in the UK. The nature of addiction. The value of rehabilitation. Alcohol and its effects. The dangers of smoking and vaping. Attitudes towards cannabis How drugs and alcohol can lead to risky behaviour. The importance of sleep and strategies to maintain good quality sleep. Physical health including dental hygiene, sun safety and vaccinations.</p> <p><b>Mental Wellbeing</b> Emotional literacy. Stigma surrounding mental health and seeking help. Analysing a range of emotions that humans experience in relation to different experiences and situations. How to talk about their emotions and how to recognise mental</p>



<p>emotional. The facts on the menstrual cycle. Facts around menstrual products. The emotional and physical implications.</p>	<p><b>Respectful Relationships</b> The characteristics of healthy relationships. How some behaviours within a relationship are criminal. What constitutes as sexual harassment and violence and why they are unacceptable.</p>	<p>wellbeing concerns and types of illness. Self-care techniques such as exercise or being active. Where to seek help and support.</p> <p><b>Physical health and fitness</b> Physical health and fitness and the importance of an active lifestyle both physically and mentally. Strategies for maintaining a balance between school, work, leisure and exercise. The characteristics of a healthy lifestyle. The risks associated with an inactive lifestyle. Health worries and support.</p> <p><b>Internet safety</b> How data is used by online companies and how individuals can protect their data when operating online.</p>
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## KS4 RSHE curriculum

All students in KS4 will cover the following National Curriculum themes:

<p><b>KS4</b></p> <p><b>Families and relationships</b> The different types of relationship and how relationships can lead to happiness. Bringing up children in different types of relationship. Marriage and its legal status compared to other types of relationship. Healthy and unhealthy relationships and how to manage conflict. How stereotyping can damage relationships.</p> <p><b>Respectful relationships</b> The characteristics of positive and healthy relationships. Steps to improve relationships. How stereotypes based on protected characteristics can damage relationships. Respect for others both in school and in the community. Different types of bullying. Criminal and coercive behaviours. What constitutes as sexual harassment and violence. Rights and responsibilities regarding equality.</p> <p><b>Being safe</b> The concepts and laws relating to consent, exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour based violence and FGM and how these can affect relationships How to communicate consent</p>
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### **On-line media**

The risks and issues surrounding pornography

### **Intimate and sexual relationships**

Positive and healthy intimate relationships and how health can be affected by choices made. Reproductive health. Identifying sexual pressure and managing this.

The facts surrounding contraception.

The facts surrounding pregnancy including choices and where to get help.

STI's and how they can be transmitted.

The prevalence and risks of STI's

### **Mental Wellbeing**

How to talk about emotions.

How to recognise mental concerns and common types of mental illness.

How to evaluate what activities have positive or negative effects on mental health.

The benefits of an active lifestyle on mental health.

### **Internet safety**

The risks relating to on-line gambling and debt

### **First aid**

Basic treatments for common injuries

Lifesaving skills and CPR

The purpose and use of defibrillators.



## **Cross curricular:**

RSHE themes are also mapped across the wider curriculum at both key stages for example:

- **RE:** The delivery of family, relationships and equality (including the equality act)
- **Science:** The delivery of sex education. The national curriculum for science also covers many areas of sex education including fertilisation, hormones and the human reproductive system.
- **Food technology and PE:** Healthy lifestyles including diet and fitness
- **ICT:** On-line safety and the media
- **Design technology:** The effects of Photoshop on prejudice and discrimination

In school, students are taught how to take responsibility for themselves and others and the consequences of their action. Students develop an appreciation of right and wrong and to challenge prejudice. The school has a support/pastoral network in place with access to outside agencies including the school nurse and other health professionals. This network provides daily support on many issues our students face including sex and relationship problems. Daily assemblies cover a wide range of social issues including e-safety and tolerance.

## **Parental Consent**

All parents and carers are informed about the sex education programme and are given the opportunity to opt their child out.

A consultation on school policy and curriculum content will take place annually.

Management Policy and strategy are overseen by the Assistant Headteacher responsible for the personal development of students.

Review both policy and curriculum are reviewed annually as part of school improvement planning.

Reviewed March 2022