



## Hyde High School

### RSHE delivery strategy 2022

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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 know what constitutes as sexual harassment and why it is unacceptable
- 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>Online and media</b>  <b>“Inappropriate content”</b>  SMART rules (Safe, Meet, Accept, Reliable, Tell)  Harmful content, what is harmful and what age ratings are.  Who the BBFC and PEGI are and why certain products have age ratings.  The impact of viewing inappropriate content.</p> <p><b>“Fake News”</b>  Why is the news important and can we trust everything we see online?  The difference between disinformation, misinformation &amp; opinion.  How and why false information is shared.  That the viral spread of this content can be seen as a stamp of authenticity.  The CRAAP rules for spotting false information  How can false information be harmful?  How to report any concerns &amp; find help online.</p> <p><b>Respectful and positive relationships and friendships</b>  Strategies to improve relationships including tolerance and respect for others.  Behaviours that can damage relationships How to recognise positive and healthy friendships including stereotyping against protected characteristics.</p> <p><b>Families and relationships</b></p>	<p><b>On-line and media</b>  <b>“First to a million”</b>  How pupils can protect themselves, including what to do if something goes wrong.  How difficult it is to remove something a user wishes they had not shared.  The risks of sharing material online and that removing compromising material can be difficult.  The impact of unhealthy or obsessive comparison with others online. Over reliance on on-line relationships including social media.  Your rights and responsibilities online.  How to identify harmful behaviours and where to get help if pupils are affected.</p> <p><b>“Sharing Nudes”</b>  How pupils can protect themselves, including what to do if something goes wrong.  What is illegal online, especially what may be seen as normal e.g. sexting.  Some online behaviours are abusive, they are negative, potentially harmful and sometimes illegal.  People can behave differently online to how they would face to face.  The risks of sharing material online and that removing compromising material can be difficult.  The impact of unhealthy or obsessive comparison with others online. Over reliance on on-line relationships including social media  Your rights and responsibilities online.  How to identify harmful behaviours and where to get help if pupils are affected.</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 health, advice and treatment.</p> <p><b>Drugs, alcohol and tobacco 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.</p> <p><b>Health and prevention</b>  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</p>

<p>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 emotional. The facts on the menstrual cycle. Facts around menstrual products. The emotional and physical implications.</p>	<p><b>“Online Hate”</b> Misinformation and being aware of misleading information can be shared inadvertently. The laws protecting and governing what information and opinions can be shared online. The concept of filter bubbles and how content online is targeted towards individuals based on their digital interactions. The impact filter bubbles can have on people’s actions outside of the online world. How filter bubbles and the content we see online can lead to extreme behaviours.</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>Respectful versus coercive Relationships/consent</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>recognise mental 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> 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>
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**Respectful relationships**

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.

**Being safe**

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

**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.

Sexual health and fertility.

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.

**Mental Wellbeing**

How to recognise the signs of mental ill health

Healthy and unhealthy coping strategies

Sources of support

**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.

September

2021

Reviewed March 2022