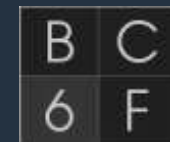


Teaching Relationships and Sex Education

At Bramcote College
Reviewed March 2025



Work hard • Be well • Do well



Aims for this presentation

We want to:

- Share the updated Relationships Education, relationships and Sex Education (RSE) and Health Education Policy
- Explain how we currently teach RSE, and get your views on how well this curriculum works.



Relationships & Sex Education (RSE) and Health Education

- Since May 2021 it has been compulsory for all secondary schools to deliver PSHCE, and to include in that provision, Relationships and Sex Education (RSE) and Health Education.
- You can view the statutory guidance from the Department for Education here: [Relationships and Sex Education \(RSE\) \(Secondary\) - GOV.UK](#)
- This session will explain how the guidance has shaped our curriculum.



Why was the guidance updated?

- The last guidance on Sex and Relationship education was published in 2000 and although it covers important elements of this education, society and the world our young people grow up in has changed rapidly since then and their education in such important matters must be able to keep up with these changes.
- Significantly, the new guidance places emphasis on Relationships and Sex Education (RSE) indicating the significant importance of relationships education preceding sex education and that the two cannot be taught in isolation.
- Health Education ensures that students are educated about their body, healthy lifestyles and choices, mental wellbeing and the impact of these issues throughout their life.
- The new guidance was informed by Government consultation with over 40,000 people including religious, youth and charitable organisations, parents, students, teachers and educational leaders.
- It aims to ensure young people are given the necessary knowledge and skills required to make informed choices and live a healthy and fulfilling life.
- Reviewed in 2024, no current changes to the guidance.



Statutory guidance for secondary schools: Relationships and Sex Education (RSE)

Compulsory in all secondary schools in England.

- Parents can withdraw from Sex education (not Science) but not from relationships education.
- Child can request sex education without parents consent 3 terms before 16th birthday.
- 'The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.'

Building on what they learned in Primary school, by the end of Secondary school students will have learned about:-

- Families
- Respectful relationships including friendships
- Online and Media
- Being safe
- Intimate and sexual relationships, including sexual health



Statutory guidance for secondary schools: Relationships and Sex Education (RSE)

This will include lessons covering: Information about and laws relating to:

- Female genital mutilation (FGM)
- Child sexual exploitation (CSE)
- Marriage
- The age of consent
- Violence against women and girls
- Information and image sharing online.
- Gender identity
- Sexuality
- Abortion
- Pornography
- substance misuse
- hate crime
- radicalisation/extremism and exploitation (including in intimate relationships and through gang involvement)

Lessons will be taught at an **age appropriate time and in an age appropriate way**; using resources or teaching guidance that have been produced or endorsed by reputable organisations such as; the PSHE Association, NSPCC, Brook Advisory service, CEOP, to name only a few, or funded by the government in line with their statutory guidance.

When deemed necessary trained specialists will aid in the delivery of highly sensitive content. PSHCE Staff are well trained to deliver the content.



Statutory guidance for secondary schools: Health Education

Compulsory in all secondary schools in England (no opt out).

- 'Starting point for health and wellbeing education should be a focus on enabling pupils to make well-informed, positive choices for themselves.'

Building on what they learned in Primary school, by the end of Secondary school students will have learned about:-

- Mental well-being
- Internet safety and harm
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body



Our Policy

In writing our policy we have been informed by:

- Statutory guidance
- Evidence based research from the Sex Education Forum
- PSHE Association
- Keeping Children Safe in Education (Statutory Guidance)

The underlying principles of our policy are to:

- Educate our students to make safe, healthy and fully informed choices throughout their life.
- Provide opportunities for students to reflect on their own values and influences regarding relationships.
- Provide honest and factually accurate information.



How is RSE / PSHCE taught at Bramcote?

- One period per week (75 minutes) for years 7. Combined curriculum to include RSE, PSHE, Careers and Citizenship. Plus a separate period per week (75 minutes) for Religious Studies.
- One period per week (75 minutes) for years 8 – 11. Combined curriculum to include Religious Studies, RSE, PSHE, Careers and Citizenship.
- Compulsory for all students in Y7-11.
- Some elements of the curriculum are also covered in other subjects:
 - Science – sex education
 - ICT – online safety
 - Food Tech / PE – healthy lifestyles
 - English – role of the media
 - History – links with RS & Citizenship
 - Assemblies / tutor time – specific foci e.g. bullying, cybersafety



Our Spiral Curriculum: RS & PSHCE

Our curriculum covers the following main areas: Religious Studies (RS), Health & Wellbeing (HWB), Relationships & Sex Education (RSE), Living in the wider world (LWW). It spirals to allow these main areas to be revisited each year, enabling students to develop & deepen their knowledge & skills in a developmentally & age-appropriate way.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7 RS	Introduction to Christianity		Introduction to Judaism		Introduction to Islam	
Year 7 Citizenship	My Learning Journey at BC	Illustrated Mum (Novel) (Bullying & Friendships)	Illustrated Mum (Healthy lifestyles & mental wellbeing)	Building Relationships	Health & Puberty	Financial Decision Making
						Staying Safe
Year 8	Is there a God?	Physical & Emotional Wellbeing	Are Science and Religion Compatible?	Identity & Relationships	Discrimination	Life for a Life
					Digital Literacy	
Year 9	Religion & Relationships	Peer Influence	What Happens When We Die?	Intimate Relationships	Substances & My Body	Medical Ethics
Year 10	Religion & Human Rights		Exploring Influence	Healthy Relationships	Families & Fertility	Financial Decision Making
			Emotional & Mental health			
Year 11	Is Religious Outdated?	Building for the Future	Communication in Relationships	Living Independently Beyond School	Supporting our wellbeing during Exams	N/A Exams



Our Spiral Curriculum: RS & PSHCE

- Further details of the curriculum, including a breakdown of what exactly is taught when, can be viewed in the curriculum guide for your child's year group.

Supporting your child at home:

We regularly post information & guidance on the topics covered in RSE & PSHCE on our social media and newsletter. Also, please do not hesitate to get in contact if you feel you need further information or guidance.



Next Steps; Your thoughts

- Are you happy with the draft policy?
- Are you happy with the curriculum?
- Do you feel well informed about the content of the PSHE/Citizenship curriculum?
- How would you like us to communicate what is happening within the PSHE curriculum? Curriculum booklet published annually? Newsletter? Email? Letter? Face to face - coffee morning/stand at parents evening?
- How often? In advance? A summary at the end of term?

Your Questions

We welcome your thoughts and questions on our provision of RSE & PSHCE.

- If you have any questions regarding the RSE curriculum or wish to make any comments regarding its teaching at school, please do not hesitate to contact our Assistant Headteacher and DSL Faye Parker Dennis (faye.parkerdennis@whptrust.org) or our Curriculum Leader for PSHCE Sophie Anderson (sophie.anderson@whptrust.org).

