

Hayle Academy
Relationships, Sex and
Health Education

2020

Parental Consultation

Summary of changes for 2020

We all want our children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, it will be compulsory that all secondary age children will be taught Relationships, Sex and Health Education. These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

For those students already in the school, they may not notice a difference as this is something we have always delivered owing to the vital role we feel it plays in the development and safety of our young people.

Can I withdraw my child?

You cannot withdraw your child from Health Education or the Relationships Education element of Relationships and Sex Education, because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

If you do not want your child to take part in some or all of the Sex Education lessons delivered at secondary, you can ask that they are withdrawn. We will consider this request and discuss it with you, and will grant this in all but exceptional circumstances, up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to.

Suggested Links

Here are some useful links to explain the changes to statutory RSE and Health Education.

- [Department for Education guides for parents on Relationships Education, RSE and Health Education](#)
- [Department for Education FAQs for Parents](#)

Some additional resources can be found in Appendix 2

How will the curriculum be delivered?

Content will continue to be delivered within Global Values lessons (Appendix 1) and tutor time (where appropriate), using a range of teaching styles and resources.

- 75 mins of GV per week, 20 mins of tutor time per week
- Age appropriate delivery
- Taught sessions using presentations and tasks
- External speakers
- Discussion and debate
- Across the wider curriculum eg. Science and PE
- Use of student voice and surveys to obtain feedback
- The RSE policy will be updated and available on the website from Sept 2020 along with curriculum maps detailing the content for each year group.
- Students with SEND will have full access to the curriculum

The following slides outline what is expected to be covered at Hayle Academy in each year group. Please note, changes may arise if there are specific incidents or matters arising at a global, national, local or school level.

How will curriculum delivery be affected by Covid-19?

At this time, we are continuing to deliver Global Values lessons remotely whilst students are unable to access face-to-face sessions.

This may mean that some of the content needs to be rescheduled throughout the year owing to the sensitive nature of the sessions.

Please be assured that we are constantly reviewing this to ensure the wellbeing of our young people whilst at home.

Year 7 Relationships and Sex Education (RSE)

What is personal identity? How does this relate to British Values?

How do we maintain good friendships that are positive and safe?

What happens when we fall in and out of love? How do we deal with family relationships?

Is it bullying or banter? What is and how do we deal with cyberbullying?

What is radicalisation and extremism?

How do we maintain equal opportunities at HA?

How could we improve equal opportunities at HA?

Year 7 Physical Health and Mental Wellbeing Education

Why is exercise important?

How can I eat responsibly? Labels and nutrition

How can I keep healthy? Food groups

What are the consequences of not eating healthily?

What is the big deal about energy drinks?

Why do I need sleep?

What do we mean by a healthy lifestyle? (inc dental)

Periods and puberty, is it such a big deal?

How do I look after my mental health (anger and depression)?

What are the dangers of smoking and second hand smoke?

What are class a, b & c drugs?

What steps should I take to maintain my online safety?

Checking yourself (breast and testicular)

Year 8 RSE

What is consent?

What is contraception? What are the consequences of not using it?

What are the dangers of pornography and sexting?

What is body image? (male focus)

What is peer on peer abuse? (sexual harassment, abuse, cyberbullying, sexting, upskirting)

Where does extremism come from? Who are the extremist groups?
Myth-busting!

How do we prevent radicalisation? How do leaders attract converts?

What is tolerance?

Year 8 Physical Health and Mental Wellbeing Education

What is emotional literacy and awareness?

How do I manage my behavior to achieve?

What is mindfulness?

How do I manage my personal development?

How does self-confidence help me meet my goals?

How do we protect our personal safety? What should we do in an emergency (first aid)?

How do we perform CPR and how does a defibrillator work?

What are the dangers of nicotine addiction? Is vaping safe?

How do we detect and treat cancer? Checking yourself (breast and testicular)

What is it like to be a teen parent?

Year 9 RSE

How do I look? (body image - female focus)

Is the media to blame for eating disorders? (signposting and support)

It's not just a slap...domestic abuse including coercion, control, threats and violence

How can we deal with peer pressure?

What is 'British community'? (religion and culture)

Is there an immigration problem in the UK? Are our communities diverse?

Who are the LGBTQ+ community?

How do we celebrate diversity? (at HA)

Year 9 Physical Health and Mental Wellbeing Education

What is the law on alcohol and drugs?

What support is available (YZUP)?

Are vaccinations, organ and blood donations safe? Why are some people opposed to them?

Why do some people self-harm? What support is available?

What is FGM? What are the risks and signs?

Developing interpersonal skills

Behaviour to achieve

Growth mind-set to achieve

How can we manage anxiety and stress ?

Why can't some people access education?

How do I stay safe at the beach? (water safety)

What should I do if there is a fire...chemical...poison etc.?

Run-tell-Hide (emergency procedures)

Checking yourself (breast and testicular)

Year 10 RSE

The nature and purpose of marriage. Types of marriage including the legal requirements and the difference between forced and arranged marriages

Homosexuality and diversity in relationships

Divorce

Sex and contraception

Parenting

What is harassment and stalking?

Is there anything wrong with porn? What is revenge porn?

What are the consequences of peer on peer abuse? (sexual harassment, abuse, cyberbullying, sexting, upskirting – consolidation and extension of Y8)

Are we a sexist and gender prejudiced society?

Do we live in a cohesive community?

So what? I'm 'different'. (gender, ability, ethnicity, religion, sexuality, interests)

How do I manage conflict?

Year 10 Physical Health and Mental Wellbeing Education

What is a hate crime?

What are the causes and consequences of homelessness?

Why do people commit suicide?

Is binge drinking really that dangerous?

Are tattoos and piercings safe?

How do I manage grief and bereavement?

How do I manage social anxiety?

Does social media affect my self esteem?

How do I manage my time effectively?

Screen time - how much is too much?

Checking yourself (breast and testicular)

Year 11 RSE

How do I manage different types of relationships?

How do I manage relationship break-ups?

How do I remain happy and positive?

What is safe sex, chem sex and 'good' sex?

Let's be clear about...consent, rape and sexual abuse

Year 11 Physical Health and Mental Wellbeing Education

Is online gambling and gaming a problem?

What is the 'Dark Web'?

Why do we take risks?

How do I protect my personal safety

How do I avoid being the victim of cybercrime and online fraud?

Checking yourself (breast and testicular)

CPR & Defibrillator refresher session

Consultation with parents and carers.

If you would like to consult with us about this process or have any questions or comments about this, please do not hesitate to contact Miss Wilson (Global Values Lead) at rebecca.Wilson@hayleacademy.net

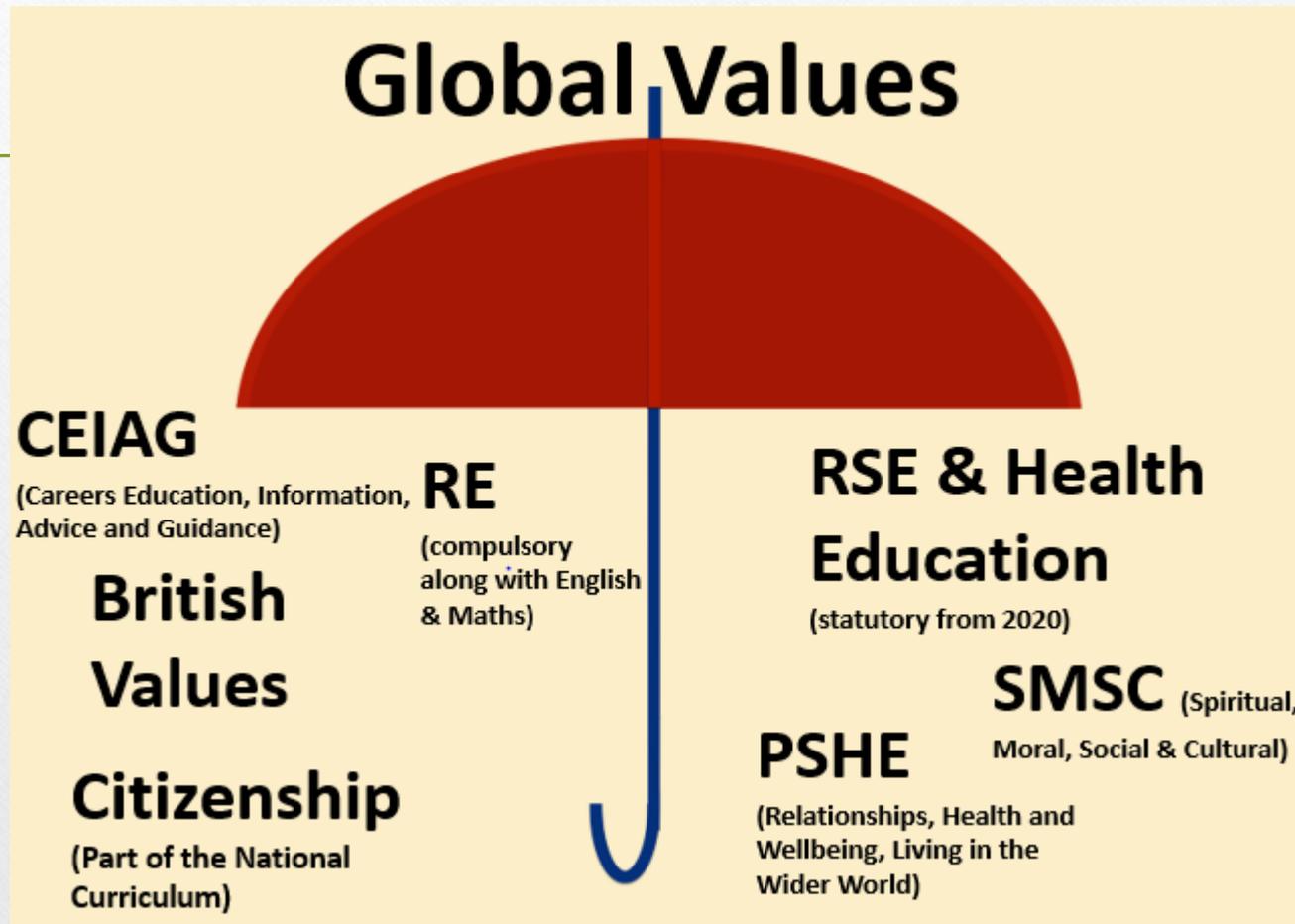
Please note, the consultation period will end on 19/06/20 to enable plans to be finalised and in place for September 2020. There will be further opportunities to take part in a review of the curriculum throughout the next academic year.

Many thanks for your continued support at this time.

Appendices

1. Overview of Global Values
2. Useful links

1. What is Global Values



2. Useful Links

- <https://www.bigtalkeducation.co.uk/parents/>
- <https://www.probonoeconomics.com/cases/pshe-association>
- <https://www.pshe-association.org.uk/>
- <https://www.pshe-association.org.uk/curriculum-and-resources/resources/curriculum-life-case-statutory-pshe-education>