

Key stages 3 & 4

PSHE
Association

2020: Relationships and Sex Education / Health Education

Relationships and Sex Education



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- c. maintained schools
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- The **Health Education and Relationships and Sex Education (RSE)** aspects of PSHE (personal, social, health and economic) education will be compulsory in all secondary schools from September 2020.

What does the new statutory guidance cover?

- The Department for Education published statutory guidance for Health Education, Relationships Education and RSE in June 2019.
- This covers broad areas of particular relevance and concern to children and young people today. It should ensure that every student is guaranteed a PSHE education that covers mental health and wellbeing; physical health (including healthy lifestyles and first aid); learning about safe, healthy relationships and sex (including understanding consent, negotiating life online, intimate relationships).

How can Gordon's Schools meet statutory requirements effectively?

- Gordon's School is well on its way to delivering these commitments and we will simply build on these requirements.
- PSHE education has regular curriculum time like any other subject (1 period per week).
- We tailor our PSHE programme of study to meet the needs of our students and community in order to be effective. There is no 'one-size-fits-all solution'

- Schools should not just 'teach to the guidance', but see it as the basic requirement which forms part of broader PSHE education.
- The statutory guidance outlines what schools *must* cover – though not everything that schools *should* cover (in PSHE from 2020).
- The Department for Education (DfE) says: *'All elements of PSHE are important and the government continues to recommend PSHE be taught in schools'*.

By the end of secondary school, students will have been taught content on:

Relationships & Sex Education

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health
- Gordon's Schools' commitment to equality and diversity, including LGBT+ inclusion.
- The focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

Health Education

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body
- Health Education aims to give students the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

- **Economic wellbeing will continue to be delivered in PSHE lessons.** PSHE complements the financial education covered through Citizenship and Maths, but covers the personal aspects of economic wellbeing (for example managing risks and pressures relating to gambling, ‘money mules’ or fraud). It also includes vital learning in careers education, digital and media literacy.
- **Health, relationships, economic wellbeing and successful careers are all linked. PSHE is the glue that binds them together.** PSHE gathers all of these aspects of preparing for modern life together into a coherent curriculum subject.
- **PSHE education is the vehicle through which schools can best ensure they meet many of the Gatsby benchmarks.** DfE data shows that the most common approach to careers education is delivery through PSHE lessons (87%). Therefore, schools should not undo what they are already doing well in this area.

Why is this all so important?

- **PSHE education has proven impact on life chances and academic success when delivered well.**
- **This strengthening of PSHE education's status can have a major impact on the quality of PSHE in all schools for all students.**
- **These developments mean that all students can benefit** from an education that keeps them safe, healthy and prepared for the realities of modern life.

“The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success.”

Department for Education review of PSHE education impact and effective practice

An extensive 2017 literature review by leading economists found ‘*Very strong evidence*’ that PSHE (personal, social, health and economic) learning has a positive impact on health, wellbeing and academic attainment.

Gordon's School has a Relationships and Sex Education policy. However, this policy is currently being updated and will be shared with parents in due course.

The RSE 2020 policy will include:

- an outline of what will be taught to students within the RSE curriculum
- a rationale for this learning (for example in relation to safeguarding)
- a clear procedure for withdrawal from sex education
- reasons why the school believes students should not be withdrawn from these lessons

- Following discussion with the school, parents can withdraw their child from the 'sex' elements of RSE. It is good practice for parents to meet with the Headteacher.
- Parents do not have a right to withdraw their child from Health education, Relationships or any other aspect of PSHE education.
- There is no right of withdrawal from National Curriculum science which includes elements of sex education such as puberty and reproduction.
- Three terms before they turn 16, a student can opt back in to sex education lessons against their parents' wishes. The school has a duty to provide sex education during one of the remaining three terms.