



# The Bishops' Blue Coat

## Church of England High School

### Relationships, Sex and Health Education (RSHE) Policy

All of the policies that shape our lives and daily practice at Bishops' are informed by our Christian vision and values: to know, nurture and inspire our students to be the best version of themselves, so that they can live 'life in all its fullness' (John 10: 10)

<b>Is this policy statutory?</b>	Yes
<b>Review Period</b>	3 years
<b>Date of approval</b>	September 25, 2023
<b>Committee</b>	Students

*NB. This policy has been created in line with the 'Relationships Education, Relationships and Sex Education, and Health Education' 2019 guidance (updated in 2021).*

## Contents

1. Statement of Intent.....	2
2. Legal Framework.....	2
3. Definitions .....	3
4. Roles and Responsibilities .....	3
5. Organisation of the RSHE Curriculum .....	5
6. RSHE Subject Overview and Programmes of Study .....	5
7. Health Education Subject Overview and Programmes of Study .....	5
8. Delivery of the Curriculum .....	5
9. Curriculum Links.....	6
10. Working with Parents.....	7
11. Working with External Agencies .....	7
12. Withdrawal from Lessons.....	7
13. Equality and Accessibility .....	8
14. Safeguarding and Confidentiality.....	8
15. Assessment.....	9
16. Monitoring and Quality Assurance .....	9
17. Monitoring and Review of the Policy .....	9
18. Appendices.....	10
Appendix A: RSE Statutory Content for Secondary Schools .....	10
Appendix B: Overview of some of the Curriculum for RSHE, Lessons for Life and Personal Development Days.....	12
Appendix C: Statutory Content for Education on Physical Health and Mental Wellbeing .....	13
Appendix D: RSHE Links in Other Curriculum Subjects .....	15
Appendix E - Letter to Parents Regarding RSE and Health Education .....	16

## 1. Statement of Intent

Our school vision states that:

*The Bishops' Blue Coat Church of England High School is an exciting place to be. We know, nurture, and inspire our community to be the best version of themselves through a better understanding of the Christian faith, our core values, and a rich set of opportunities. Students achieve academically whilst growing personally and spiritually. Through their engagement in society and beyond, our students make a positive difference through wise action, resilience, and a sense of responsibility. Our community is enabled to live life guided by Jesus, to flourish and have "life in all its fullness" (John 10:10)*

We understand the importance of educating students about sex, relationships, and their health, for them to make responsible and well-informed decisions in their lives. All students have a right to an education which enables them to flourish, and which is set in a learning community where differences of lifestyle and opinion are treated with dignity and respect; where bullying of all kinds is eliminated; and where students feel free to be themselves and fulfil their potential without fear.

Our approach to Relationships, Sex and Health Education (RSHE) at Bishops' reflects the Christian vision and values of our school, especially the principle that everyone deserves dignity and respect, as all people are made in the image of God and loved equally by God. As a Church school, our policy on RSHE is therefore informed not just by statutory DfE guidance on RSHE but also the Church of England's '*Charter for Faith Sensitive and Inclusive Relationships Education, Relationships and Sex Education and Health Education*'.

At Bishops', we are committed to providing our students with high quality, evidence-based and age-appropriate teaching of the topics and subjects that form part of the statutory guidance for RSHE in secondary schools. We are also committed to creating our policy and our provision in consultation with parents and ensuring that it both meets the needs of our students and reflects the community that we serve.

The teaching of RSHE forms a key strand of our wider Personal, Social, Health and Economic (PSHE) provision within what we call the Bishops' LIFE Programme. The LIFE Programme is a holistic programme of personal development that aims to prepare students for the opportunities, responsibilities, and experiences of life now and in the future. Our creation of the LIFE Programme, including the RSHE elements of it, involved extensive consultation with stakeholders and this policy outlines how our school's RSHE curriculum will be organised and delivered as part of the LIFE Programme to ensure it meets the needs of all our students.

## 2. Legal Framework

*This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:*

- [Equality Act 2010](#)
- [DfE The Relationships Education, Relationships and Sex Education and Health Education \(England\) Regulations 2019](#)
- [Children and Social Work Act 2017](#)
- [DfE Keeping Children Safe in Education 2022](#)
- [DfE Teaching about Relationships, Sex and Health 2021](#)
- [DfE 'National Curriculum in England: Science Programmes of Study' 2015](#)

- [The Church of England Education Office - Relationships Education, Relationships and Sex Education, and Health Education \(RSHE\) in CofE Schools](#)
- [Flourishing for All: Anti-bullying Guidance for Church of England Schools September 2024 \(amended April 2025\)](#)

*This policy operates in conjunction with the following school policies:*

- Dignity and Respect Policy
- SEND Policy
- E-safety Policy
- Equal Opportunities Policy
- Anti-Bullying Policy
- Safeguarding Policy
- Acceptable Terms of Use Agreement

### 3. Definitions

For the purpose of this policy, “relationships and sex education” is defined as teaching students about developing healthy, nurturing relationships of all kinds, and helping them to understand human sexuality and to respect themselves and others.

For the purpose of this policy, “Health Education” is defined as teaching students about how they can make good decisions about their own health and wellbeing, and how physical health and mental wellbeing are interlinked.

For the purpose of this policy “Lessons for Life” is the name given to the timetabled PSHE and Citizenship curriculum that forms part of the wider LIFE Programme at Bishops’ for students in Years 7 - 11.

### 4. Roles and Responsibilities

*The governing board is responsible for:*

- Ensuring all students make progress in achieving the expected educational outcomes.
- Ensuring the RSHE curriculum is well led, effectively managed, and well-planned.
- Evaluating the quality of our provision and ensuring that teaching is delivered in ways that are accessible to all students.
- Providing clear information to parents on the subject content and the right to request that their child is withdrawn.
- Ensuring RSHE is well resourced, staffed, and timetabled in a way that ensures the school can fulfil its legal obligations.
- Maintaining and developing the religious ethos of the school within our RSHE provision.

*The Headteacher is responsible for:*

- The overall implementation of this policy.
- Ensuring all staff are suitably trained to deliver the subjects.
- Ensuring parents are fully informed of this policy.
- Reviewing all requests to withdraw students from non-statutory elements of the RSE and Health Education curriculum.
- Discussing withdrawal requests with parents, and the child if appropriate, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum, including the benefits of receiving the education.

- Ensuring withdrawn students receive appropriate, purposeful education during the period of withdrawal.
- Encouraging parents to be involved in consultations regarding the school's RSE and Health Education curriculum.
- Reporting to the governing board on the effectiveness of this policy and the curriculum.

*The Lessons for Life Subject Leader / PSHE Coordinator is responsible for:*

- Overseeing the delivery of the RSHE curriculum and ensuring the school meets its statutory requirements.
- Working closely with colleagues in related curriculum areas to ensure the RSHE curriculum compliments, and does not duplicate, the content covered in national curriculum subjects.
- Ensuring the curriculum is age-appropriate and of high quality and that there is continuity and progression between each year group.
- Reviewing changes to the RSHE curriculum and advising on their implementation.
- Monitoring the learning and teaching of RSHE, providing support to staff where necessary.
- Helping to develop colleagues' expertise in the subject by providing appropriate training and CPD opportunities in the subject.
- Ensuring teachers are provided with adequate resources to support teaching of the curriculum.
- Monitoring and evaluating the effectiveness of the provision for RSHE and reporting to the Headteacher.
- Communicating sensitively with parents who exercise their statutory right to withdraw their children from the RSE component of our RSHE curriculum.

*Lessons for Life teachers are responsible for:*

- Acting in accordance with, and promoting, this policy.
- Delivering high-quality RSHE in a way that is sensitive and appropriate for each year group.
- Ensuring they do not express personal views or beliefs when delivering the curriculum.
- Planning lessons effectively and ensuring that a range of appropriate teaching methods and resources are used to cover the content.
- Modelling positive attitudes to RSHE.
- Liaising with the SENCO about identifying and responding to the individual needs of students with SEND.
- Liaising with the Lessons for Life subject leader about key topics, resources, and support for individual students.
- Monitoring student progress in RSHE.
- Reporting any concerns regarding the teaching of RSHE to the Lessons for Life subject leader or a member of the SLT.
- Reporting any safeguarding concerns or disclosures that students may make as a result of the subject content to the DSL.
- Responding appropriately to students whose parents have requested to withdraw them from the non-statutory components of RSHE, by providing them with alternative education opportunities as and when this is necessary.

*The SENCO is responsible for:*

- Advising teaching staff how best to identify and support students' individual needs.
- Advising staff on the use of TAs in order to meet students' individual needs.

## 5. Organisation of the RSHE Curriculum

The majority of the RSHE curriculum will be delivered through Lessons for Life, Religious Studies, and Personal Development Days (three days of the school year where the timetabled curriculum is collapsed to allow opportunities for external input, and for our students to explore different strands of Personal Development).

The Lessons for Life subject leader / PSHE Coordinator will work closely with colleagues in related curriculum areas to ensure the curriculum complements and does not duplicate the content covered in national curriculum subjects.

The RSHE curriculum has been developed in line with the DfE's '*Relationships Education, Relationships and Sex Education (RSE) and Health Education*' guidance as well as the Church of England's '*Charter for Faith Sensitive and Inclusive Relationships Education, Relationships and Sex Education and Health Education*'.

The school has considered the context and views of parents, students and our wider local community in developing our RSHE curriculum to ensure that it is reflective of issues in the local area and fit for purpose. The school has also considered the religious background of all students when planning for the delivery of RSHE, to ensure that all topics included are appropriately handled.

The RSHE curriculum at Bishops' is informed by topical issues in the school and wider local and national community, to ensure that it is tailored to our students' needs. For example, in response to a rise in sexual violence and harassment in schools nationally, a number of our staff have received training from the external provider Lime Culture on preventing sexual misconduct in schools. Resources from this training have informed our RSHE provision to ensure that our curriculum specifically addresses sexual harassment, online abuse and sexual violence (including, online risks, consent and healthy relationships).

## 6. RSHE Subject Overview and Programmes of Study

RSHE will continue to develop students' knowledge on the topics taught at a primary level, in addition to the statutory content for RSE in secondary schools (as outlined in [Appendix A](#)).

In line with national guidance, we will implement an age-appropriate, developmental curriculum which meets the needs of young people and includes all the necessary statutory content. Examples of RSHE topics currently being covered in Lessons for Life and through the RS curriculum can be seen in [Appendix B](#).

## 7. Health Education Subject Overview and Programmes of Study

The physical health and mental wellbeing curriculum will continue to develop students' knowledge on the topics taught at a primary level, in addition to the statutory content for secondary schools (as outlined in [Appendix C](#)).

## 8. Delivery of the Curriculum

*Through effective organisation and delivery of RSHE, we will ensure that:*

- Core knowledge is sectioned into units of a manageable size.
- The required content is communicated to students clearly, in a carefully sequenced way, within a planned scheme of work.

- Teaching includes sufficient and well-chosen opportunities and contexts for students to embed new knowledge so that it can be used confidently in real-life situations.
- RSHE makes links to other appropriate national curriculum subjects where appropriate.
- The RSHE curriculum is delivered by appropriately trained members of staff.
- The curriculum will proactively address issues in a timely way in line with current evidence on student's physical, emotional and sexual development.
- RSHE is delivered in a non-judgemental, age-appropriate, factual, and inclusive way that allows students to ask questions in a safe environment.
- Teaching of the curriculum reflects requirements set out in law, particularly in the Equality Act 2010, so that students understand what the law does and does not allow, and the wider legal implications of the decisions they make.
- LGBTQ+ content is integrated into the RSHE and approached in a sensitive, age-appropriate, and factual way that allows students to explore the features of stable and healthy same-sex relationships.
- The school will support prevention of sexual violence and sexual harassment by including content aimed at helping students gain an understanding and recognition of problematic behaviours in relation to 'sexual harassment' as well as spotting the signs, identifying safe ways to respond and gaining support for those affected and those witnessing incidents.
- All teaching and resources are assessed by the Lessons for Life subject leader / PSHE Coordinator to ensure they are appropriate for the age and maturity of students, are sensitive to their religious backgrounds and meet the needs of any SEND, if applicable.
- Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of students.
- Students will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's E-safety Policy, and Acceptable Terms of Use Agreement.
- Teachers will establish what is appropriate for one-to-one and whole class settings and alter their teaching of the programmes accordingly.
- Teachers will ensure that students' views are listened to and will encourage them to ask questions and engage in discussion.
- Teachers will answer questions sensitively and honestly.
- Teachers will ensure lesson plans focus on challenging perceived views of students based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- In teaching the curriculum, teachers will be aware that students may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- At all points of delivery of the curriculum, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.
- The procedures for assessing student progress are outlined in section 15 of this policy.

## 9. Curriculum Links

- The school seeks opportunities to draw links between RSHE and other curriculum subjects wherever possible to enhance students' learning.
- RSHE is a key element of Bishops' LIFE Programme that contributes to the holistic development of the whole person in line with our key Christian values of dignity and respect; wisdom, knowledge and skills;

and hope and aspiration. RSHE is also one of the ways that we promote the spiritual, moral, social and cultural development of our young people.

- RSHE will be linked to subject areas as outlined in Appendix D.

## 10. Working with Parents

- The school understands that parents have a key role to play in the development of their children's understanding about RSHE and we are committed to working closely with parents when planning and delivering the content of the school's RSHE and forming a policy for RSHE.
- If parents have concerns regarding RSHE, they may submit these via email, or contact the school office to arrange a meeting with either the PSHE Coordinator or the Headteacher.

## 11. Working with External Agencies

- Working with external agencies enhances our delivery of RSHE and brings in specialist knowledge and different ways of engaging students.
- The majority of our RSHE curriculum will be delivered by our partner organisation Chester Schools Christian Work (CSCW) through the PSHE curriculum known as Lessons for Life and our Personal Development Days.
- Other external experts may be invited to assist from time-to-time with the delivery of RSHE curriculum but will be expected to comply with the provisions of this policy.
- The school will check the credentials of all visitors, visiting organisations and external agencies in line with our code of conduct for staff and visitors.
- The school will ensure that the teaching delivered by the external experts fits with the planned curriculum and provisions of this policy.
- The school will discuss with any visitor the details of how they intend to deliver their sessions and ensure the content is age-appropriate and accessible for all students.
- The school will request copies of the materials and lesson plans the visitor will use, to ensure it meets the full range of students' needs.
- The school and the visitor will agree on how confidentiality will work in any lesson and that the visitor understands how safeguarding reports must be dealt with in line with the school's Child Protection and Safeguarding Policy.
- The school will use visitors to enhance teaching by an appropriate member of teaching staff, not to replace teaching by those staff.

## 12. Withdrawal from Lessons

- Parents have the right to request that their child is withdrawn from some or all of sex education delivered as part of statutory RSE.
- Parents do not have a right to withdraw their child from the relationships or health elements of the programmes.
- Requests to withdraw a child from sex education will be made in writing to the Headteacher.
- Before granting a withdrawal request, the Headteacher will discuss the request with the parents and, as appropriate, the child, to ensure their wishes are understood and to clarify the nature and purpose of the curriculum.
- The Headteacher will inform parents of the benefits of their child receiving RSE and any detrimental effects that withdrawal might have.



- All discussions with parents will be documented. These records will be kept securely in the school office in line with the school's Records Management Policy.
- Following discussions with parents, the school will respect the parents' request to withdraw their child up to and until three terms before the child turns 16. After this point, if the child wishes to receive RSE rather than be withdrawn, the school will make arrangements to provide the child with RSE.
- Students who are withdrawn from RSE will receive appropriate, purposeful education during the full period of withdrawal.
- For requests concerning the withdrawal of a student with SEND, the Headteacher may take the students' specific needs into account when making their decision.

### 13. Equality and Accessibility

- The school will comply with the relevant requirements of the Equality Act 2010 and will ensure the curriculum does not discriminate against students because of their protected characteristics.
- The school will consider the backgrounds, gender, age range and needs of our students and determine whether it is necessary to put in place additional support for students with the above protected characteristics.
- The school understands that students with SEND are entitled to learn about RSHE, and the curriculum will be designed to be inclusive of all students.
- The school is aware that some students are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND – teachers will understand that they may need to liaise with the SENCO and be more explicit and adapt their planning or work to appropriately deliver the curriculum to students with SEND.
- Where there is a need to tailor content and teaching to meet the needs of students at different developmental stages, the school will ensure the teaching remains sensitive, age-appropriate, developmentally appropriate and is delivered with reference to the law.
- The school will take steps to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls and provide an environment which challenges perceived limits on students based on their gender or any other characteristic.
- The school will be actively aware of everyday issues such as sexism, misogyny, homophobia, and gender stereotypes and take positive action to build a culture within which these are not tolerated. Any occurrences of such issues will be identified and tackled promptly.
- The school will make clear that sexual violence and sexual harassment are not acceptable and will not be tolerated. Any reports of sexual violence or sexual harassment will be handled in accordance with the school's Safeguarding Policy.

### 14. Safeguarding and Confidentiality

- All students will be taught about keeping themselves safe, including online, as part of a broad and balanced curriculum.
- Confidentiality within the classroom is an important component of RSHE, and teachers are expected to respect the confidentiality of their students as far as is possible, in compliance with the school's Safeguarding Policy.
- Teachers will, however, understand that some aspects of RSHE may lead to a student raising a safeguarding concern (e.g. disclosing that they are being abused) and that if a disclosure is made, the DSL will be alerted immediately.

- Students will be made aware of how to raise their concerns or make a report, and how their report will be handled – this includes the process for when they have a concern about a peer.

## 15.Assessment

- The school has the same high expectations of the quality of students' work in RSHE as for any other curriculum area.
- Assessment of student progress with RSHE will primarily come through class discussion work and will be used by teachers to identify where students may need extra support or intervention.
- There are no formal examinations for RSHE. Student progress will, however, be assessed verbally and through written reflections in lessons.

## 16.Monitoring and Quality Assurance

- The Lessons for Life subject leader / PSHE Coordinator is responsible for monitoring the quality of teaching and learning for the subject.
- The Lessons for Life subject leader / PSHE Coordinator will quality assure PSHE and RSHE using lesson observations / learning walks, Student Voice activities and work scrutiny.
- The Lessons for Life subject leader / PSHE Coordinator will work regularly and consistently with the Assistant Headteacher for Aspiration and Personal Development through review meetings, to evaluate the effectiveness of the RSHE curriculum and implement any changes.

## 17.Monitoring and Review of the Policy

- This policy will be reviewed by the Headteacher in conjunction with the PSHE Coordinator on an annual basis.
- Any changes needed to the policy, including changes to the programmes, will be implemented by the Headteacher and the PSHE Coordinator.
- Any changes to the RSHE policy will be clearly communicated to all members of staff and, where necessary, parents and students.

## 18. Appendices

### Appendix A: RSE Statutory Content for Secondary Schools

#### Families

*By the end of secondary school, students will know:*

- That there are different types of committed, stable relationships.
- How these relationships might contribute to human happiness and their importance for bringing up children.
- What marriage is, including their legal status, e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
- Why marriage is an important relationship choice for many couples and why it must be freely entered into.
- The characteristics and legal status of other types of long-term relationships.
- The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting.

*Students will also know how to:*

- Determine whether other children, adults or sources of information are trustworthy.
- Judge when a family, friend, intimate or other relationship is unsafe, and recognise this in others' relationships.
- Seek help or advice if needed, including reporting concerns about others.

#### Respectful relationships, including friendships.

*By the end of secondary school, students will know:*

- The characteristics of positive and healthy friendships in all contexts (including online), including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationships.
- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- How stereotypes, particularly those based on sex, gender, race, religion, sexual orientation or disability, can cause damage, e.g. how they might normalise non-consensual behaviour.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.
- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to seek help.
- The types of behaviour in relationships that can be criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and violence and why these are always unacceptable.
- The legal rights and responsibilities regarding equality, with reference to the protected characteristics defined in the Equality Act 2010, and that everyone is unique and equal.

#### Online and Media

*By the end of secondary school, students will know:*

- Their rights, responsibilities, and opportunities online, and that the same expectations of behaviour apply in all contexts.
- About online risks, including that material shared with another person has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
- Not to provide material to others that they would not want shared further and not to share personal material which they receive.
- What to do and where to get support to report material or manage issues online.
- The impact of viewing harmful content.
- That specifically sexually explicit material, e.g. pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.
- That sharing and viewing indecent images of children is a criminal offence which carries severe penalties, including jail.
- How information and data is generated, collected, shared, and used online.

## **Being Safe**

*- By the end of secondary school, students will know:*

- The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.
- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn – this includes online.

## **Intimate and sexual relationships, including sexual health.**

*- By the end of secondary school, students will know:*

- How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex, and friendship.
- That all aspects of health can be affected by choices they make in sex and relationships, positively and negatively, e.g. physical, emotional, mental, sexual, and reproductive health and wellbeing.
- The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for both men and women.
- The range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure, and not pressurising others.
- That they have a choice to delay sex or enjoy intimacy without sex.
- The facts about the full range of contraceptive choices, their effectiveness, and options available.
- The facts around pregnancy including miscarriage.
- That there are choices in relation to pregnancy, with legally and medically accurate, impartial information on all options including keeping the baby, adoption, abortion and where to get further help.
- How the different sexually transmitted infections (STIs) are transmitted, how risk can be reduced through safer sex and the importance of facts about testing.
- About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- How the use of alcohol and drugs can lead to risky sexual behaviour.
- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

## **Appendix B: Overview of some of the Curriculum for RSHE, Lessons for Life and Personal Development Days**

### **Year 7:**

- Being Me
- Recap on puberty
- Bullying and Banter
- Healthy Friendships
- Romance and Relationships
- Equality and Discrimination
- Peer on peer abuse

### **Year 8:**

- Healthy Relationships
- Different types of relationships
- Consent
- Sexual Harassment
- Sexual orientation and gender identity
- Parenting
- Sending of nudes

### **Year 9:**

- Sexually transmitted infections
- Condom demonstration

### **Year 10:**

- Distortions of the Media
- Consent
- Healthy and Unhealthy Relationships
- Risky behaviours

### **Year 12:**

- Healthy relationships
- Body positive
- Sexual diversity

## **Appendix C: Statutory Content for Education on Physical Health and Mental Wellbeing**

### **Mental wellbeing**

By the end of secondary school, students will know:

- How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- That happiness is linked to being connected to others.
- How to recognise the early signs of mental wellbeing concerns.
- Common types of mental ill health, e.g. anxiety and depression.
- How to critically evaluate when something they do, or are involved in, has a positive or negative effect on their own or others' mental health.
- The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

### **Internet safety and harms**

By the end of secondary school, students will know:

- The similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online, over-reliance on online relationships, the risks related to online gambling, how information is targeted at them and how to be a discerning consumer of information online.
- How to identify harmful behaviours online, including bullying, abuse, or harassment, and how to report, or find support, if they have been affected by those behaviours.

### **Physical health and fitness**

By the end of secondary school, students will know:

- The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.
- About the science relating to blood, organ, and stem cell donation.

### **Healthy eating**

By the end of secondary school, students will know:

- How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

### **Drugs, alcohol, and tobacco**

By the end of secondary school, students will know:

- The facts about legal and illegal drugs and their associated risks, including the link between drug use and serious mental health conditions.
- The law relating to the supply and possession of illegal substances.
- The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
- The physical and psychological consequences of addiction, including alcohol dependency.
- Awareness of the dangers of drugs which are prescribed but still present serious health risks.

- The facts about the harms from smoking tobacco, the benefits of quitting and how to access the support to do so.

## **Health and prevention**

By the end of secondary school, students will know:

- About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
- About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
- The benefits of regular self-examination and screening.
- The facts and science relating to immunisation and vaccination.
- The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood, and ability to learn.

## **Basic first aid**

By the end of secondary school, students will know:

- Basic treatments for common injuries.
- Life-saving skills, including how to administer CPR.
- The purpose of defibrillators and when one might be needed.

## **Changing adolescent body**

By the end of secondary school, students will know:

- Key facts about puberty, the changing adolescent body and menstrual wellbeing.
- The main changes which take place in males and females, and the implications for emotional and physical health.

## **Appendix D: RSHE Links in Other Curriculum Subjects**

**Citizenship** – students are provided with the knowledge, skills and understanding to help prepare them to play a full and active part in society, including an understanding of how laws are made and upheld and how to make sensible decisions.

**Science** – students are taught about the main external parts of the body and changes to the human body as it grows, including puberty.

**ICT and Computing** – students are taught about how they can keep themselves safe online and the different risks that they may face online as they get older.

**PE** – students can develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and lead healthy, active lives.



## Appendix E - Letter to Parents Regarding RSE and Health Education

School name

Address line one

Address line two

Address line three

Postcode

Date

RE: RSE and Health Education at The Bishops' Blue Coat C of E High School Chester

Dear parent,

Government guidelines outline that, from the age of 11, it is compulsory for all schools to provide an RSE and Health Education curriculum.

At our school, we believe that it is important to provide our students with a thorough and balanced curriculum, including age-appropriate information about sex and relationships.

The details of what will be taught to the various year groups is detailed in the school's RSE and Health Education Policy, which can be accessed on our school website insert website address, or in hard copy via our school office.

Though schools must provide RSE and Health Education for students from the age of 11, up until the age of 19, only aspects of the science national curriculum are compulsory for students to learn. Therefore, as parents, you are entitled to request that your child be removed from sex education lessons up to and until three terms before they turn 16-years-old. After that point, if your child wishes to receive sex education, the school will make arrangements to provide them with sex education during one of those terms.

Requests for withdrawal should be submitted in writing to myself, the Headteacher, who will discuss this with you and your child's teacher and determine an appropriate substitute for these lessons. In most instances, children will be provided with self-directed reading or exercises which they can complete under the supervision of a trainee teacher.

If you have any concerns or queries about your child's participation in these lessons, please do not hesitate to contact either myself or your child's class teacher to discuss these.

Yours sincerely,

Name

Headteacher