



PSHE

Parent Presentation July 2021



Health Education

Health Education aims to give children 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.

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

- 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.

Want to know more?

Search for “relationships, sex and health education” on gov.uk



DfE Topics

Mental wellbeing
Internet safety and harms
Drugs alcohol and tobacco
Respectful relationships, including friendships
Online and media
Intimate and sexual relationships, including sexual health
Citizenship
Physical health and fitness
Healthy eating
Health and prevention
Basic first aid
Changing adolescent body
Families
Being Safe

Physical health and fitness

- Associations between physical activity and mental wellbeing,
- What constitutes a healthy lifestyle
- Maintaining a healthy weight, links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.
- The science relating to blood, organ and stem cell donation

Healthy eating

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

Health and prevention

- Personal hygiene
- Germs
- Antibiotics
- Dental Health
- Immunizations & Vaccines
- Self-examinations
- Importance of sleep

CPR/First Aid

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

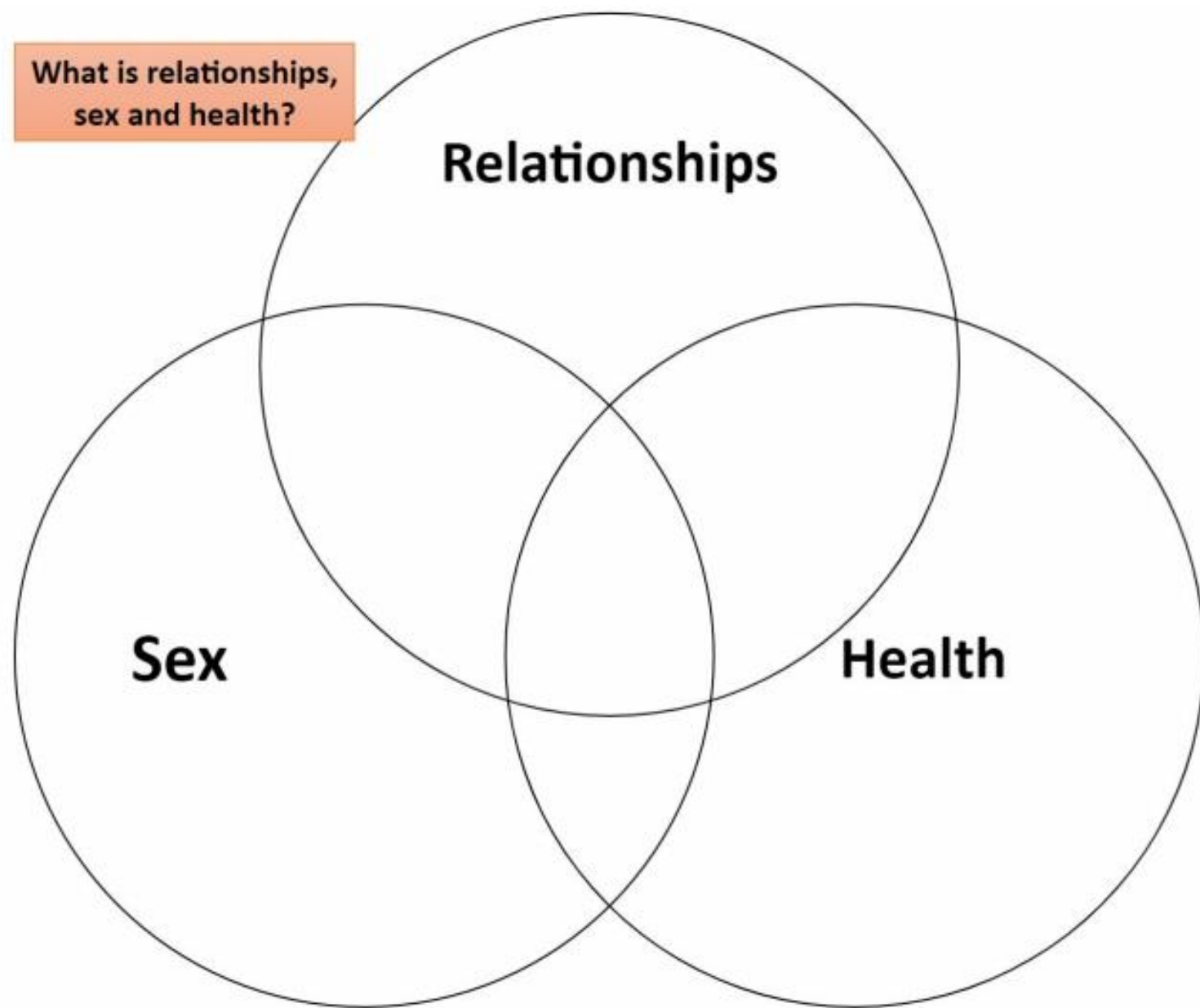
Families

- Different types of families,
- Marriage
- Roles and responsibilities of parents
- Judge when a family, friend, intimate or other relationship is unsafe

Being Safe

- 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
- How these can affect current and future relationships

What is relationships,
sex and health?



Possible topics include:

1. Mental health
2. Cyberbullying
3. Pornography
4. FGM
5. Puberty
6. 'Sexting'
7. Consent
8. STIs
9. Pregnancy
10. Contraception
11. Same sex marriage
12. Drugs & Alcohol
13. LGBT

Year 7



<p>Respectful relationships, including friendships</p> <p>The characteristics of positive and healthy friendships (in all contexts, including online)</p> <p>Respectful relationships, including friendships</p> <p>Bullying</p>	<p>Online and Social media</p> <p>Sharing and viewing indecent images</p> <p>How information and data is generated, collected, shared and used online.</p>	<p>Mental health</p> <p>Happiness</p> <p>Recognising early signs of mental health concerns</p> <p>Types of mental health</p> <p>Positive/negative effects of mental health</p> <p>Benefits and importance of physical exercise</p>	<p>Internet safety and harms</p> <p>Identifying and reporting harmful behaviours</p>
<p>Physical health and fitness</p> <p>Positive associations between the two</p> <p>Healthy lifestyle</p>	<p>Healthy eating</p> <p>Maintaining healthy eating, tooth decay and cancer.</p>	<p>Health and prevention</p> <p>Personal hygiene</p> <p>Dental health</p> <p>Importance of sleep</p>	<p>Changing adolescent bodies</p> <p>Puberty</p>

To be taught through assemblies, lessons and ASPIRE 4 Life days.

Year 8



<p>Respectful relationships, including friendships</p> <p>Bullying</p>	<p>Online and Social media</p> <p>Sharing and viewing indecent images</p>	<p>Being safe</p> <p>Honour based violence and FGM</p>	<p>Mental health</p> <p>Healthy diets Happiness Early sign of mental health concerns Common types of mental health Positive/negative effects of mental health Benefits and importance of physical exercise</p>
<p>Internet safety and harms</p> <p>Online vs Real world Identifying and reporting harmful behaviours</p>	<p>Physical health and fitness</p> <p>Positive associations between the two Healthy lifestyle Blood, organ and stem cell donation.</p>	<p>Health and prevention</p> <p>Basic first aid CPR Defibrillators</p>	

To be taught through assemblies, lessons and ASPIRE 4 Life days.

Year 9



<p>Respectful relationships, including friendships</p> <p>Positive and healthy friendships and relationships Respectful relationships, including friendships Stereotyping Respect and tolerance Bullying The Equality Act</p>	<p>Online and Social media</p> <p>Sharing and viewing indecent images</p>	<p>Intimate and sexual relationships, including sexual health</p> <p>Characteristics and positive aspects of healthy one-to-one intimate relationships How health can be affected by choices they make in sex and relationships, positively or negatively Sexual pressures That they have a choice to delay sex or to enjoy intimacy without sex</p>	<p>Mental health</p> <p>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). Positive/negative effects of mental health Benefits and importance of physical exercise</p>
<p>Internet safety and harms</p> <p>Identifying and reporting harmful behaviours</p>	<p>Physical health and fitness</p> <p>Positive associations between the two Healthy lifestyle</p>	<p>Healthy eating</p> <p>Maintaining healthy eating, tooth decay and cancer.</p>	<p>Drugs, alcohol and tobacco</p> <p>Alcohol risks Alcohol consequences Dangers of drugs</p>

To be taught through assemblies, lessons and ASPIRE 4 Life days.

Year 10



<p>Families</p> <p>Types of relationships How these relationships might contribute to human happiness and their importance for bringing up children Marriage Importance of marriage Parenting Healthy and safe family relationships</p>	<p>Respectful relationships, including friendships</p> <p>Bullying Violent behaviour and coercive control Sexual harrassment and sexual violence</p>	<p>Online and Social media</p> <p>The impact of viewing harmful content Sharing and viewing indecent images</p>	<p>Being safe</p> <p>Forced marriage Harassment, rape, domestic abuse and how these can affect current and future relationships Grooming and Sexual Exploitation</p>
<p>Intimate and sexual relationships, including sexual health</p> <p>STI's/STD's Pregnancy choices Risky sexual behaviours caused by alcohol</p>	<p>Mental health</p> <p>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). Positive/negative effects of mental health Benefits and importance of physical exercise</p>	<p>Internet safety and harms</p> <p>Identifying and reporting harmful behaviours</p>	<p>Physical health and fitness</p> <p>Positive associations between the two Healthy lifestyle</p>
<p>Drugs, alcohol and tobacco</p> <p>Drugs and the law</p>			

To be taught through assemblies, lessons and ASPIRE 4 Life days.

Year 11



<p>Respectful relationships, including friendships</p> <p>Bullying</p>	<p>Online and Social media</p> <p>The impact of viewing harmful content Sharing and viewing indecent images Pornography</p>	<p>Being safe</p> <p>Consent</p>	<p>Intimate and sexual relationships, including sexual health</p> <p>Sexual pressure Contraception Pregnancy and Miscarriage STI transmission Sexual and reproductive help and advice services</p>
<p>Mental health</p> <p>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). Positive/negative effects of mental health Benefits and importance of physical exercise</p>	<p>Internet safety and harms</p> <p>Over-reliance on online relationships Online gambling and debt Harmful behaviours online</p>	<p>Physical health and fitness</p> <p>Positive associations between the two Healthy lifestyle</p>	<p>Health and prevention</p> <p>The benefits of regular self-examination and screening Immunisation and vaccination Importance of sleep</p>

To be taught through assemblies, lessons and ASPIRE 4 Life days.



Right of Withdrawal

Previous Guidelines:

Under the current SRE guidance, until September 2020, parents can choose to withdraw their child (up to the age of 18) from any or all aspects of Sex and Relationships Education that are not included within the statutory National Curriculum. This means that parents are not permitted to withdraw their child from elements of sex education (for example reproductive and biological aspects) that are within the science curriculum. Schools must make alternative arrangements for pupils whose parents choose to withdraw them from SRE lessons.

Guidance from September 2020:

Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education. Parents will be able to withdraw their child (following discussion with the school) from any or all aspects of Sex Education, other than those which are part of the science curriculum, up to and until three terms before the age of 16. After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.' Where pupils are withdrawn from sex education, schools should document the process and will have to 'ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.'