

Relationships, Sex and Health Education Guidance

Queen Mary's High School
October 2020

What are the new statutory requirements?

- The **Health Education and Relationships and Sex Education (RSE)** aspects of PSHCEE (Personal, Social, Health, Citizenship and Economic education) will now be compulsory in all secondary schools.

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 ensures that every pupil is guaranteed a PSHCEE 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).

Why is RSE and PSHCEE important?

- *“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
- RSE education ensures all students have access to good quality information to make informed choices in their lives. Without these lessons, students may turn to unsuitable sources of information such as the internet. This is less controlled and may put them at risk.
- RSE and PSHCEE helps schools to safeguard students. Learning about the laws around sexual activity, abuse and what a healthy relationship looks like will help to keep students safe.

RSE at QMHS

- RSE will be part of the PSHCEE curriculum which will take place with timetabled lessons for Years 7-10 and some supplementary external workshops.
- All PSHCEE lessons, including RSE are carefully designed to be age appropriate and inclusive of all students.
- A proposed overview of the RSE content is contained within the new RSE policy.

How will the new RSE guidance change what is taught at QMHS?

QMHS has always had a comprehensive Relationships and Sex Education (RSE) curriculum so there is very little content that is new. Some aspects are new and some will now be covered in more detail than they would have been previously.

There are some specific terms that will now have a more formal place in the curriculum:

- Domestic abuse
- Sexual assault
- Rape
- Harassment
- Fertility and miscarriage
- Menopause

Parental requests to withdraw a student from Sex Education

- From September 2020, parents have the right to withdraw their children from the non-statutory and non-science components of sex education within RSE up to and until 3 terms before your child turns 16. After this point, if your child wishes to receive sex education rather than being withdrawn, they have the right to do so.
- All Relationships aspects of RSE are statutory and cannot be withdrawn from.
- Parents are advised to consider the benefit of their child receiving this education in the classroom by a professional teacher and with objective and factual information rather than from other less reliable sources such as the internet or their peers.

Parental requests to withdraw a student from Sex Education

All of the Relationships and Health content must be taught but some aspects of purely Sex Education can be withdrawn from. We have consulted with multiple professionals and agencies to define the specific Sex Education in PSHCEE as content related to:

- Resisting pressure and waiting for the right time
- Contraception
- Sexually Transmitted Infections (STI's)

Any content around these topics covered by the Biology syllabus cannot be withdrawn from.

Parent and Pupil Consultation

- Parents have the right to be consulted about the creation of the RSE policy. It is also best practice to involve students.
- We previously invited Year 8 parents to discuss the RSE content during Parents' Evenings in 2019, however the response was very small.
- In April 2020, students in Y9-12 were given the opportunity to respond to a survey about their opinions of PSHCEE topics including aspects of RSE.
- We are now currently holding a parental consultation remotely. This presentation has been circulated alongside the new Draft RSE policy and a FAQ document.

Parent and Pupil Consultation

- We hope that this presentation alongside the Policy and FAQ document will provide you with the information you need to understand the RSE updates.
- As part of our consultation, if you want to submit a comment, make a suggestion or ask a question, please email RSE@qmhs.org.uk.
- The deadline for submitted responses will be Friday 23rd October
- Depending on the number and nature of the queries, individual responses may not be possible. Instead, an updated FAQ document may be published that includes answers to the newly raised questions. If the RSE Policy is updated in light of any questions or comments, this new version will also be uploaded to the website. Parents/carers will be informed of any updates to either of these documents.

Useful Links

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812594/RSE_secondary_schools_guide_for_parents.pdf

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf