

# THE LION WORKS SCHOOL

INDEPENDENT SPECIAL SCHOOL AND SIXTH FORM

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A PROUD PART OF THE CLASSROOM GROUP



## Our PSHE and RSHE curriculum

Dear Parent / Carer,

We believe that promoting the health and wellbeing of our students is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help students make safe and informed decisions during their school years and beyond. Relationships, sex and health education (RSHE) is the statutory element of our Secondary PSHE curriculum and all schools in England are required to teach this by the Department for Education.

During our PSHE curriculum time, we will be teaching lessons which will include topics such as: personal hygiene; naming body parts; families; online safety; puberty; babies and birth; relationships and communication skills; pregnancy; contraceptives; prevention of sexually transmitted diseases; prevention of sexual abuse; FGM; body image; sexting and social media; pornography; and consent.

During these lessons, students will be able to ask questions, which will be answered factually in an age-appropriate manner. Each student's privacy will be respected, and no one will be asked to reveal personal information. We also feel that delivering this in single sex groups on occasions will allow for more open, frank and pertinent conversations to occur.

*RSHE* is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms.

In the 21<sup>st</sup> century our predominantly online world means students are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe and confident they know what to do in given situations and to protect themselves and others from harm.

We know that you as parents and carers are the most important educators of children and young people in personal issues and we see this as an additional support that we can offer to supplement the advice and guidance they receive at home with you.

You may find that your son/daughter starts asking questions about the topic at home, or you might want to take the opportunity to talk to your son/daughter about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All materials used are available for you to browse through should you so wish.

Yours sincerely,

Ms Gill Lyon

For further information on each strand of the topics visit 'Relationships and sex education (RSE) and health education' at [www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education](http://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education)

Frequently asked questions: **What are the aims of PSHE/RSHE in our school?**

Depending on the age of the children and the lessons in their particular year group, we want PSHE/RSHE to:

- *develop the confidence to talk, listen and think about feelings and relationships*
- *develop friendship/relationship skills*
- *develop positive attitudes, values and self-esteem*
- *provide knowledge and understanding about puberty and the changes that will take place*
- *provide knowledge and understanding about reproduction and sexuality*
- *address concerns and correct misunderstanding that children may have gained from the media and peers*
- *develop skills to help children protect themselves against unwanted sexual experience*
- *empower pupils to understand their bodies are amazing and they have a right to talk about keeping safe and consent in a manner of situations not just those linked to sexual intimacy*
- *know where and how to seek help*
- *to empower children with the confidence to talk about their bodies and their feelings.*

**What are the different topics in the PSHE/RSHE curriculum at secondary school?**

- *Families and people who care for me / Respectful relationships, including friendships / Online and media / Being safe / Intimate and sexual relationships, including sexual health / Internet safety and harms / Mental well-being / Physical health and fitness / Healthy eating / Drugs, alcohol, tobacco / Health and prevention / Basic first aid / Changing adolescent body*

**Can you explain the school's PSHE/RSHE morals and values framework?**

PSHE/RSHE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of students, parents, carers and other members of the school community. PSHE/RSHE will be delivered within the school's agreed policy and in line with the Equality Act 2010; our teaching will be inclusive.

PSHE/RSHE will support the importance of marriage or stable relationships for family life and bringing up children. Care is taken to ensure children are not stigmatized according to their different home circumstances and all families will be discussed as part of a diverse community.

Families sometimes look different from a child's own family; children need to understand that they should respect those differences and know that other children's families are also characterised by love and care.

Students will be encouraged to understand that thinking about morals and values also includes:

- *respect for ourselves and others / commitment, trust and love within relationships / an understanding of diversity in relation to religion, culture and sexual orientation / an honesty with ourselves and others / self-awareness / exploration of our rights, duties and responsibilities.*