

PSHE

Parent/Carer Meeting

November 2022



What is the aim of this evening?

1. To give parents/carers the opportunity to understand the purpose and content of Relationships Education and Relationships and Sex Education (RSE) within the Personal, Social and Health Education curriculum (PSHE).
2. To provide information on the content of the RSE curriculum at Frome College.
3. To provide advice and information for parents/carers to enable them to talk to young people about RSE at home.
4. To understand the parent/carer right of withdraw from Sex Education.
5. To have the opportunity to ask questions and start to build an FAQ RSE section for the College website to support other parents/carers in the future.

What is RSE and how is this taught at Frome College?

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

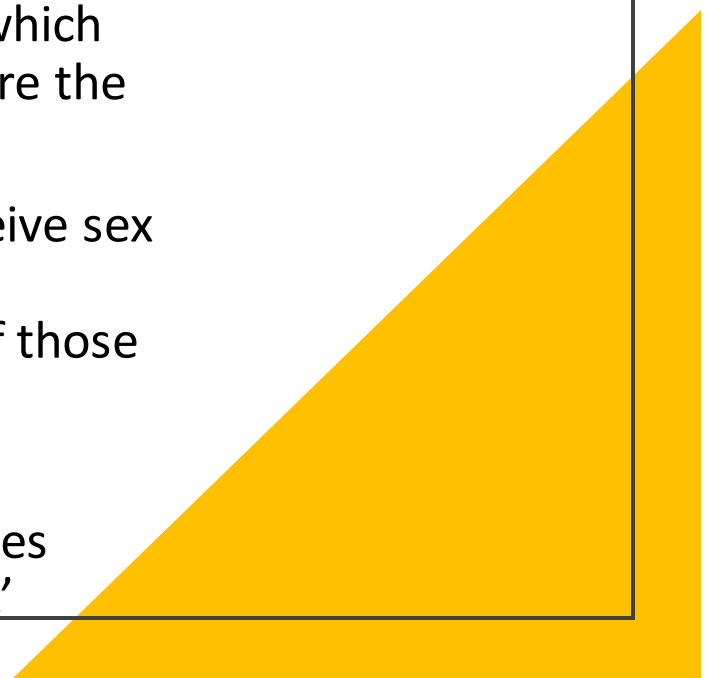
It should equip children and young people with:

- information
- skills
- positive values to have safe, fulfilling relationships
- positive values to enjoy their sexuality
- to take responsibility for their sexual health and well-being.

What is Frome College's aims and ethos around the teaching of PSHE and RSE?

- Be accurate and factual;
- Cover a comprehensive range of information about sex, relationships, the law and sexual health;
- Be positively inclusive in terms of gender, sexual orientation, disability, ethnicity, culture, age, religion or belief or other life-experiences;
- Include the development of skills to support healthy and safe relationships and ensure good communication about these issues;
- Promote a critical awareness of the different attitudes and views on sex and relationships within society such as peer norms and those portrayed in the media;
- Provide opportunities for reflection in order to nurture personal values based on mutual respect and care;
- Be part of lifelong learning;
- Ensure children and young people are clearly informed of their rights such as how they can access confidential advice and health services within the boundaries of safeguarding;
- Be delivered by competent and confident educators;
- Be provided within a learning environment which is safe for the children, young people and adults involved and based on the principle that prejudice, discrimination and bullying are harmful and unacceptable.

The right of withdrawal 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.'
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What is the content of the Year 9 RSE curriculum?

- **Health:** Self esteem; FGM; STIs, contraception, accessing health care, child sexual abuse and exploitation (CSE), Online Safety, how to access support and advice.
- **Relationships:** Families & conflict; Bullying; Digital footprints; sexual consent and the law; sex and marriage, prejudice and discrimination, the Equality Act, sexual harassment, stalking, LGBTQIA+ rights,
- **Sex (parental right to withdraw):** Online porn; delaying sexual activity; sexual pleasure
- **Sex (no parental right to withdraw):** The biology of human genitalia.

What is the content of the Year 10 RSE curriculum?

- **Health:** Child-on-child Abuse, how to access support and advice.
- **Relationships:** Social attitudes to sending nudes; pressure, persuasion and coercion; the impact of pornography on relationships and mental and emotional health.
- **Sex:** Some parts of pornography (masturbation).

What is the content of the Year 11 RSE curriculum?

- **Health:** fertility, menopause, the importance of good sexual health, revisiting contraception & STIs, how to access support and advice.
 - **Relationships:** Love Vs. Abuse: coercion, intimidation, domestic violence, Child on Child Bullying, respect & relationships.
 - **Sex (right to withdrawal):** some parts of the importance of good sexual health.
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What is the content of the Year 12 and 13 RSE curriculum?

Health: revisiting healthy lifestyles including contraception and STIs; how to find advice, support and information; parent hood; pregnancy.

Relationships: relationship values; forming and maintaining safe, meaningful, respectful relationships; relationship breakdown and ending relationships respectfully and safely; revisiting consent; parenthood; inclusion revisited; marriage and honour-based violence; the influence of faith and culture on different types of relationships.

Sex: pleasurable relationships and emotional intimacy; sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities.

Talking to your teens about sex makes a difference

- Teens report that their parents have the greatest influence over their decisions about sex—more than friends, siblings, or the media.
- Most teens also say they share their parents' values about sex, and making decisions about delaying sex would be easier if they could talk openly and honestly with their parents.
- Studies have shown that teens who report talking with their parents about sex are more likely to delay having sex and to use condoms when they do have sex.

Top Tips: How to talk to your teen about health, sex and relationships?

1. **Stay informed:** find out where your teen is getting information; what health messages your teen is learning; what health messages are factual and medically accurate.
2. **Find unique opportunities to talk:** in the car; after watching relevant TV or films; commenting on celebrity news; through messaging (reinforcing previous discussions).
3. **Discuss regularly:** avoid 'the talk'.
4. **Be relaxed and open:** it's okay to say you feel nervous or uncomfortable.
5. **Avoid overreacting.**
6. **Provide opportunities for your teen to access support/advice from professional healthcare workers.**

FAQS?