



## **Parents' and Carers' RSE overview 2022-23**

The School Sex and Relationships Education policy can be found [HERE](#)

The School Careers Guidance provision can be found [HERE](#).

### **Lower School 22-23**

Lower School students have RSE sessions alongside the Be More Griffen Programme. These are led by their tutors. There is a termly assessment and the programme is also backed up by external presentations as detailed below.

<b>1st year</b>	<b>2nd year</b>
Building healthy relationships	Alcohol , mental health, the law
Anti-bullying week unpacked	Anti-bullying week unpacked
Online safety - safety online	Online safety - sexual harassment focus
Online safety - gaming and game addiction	<a href="#">Online safety - sexting focus</a>
Mental health awareness	Mental health awareness - anxiety and depression
The Equality Act 2010 and protected characteristics	Drugs, mental health, the law
<b>Lectures:</b> Be More Griffen Launch Natalie Hunt - Consent and body boundaries 15/11/22 Neil Rickus - Online safety 20/3/23	<b>Lectures:</b> <a href="#">James Shone bus visit</a> making pizza and mentoring discussions 3/ 11/22 Image sharing/sexting - Naked Truth 28/2/23 Natalie Hunt - Body image and identity 16/5/23

## Middle School 22-23

Term	3rd year PSHCE lessons	4th year PSHCE lessons	5th year tutor led
Michaelmas	<p>Healthy relationships, discrimination and stereotypes, The Equality Act 2010. Kindness and respect.</p> <p><b>Lecture</b> - Helen Morris (lead nurse) - health and hygiene 9/11/22</p>	<p>Positive mental health and wellbeing, healthy minds, sleep hygiene, suicide awareness, anxiety and depression, diversity. The mental health continuum model. The Stress Bucket model in the context of our resilience rucksacks.</p>	<p>Wellbeing British Values (SMSC) UK Government (SMSC) A mentally healthy approach to exams</p>
Lent	<p>Healthy Living Drugs, substances and alcohol</p> <p><b>Lecture</b> - Sabina Gray lived experience of drugs/substances</p>	<p>Radicalization and navigating the Online World A focus on INCEL culture, online safety, gaming, online hate, signposting, sexting, smishing, vishing, phishing, online fraud.</p>	<p>Money Management Money - Management Money - Gambling Assessment+Self Review</p> <p><b>Lectures</b> - Body image and identity &amp; Drugs and substances</p>
Summer	<p>Healthy Relationships Marriage and cohabitation, parenting, pregnancy choices, sex, STIs.</p> <p><b>3rd yr RSE Day</b> - <a href="#">Loudmouth theatre company</a>, (a dramatized play on child drug and child sexual exploitation) sexual health nurses, the school doctor. Contraception, consent, STIs, healthy relationships.</p>	<p>Healthy Relationships FGM, Domestic Violence, consent, sexual harassment, pornography</p> <p><b>Lectures</b> - The Naked Truth (pornography) &amp; Gender Identity and Sexuality</p>	<p>Exams and Revision leave</p>

Many other RSE topics are covered by the Biology curriculum details are found at the end of this document or on the school website policies page.

## 6th form 22-23

The L6 and U6th have a series of “Mindsets” lessons with their tutor some of which cover RSE as detailed below. In addition the U6th have enrichment roundabout lessons (ER).

L6th tutor led sessions	U6 tutor & teacher led sessions
L6 Mindsets 3 - Stress and sleep hygiene	U6 Mindsets 4 - Festivals and harm reduction
L6 Mindsets 4 - Positive masculinity	U6 Mindsets 5 - Wellbeing at university
L6 Mindsets 6 - Managing anxiety	
L6 Mindsets 7+8 - Suicide awareness	U6 ER course - LGBTQIA+ inclusion
L6 Mindsets 9 - LGBTQIA+	U6 ER course - Understanding and communicating Consent
	U6 ER course - Healthy and unhealthy Relationships
	U6 ER course - Food and healthy eating habits for life
	U6 ER course - Pleasure traps and addictive behaviours

## 6th form lectures 22-23

Russell Robinson (solicitor advocate) - *Teenagers and the law, Michaelmas term*

Ruari Stanfield Bruce - *White privilege and lived experience, Michaelmas term*

Seb Haddock - *Consent, Lent term*

[James Shone](#) - *Resilience and positive mental health Lent term*

[It Happens education](#) - *Transitions to University and positive mental health, Summer term*

Henry Barnes - *Pleasure traps and addiction, Summer term*

## Parents and carers

In addition Middle and Upper School tutors follow key weekly themes and topics on a Wednesday afternoon. These include key RSE topics such as mental health awareness week, anti-bullying week, internet safety week, International men’s and women’s day, Pride Month etc.

Parents and carers are also invited to attend regular webinar to help to support students from home. Details of these can be found in the weekly mailings.

Students also have access to a comprehensive set of wellbeing webpages [HERE](#).

## Aspects of RSE guidance taught by the Biology Department

RSE Ref .	RSE elements taught in Biology lessons	Taught in (inc iGCSE refs) MT = Mich Term LT = Lent Term ST = Summer term
Sexual relationships and sexual health. Pupils should know:		
5c	the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.	5th MT
5f	the facts about the full range of contraceptive choices, efficacy and options available.	5th MT
5g	the facts around pregnancy including miscarriage.	1st LT 5th MT
5i	how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	4th MT
5j	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	4th MT
5l	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	4th MT
13a&b	key facts about puberty, the changing adolescent body and menstrual wellbeing.	1st LT
	the main changes which take place in males and females, and the implications for emotional and physical health.	5th MT
Health, fitness and wellbeing. Pupils should know:		
8b	the characteristics and evidence of what constitutes a <b>healthy lifestyle, maintaining a healthy weight</b> , including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.	2nd LT 4th MT
8b	the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including <b>cancer</b> and cardiovascular ill-health.	5th MT
8b	the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and <b>cardiovascular ill-health</b> .	2nd LT 4th ST
8c	about the science relating to blood, organ and stem cell donation.	4th MT
10f	the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.	2nd MT 4th LT
11a	<b>about personal hygiene, germs including bacteria, viruses, how they are spread</b> , treatment and prevention of infection, and about antibiotics.	1st ST 4th MT
11a	about personal hygiene, germs including bacteria, viruses, how they are	5th MT

	spread, <b>treatment and prevention of infection, and about antibiotics.</b>	
11c	(late secondary) the benefits of regular self-examination and screening.	5th MT
11d	the facts and science relating to immunisation and vaccination.	4th LT