



From: Head of Wellbeing, Paul Gooding

12 January 2023

Relationships & Sex Education (RSE) and the PSHCE Programme of Study for students 2022-23

Dear Parents

First, [HERE](#) you can find the “*Relationships and Sex Education Policy*” for the school.

We are keen to support you as parents and carers and I do hope we can very much work in tandem in this key area of student development. They will no doubt have questions along the way. To this end for parents we would recommend that you bookmark the “Young Minds” website [HERE](#) and “The Mix” website [HERE](#). Do also follow us on Twitter [@Ab_Wellbeing](#) where we will be posting various RSE updates. Please also look out for regular webinars, via the weekly mailing, to support parents and carers on a variety of topics. Our next webinar will be held on **Monday 6 March at 7pm** and the topic will be supporting your child with relationships and sex education. Please add this date to your diary and we look forward to seeing you there.

Please find below a more detailed guide to the programme for the year ahead. The students are also supported throughout their journey in the school by their tutors, housemasters, heads of section, the health centre staff, the school counsellors, the school chaplaincy as well as a comprehensive set of *wellbeing webpages* available on Firefly. Do ask them to bookmark the latter page on Firefly, it will be very helpful to them as they journey through the school.

Many other RSE topics are also covered by the Biology curriculum as detailed in our Relationships and Sex Education policy at the first link above. I am also pleased to say that we are finishing the roll out of “*Youth Mental Health First Aid*” training to all our teaching staff. This training is led by our own team of in house instructors drawing upon MHFA England resources. This is superb training and really bolsters the quality of our RSE and PSHCE provision and general pastoral care that we can offer the students.

Lower School 22-23

Lower School students have RSE sessions which operate alongside the *Be More Griffen Programme*. These are led by their form tutors. There is a termly assessment and the programme is also backed up by external presentations as detailed below. Topics are taught in an age appropriate manner and are designed to be fun, relevant and interactive.

1st year	2nd year
-----------------	-----------------

Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE

Tel: 01235 521563 Fax: 01235 849079

www.abingdon.org.uk

Michaelmas - Healthy relationships	Michaelmas - Alcohol, mental health, the law
Michaelmas - Anti-bullying week	Michaelmas - Anti-bullying week
Lent - Online safety 1 - how to be safe online	Lent - Online safety - sexual harassment focus
Lent - Online safety 2 - gaming awareness	Lent - Online safety - sending nudes/ image sharing
Summer - Mental health awareness	Summer - Mental health awareness
Summer - The Equality Act 2010	Summer - Drugs, mental health and the law
<p style="text-align: center;">Presentations (BMG launch) Natalie Hunt - consent and body boundaries Tuesday 15 November 2022 Neil Rickus - Online Safety Monday 20 March 2023</p>	<p style="text-align: center;">Presentations James Shone bus visit Sexting and nudes - <i>Naked Truth</i> Tuesday 28 February 2023 Natalie Hunt - Body image and identity Tuesday 16 May 2023</p>

Middle School 22-23

In the 3rd and 4th year PSHCE and RSE is taught by teachers in groups of 12 students. In the 5th form PSHCE and RSE is taught by tutors within house groups. There are regular assessment points and topics are taught in an age appropriate manner. We have worked to include student voice videos and podcasts in our programme in order to keep the content relevant, interactive and up to date for the students.

Term	3rd year PSHCE lessons	4th year PSHCE lessons	5th year tutor led
Michaelmas	<p>Healthy relationships</p> <p>Discrimination and stereotypes, The Equality Act 2010. The importance of kindness and respect.</p> <p>Lecture - Helen Morris- health and hygiene</p>	<p>Positive mental health and wellbeing</p> <p>Healthy minds, sleep hygiene, suicide awareness, anxiety and depression, diversity.</p>	<p>Wellbeing British Values The UK Government A mentally healthy approach to exams</p> <p>Lectures - Body image and identity (Nov 22)</p>
Lent	<p>Healthy Living</p> <p>Drugs, substances and alcohol</p> <p>Lecture - Sabina Gray lived experience of drugs and substances, Thursday 26</p>	<p>Being safe online</p> <p>Radicalization and navigating the online world</p> <p>INCELS, online safety, gaming, online hate,</p>	<p>Money - Management Money - Gambling Assessment+Self Review</p> <p>Lectures- Drugs and</p>

	January	signposting, sending nudes.	substances Friday 10 March 2023
Summer	<p>Healthy Relationships Marriage and cohabitation, parenting, pregnancy choices, sex, STIs.</p> <p>3rd yr RSE Day, Wednesday 24 May Loudmouth theatre company, sexual health nurses, the school doctor. Contraception, consent, STIs, healthy relationships.</p>	<p>Healthy Relationships FGM, Domestic Violence, consent, sexual harassment, pornography</p> <p>Lectures - The Naked Truth (pornography) Thursday 4 May 2023</p> <p>Gender Identity and Sexuality Tuesday 6 June</p>	Exams and Revision leave

6th form 22-23

The L6 and U6th have a series of “Mindsets” lessons with their tutor some of which cover RSE content as detailed below. The 6th form also have a half termly lecture programme to bolster our RSE provision. In addition, the U6th have enrichment roundabout lessons (ER) which cover a range of RSE topics and allow us to respond to contemporary topics such as “Everyone is Invited”, consent, healthy relationships as well as equality, diversity and inclusion.

L6th tutor led sessions	U6 tutor led sessions and other 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 and mental health	
L6 Mindsets 7+8 - Suicide awareness	U6 ER course - LGBTQIA+ inclusion
L6 Mindsets 9 - LGBTQIA+	U6 ER course - Navigating consent
	U6 ER course - Healthy Relationships
	U6 ER course - Food and healthy eating
	U6 ER course - Pleasure traps and addiction

6th form lectures 22-23

Russell Robinson (solicitor advocate) – Thursday 6 October - *Teenagers and the law, Michaelmas term*

Ruari Stanfield Bruce - 8 December - *White privilege and lived experience, Michaelmas term*

Zoe Llywellyn, Tuesday 17 January “Spiking” (alcohol and drinks), *Lent term*

James Shone - 14 March *Resilience and promoting positive mental health, Lent term*

It Happens education – Tuesday 9 May, *Transitions to University and positive mental health, Summer term*

Henry Barnes – Thursday 22 June, *Pleasure traps and addictive behaviours, Summer term for L6th only*

Should you have any further questions or comments thereafter please feel free to contact Paul Gooding, Head of PSHCE/RSE using my email address below. Thank you in anticipation of your support from home in this key area of the curriculum.

Many thanks and best wishes for 2023.

Paul Gooding, Head of Wellbeing & PSHCE/RSE
paul.gooding@abingdon.org.uk