



THE
GRANGE
ACADEMY

ASPIRE FOR EXCELLENCE

SECONDARY RSHE GUIDE FOR PARENTS/CARERS

Including guidance
on Sexual Violence &
Sexual Harassment



2024-25

WELLBEING
AT THE
GRANGE
ACADEMY



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MEMBER OF THE
WADE DEACON TRUST

RELATIONSHIPS, SEX & HEALTH EDUCATION (RSHE)

**SUPPORT
AT THE
GRANGE
ACADEMY**

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

Department for Education

Aims:

Our RSHE Curriculum follows statutory guidelines and aims to ensure that all students have the information they need to make positive and informed decisions regarding relationships, sex and their health. This encompasses a wide range of topics and themes that are taught in an age-appropriate way to develop students' understanding of how to keep themselves safe.

AREAS OF STUDY

There are statutory areas that must be covered in both phases. Within these areas, we then look at a range of topics, themes and discussion points to help educate and prepare students.

PRIMARY

Families and people who care for me.
Caring friendships.
Respectful relationships.
Online relationships.
Being Safe.
Mental Wellbeing.
Physical Health.
Internet Safety & Harms.

SECONDARY

Families.
Respectful relationships, including friendships.
Online & Media.
Being safe.
Intimate and sexual relationships, including sexual health.
Mental Wellbeing.
Physical Health.
Internet Safety & Harms.

HOW DO WE DELIVER THE RSHE CURRICULUM?

We deliver our RSHE curriculum in a range of different ways, ensuring that it is embedded in our day-to-day practice and that opportunities are routinely taken to allow students to discuss and ask questions about their health and wellbeing.

PRIMARY

PSHE (SMSC) Lessons:
Students have weekly SMSC lessons that explore content from the RSHE curriculum

MBV Sessions - Picture E-News
Weekly sessions on Modern British Values which also explore themes within the RSHE curriculum

Embedded within lessons:
Opportunities are taken within lessons to link content to the RSHE curriculum

SECONDARY

PSHE (SMSC) Lessons:
All students have regular SMSC lessons that explore content from the RSHE curriculum.

MBV Form Times - Picture E-News
Weekly sessions on Modern British Values which also explore themes within the RSHE curriculum

RSHE Assembly & Form Time
Focus Half-termly focus weeks including an assembly and form time activity

Embedded within lessons
Opportunities are taken within lessons to link content to the RSHE curriculum

SOCIAL
WELLBEING

ACADEMIC
WELLBEING

PHYSICAL
WELLBEING

MENTAL
WELLBEING

In addition to the above, students who require further guidance around RSHE topics may access interventions or discussions on a 1:1 basis with a member of the staff

SECONDARY CURRICULUM CONTENT

Y7

SMSC Lesson Focus: Identity and belonging; Online safety; Prejudice and discrimination; Equality; Ethical Issues; Learning from mistakes; Exploitation; Managing emotions; First Aid; Relationship with self; Healthy relationships; Reproduction, puberty and pregnancy.

RSHE Assembly & Form Time Focus: Internet Safety & Harm, Consent, Being Safe, Mental Wellbeing, Respectful relationships and friendships, Changing adolescent bodies.

SMSC Lesson Focus: Self-image and uniqueness; Marriage; Beliefs; Racial and religious prejudice; LGBTQ+; Online safety; Wages and career goals; Budgeting; Different types of health; Nutrition and exercise; social media, privacy and personal space; Intimate, healthy and unhealthy relationships; The effects of alcohol.

RSHE Assembly & Form Time Focus: Families; Respectful relationships; Mental Wellbeing; Consent; Internet safety and harm; Healthy eating; Drugs, alcohol & tobacco; Health and Prevention; Intimate relationships.

Y8

SMSC Lesson Focus: Friendship, conflict or celebration; Coercive control; Grooming; County Lines; Diversity; LGBTQ+ rights in the workplace and the Equality Act; Banter or Verbal bullying? Career options; Mental health first aid and strategies; Teenage brain development; Pornography and the Law; Age of consent; Contraception; Anxiety and responses to change.

RSHE Assembly & Form Time Focus: Consent; Respectful relationships & friendships; Mental Wellbeing; Intimate relationships and Sexual Health; Internet Safety; Drugs, alcohol and tobacco.

Y9

SMSC Lesson Focus: Freedom and human rights; Grief cycle and loss; Roles within the family; Identity and self-image; Marriage, beliefs and religions; Religion in decline; Ethics; Career goals and resilience; Debt, gambling and money; My health MOT; Wellbeing choices; social media, privacy and invasion of privacy; Pornography or Art; Alcohol and the Law

RSHE Assembly & Form Time Focus: Intimate relationships, including sexual health; Being safe; Consent; Mental Wellbeing; Physical health and fitness; Drugs, alcohol and tobacco; Health and Prevention.

Y10

Y11

SMSC Lesson Focus: Relationships and the law; Parenting, contraception, pregnancy and abortion; Equality Act; Online law and safety, including pornography; Sexual harassment, sexual violence; Forgiveness and reconciliation: Anxiety; Sleep needs; Employment & budgeting.

RSHE Assembly & Form Time focus: Being Safe; Consent; Intimate and sexual relationships; Mental Wellbeing; Health and Prevention; Internet safety and harms; Changing adolescent bodies.



RIGHT TO WITHDRAW

There are certain aspects of the RSHE curriculum for which parents/carers have the right to withdraw their child. We would always encourage a conversation with us prior to initiating a formal withdrawal. Miss Williams is the RSHE lead in Primary and Mrs. Boyd-Rugen in Secondary.

PRIMARY

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE.

Requests for withdrawal should be put in writing and addressed to the Principal.

Alternative work will be given to pupils who are withdrawn.

SECONDARY

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing and addressed to the Principal.

If a parent or carer requests that their child be removed from 'sex education', the school will provide support by ensuring the child understands that if they have questions they may still speak with a member of staff directly.

SEXUAL VIOLENCE & SEXUAL HARASSMENT

As a school, we understand the importance of ensuring that our students are fully aware of what constitutes sexual violence and sexual harassment. We are ensuring that the measures we take as a school are in line with the recommendations made in the 'Sexual violence and sexual harassment between children in schools' document by the DfE.

We aim to create an environment where students feel supported to report any concerns they may have, knowing that they will be dealt with appropriately and sensitively. If a student has something they want to report, whether this relates to themselves or someone else, then they can do so to any member of staff they feel comfortable with. We will then ensure concerns are investigated and addressed by the Safeguarding team.

Alongside a robust reporting system, we also aim to ensure all students are fully educated on:

- What constitutes sexual violence and sexual harassment
- How these acts are seen within the law
- How and where to report acts of sexual violence and sexual harassment both inside and outside of school

An illustration showing several hands holding up signs. One sign prominently displays the word 'NO' in large red letters. To its left, another sign displays 'YES' in large green letters. To the right, a third sign displays 'N' in large red letters. The background is a light blue gradient, and the overall style is flat and modern.

WHAT IS SEXUAL VIOLENCE OR SEXUAL HARASSMENT?

Sexual harassment is unwanted and unwelcome behaviour of a sexual nature which interferes with a student's right to learn, achieve, or participate in school activities in a comfortable and supportive atmosphere. Sexual harassment is illegal and is prohibited in school settings.

Sexual harassment may involve harassment from any gender to any gender.

What behaviours are not acceptable?

- It is not acceptable to grab, touch, or pinch the private body parts of another person
- It is not acceptable to grab another person's underwear or to pull someone's clothing up or down to show their underwear or body parts
- It is not acceptable to say silly or nasty things about anyone's private body parts
- It is not acceptable to make fun of someone for being a boy or being a girl
- It is not acceptable to tell stories about anyone's body parts or their private behaviour
- It is not acceptable to give an unwanted kiss or hug or to dare someone else to do that
- It is not acceptable to brush up against someone in a way that makes them feel bad
- It is not acceptable to pass notes, pictures, jokes, or cartoons that make someone feel bad
- It is not acceptable to make gestures that make someone feel bad

What should I do if I believe my child is being sexually harassed?

- Contact school and inform a member of the safeguarding team
- Tell your child to firmly say "no" to the harasser whenever possible to show that they do not consent to these actions or words being used towards them
- Help your child to recall and write down the details of any incidents including: date, time, place and other people who may have been around

The NSPCC has launched a new, dedicated helpline for children and young people who have experienced abuse at school and also for worried adults and professionals that need support and guidance. Young people and adults can contact the NSPCC 'Report Abuse in Education' helpline on 0800 136 663 or email help@nspcc.org.uk

USEFUL LINKS & ADDITIONAL INFORMATION

Government Parent Guides - RSHE Curriculum

[Understanding relationships and health education in your child's school: primary](#)

[Understanding relationships, sex and health education at your child's school: secondary](#)



LGBTQ+ Information & Support

[Guide for parents of LGBT+ Children](#)

[Stonewall - Coming Out - Advice and guidance for parents](#)

[Sexuality and sexual orientation](#)

Sexual Violence & Sexual Harassment

[Sexual behaviour in children with advice on reporting concerns of sexual harassment/violence](#)



Online Safety

[Vodafone - Digital Parenting Magazine](#)

[NSPCC - Keeping children safe online](#)

[National Online Safety - Guides for social media platforms](#)

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