



# ABINGDON

From: Paul Gooding: Head of Wellbeing and PSHCE

2 September 2022

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

Dear Parents

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

We are keen to support you as parents and carers and I 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 first webinar is on **Monday 7 November at 7pm** entitled “*Navigating the teenage years.*” Please add this to your diary and we look forward to seeing you there if you are able to attend.

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 Sex and Relationships policy at the link above. I am also pleased to say that we are finishing the roll out of “*Youth Mental Health First Aid*” training to our teaching staff which 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 2022-23

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
Healthy relationships	Alcohol, mental health, the law
Anti-bullying week	Anti-bullying week

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

Tel: 01235 521563 Fax: 01235 849079

[www.abingdon.org.uk](http://www.abingdon.org.uk)

Online safety 1 - how to be safe online	Online safety - sexual harassment focus
Online safety 2 - gaming awareness	Online safety - sending nudes
Mental health awareness	Mental health awareness
The Equality Act 2010	Drugs, mental health and the law
<p style="text-align: center;"><b>Presentations</b></p> <p style="text-align: center;">(BMG launch)</p> <p style="text-align: center;">Natalie Hunt - consent and body boundaries Tuesday 15 November</p> <p style="text-align: center;">Neil Rickus - online safety Monday 20 March</p>	<p style="text-align: center;"><b>Presentations</b></p> <p style="text-align: center;"><a href="#"><u>James Shone bus visit</u></a></p> <p style="text-align: center;">Sexting and nudes - Naked Truth Tuesday 28 February</p> <p style="text-align: center;">Natalie Hunt - Body image and identity Tuesday 16 May</p>

### Middle School 2022-23

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><b>Lecture</b> - 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</p> <p>British Values</p> <p>The UK Government</p> <p>A mentally healthy approach to exams</p>
Lent	<p>Healthy Living</p> <p>Drugs, substances and alcohol</p> <p><b>Lecture</b> - Sabina Gray lived experience of drugs and substances</p>	<p>Being safe online</p> <p>Radicalization and navigating the online world</p> <p>INCELS, online safety, gaming, online hate, signposting, sending nudes.</p>	<p>Money - Management</p> <p>Money - Gambling Assessment+Self Review</p> <p><b>Lectures</b> - Body image and identity &amp; Drugs and substances</p>
Summer	<p>Healthy Relationships</p> <p>Marriage and cohabitation, parenting, pregnancy choices, sex, STIs.</p> <p><b>3rd yr RSE Day</b> - Loudmouth theatre company, sexual health</p>	<p>Healthy Relationships</p> <p>FGM, Domestic Violence, consent, sexual harassment, pornography</p> <p><b>Lectures</b> - The Naked</p>	<p>Exams and Revision leave</p>

	nurses, the school doctor. Contraception, consent, STIs, healthy relationships.	Truth (pornography) & Gender Identity and Sexuality	
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### 6th form 2022-23

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.”

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 2022-23

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*

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 autumn season.

Paul Gooding, Head of Wellbeing & PSHCE/RSE  
[paul.gooding@abingdon.org.uk](mailto:paul.gooding@abingdon.org.uk)

