



From: Paul Gooding: Head of Wellbeing and PSHCE/RSE

7 September 2023

## **Relationships & Sex Education (RSE) and the PSHCE Programme of Study for students 2023-24**

Dear Parents and Carers,

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 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. We will also be laying on webinars throughout the year, please look out for these in the weekly mailing.

Please find below a more detailed guide to the programme for the term ahead. The students are also supported throughout their journey in the school by their tutors, heads of house, 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. The programme of study is designed in a spiralled fashion so that students return to reinforce key topics as they progress through the school in an age appropriate way.

Many other RSE topics are also covered by the Biology curriculum as detailed in our Sex and Relationships 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 2023-24**

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

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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
Michaelmas - Healthy relationships	Michaelmas - Alcohol, mental health and the law
Michaelmas - Anti-bullying week	Michaelmas - Anti-bullying week
Lent - Online safety 1 - how to be safe online	Lent - Online safety - sexual harassment
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;"><b>Presentations</b></p> <p style="text-align: center;">(BMG launch)</p> <p>Natalie Hunt - consent and body boundaries Tuesday 14 November 2023</p> <p>Natalie Hunt - Staying safe online Monday 18 March 2024</p>	<p style="text-align: center;"><b>Presentations</b></p> <p><a href="#">James Shone</a> - Positive mental health – Monday 6 November 2023</p> <p>Sexting and image sharing - <i>Naked Truth</i> Monday 5 February 2024</p> <p>Natalie Hunt - Body image and identity Tuesday 14 May 2024</p>

### Middle School 2023-24

In the 3rd and 4th year PSHCE and RSE is taught by teachers in groups of circa 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 unravelled. The importance of kindness and respect.</p> <p><b>Lecture</b> - Helen Morris (head nurse) - health and hygiene – Wednesday 1 November 2023</p>	<p>Healthy minds and healthy relationships</p> <p>Healthy minds, sleep hygiene, suicide awareness, anxiety and depression.</p> <p>Tackling misogyny, sexual harassment, radicalization and awareness of “incel culture”</p>	<p>Wellbeing British Values The UK Government and workings of parliament A mentally healthy approach to exams</p> <p><b>Lecture</b> - Patrick Foster gambling addiction - Thursday 2 November 2023</p>

Lent	<p>Healthy Living</p> <p>Drugs, substances and alcohol, healthy eating.</p> <p><b>Lecture</b> - Sabina Gray lived experience of drugs and substances, Thursday 25 January 2024</p>	<p>Being safe online</p> <p>Online safety, gaming, game addiction, online hate, online fraud, signposting, sending nudes, image sharing.</p>	<p>Money Management - Gambling Assessment+Self Review</p> <p><b>Lecture</b> - Drugs and substances Friday 1 March 2024 (Bob Tait, Ex Royal Navy drugs testing team)</p>
Summer	<p>Healthy Relationships Marriage and cohabitation, parenting, pregnancy choices, sex, STIs, identity and tackling mysogynism.</p> <p><b>3rd yr RSE Day, Wednesday 15 May 2024</b></p> <p><a href="#">Loudmouth theatre company</a> play about child sex and child drug exploitation, the school doctor on men's health issues, sexual health nurses sessions on sexually transmitted infections and practical use of condoms. Further details to follow in the mailing. Students are off timetable all day for this.</p>	<p>Healthy Relationships, forced marriage, FGM, Domestic Violence, consent, pornography</p> <p>Money management</p> <p><b>Lectures - <i>The Naked Truth</i></b> (pornography and consent) Thursday 2 May 2024</p> <p>Gender Identity and Sexuality - LGBTQIA+ Tuesday 4 June 2024 Natalie Hunt (Relationships and Sex Education trainer)</p>	Exams and Revision leave

### 6th form 2023-24

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 2 - Spiritual and moral compass - an OA experience
L6 Mindsets 5 - Managing anxiety and mental health	U6 Mindsets 4 - Festivals and harm reduction

L6 Mindsets 6+7 - Suicide awareness	U6 Mindsets 5 - Wellbeing at university
L6 Mindsets 8 - LGBTQIA+	U6 ER course - LGBTQIA+ inclusion - Dr Gardner
	U6 ER course - Navigating consent - Natalie Hunt
	U6 ER course - Healthy Relationships – Mrs Ghosh
	U6 ER course - Food and healthy eating - Mr Philips
	U6 ER course - Pleasure traps and addiction - Mr Barnes

### 6th form lectures 2023-24

Russell Robinson (solicitor advocate), *Teenagers and motoring law*, Tuesday 3 October 2023  
Mark Edmondson, *Living with a terminal illness and positive mental health*, Thursday 23 November 2023

Patrick Foster, Gambling addiction, Tuesday 30 January 2024  
Emma Cole - Living with HIV and STI awareness, Tuesday 5 March 2024

It Happens Education, *Transitions to University and positive mental health*, Thursday 25 April 2024 (U6th)  
Henry Barnes, *Pleasure traps and addictive behaviours*, Tuesday 18 June 2024 (L6th)

### RSE teaching Resources

Should you wish to sample our RSE resources please refer to [THIS](#) folder for various course booklets. Should you have any further questions or comments about RSE and /or PSHCE thereafter please feel free to contact Paul Gooding, Head of PSHCE/RSE using my email address below. I am very happy to hear from parents and carers about their views and opinions or indeed a resource that they have found useful at home that we can reinforce here at school.

Thank you in anticipation of your support and partnership from home in this key area of your child's personal development.

Many thanks and best wishes.

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