

RSE at Bowland

You are likely aware of the government's recent review of its long-overdue recommendations for the RSE Curriculum, which is set to be implemented nationwide in September 2020.

Here at Bowland we believe that all children and young people have a right to high quality RSE. Our programme uses a building block approach. Starting in year 7, we embed the importance of healthy friendships, the qualities that make good friends, the importance of personal hygiene, how to be kind and the biology of reproduction, helping children learn how to develop healthy, positive respectful and safe relationships based on love, care and respect.

Year on year, in an age-appropriate fashion, we aim to build on their knowledge through a variety of means including visiting speakers and tailor-made Year Group sessions. We embed the facts, the law surrounding consent, sexting, pornography, peer pressure, equality within relationships, transmission and prevention of sexually transmitted infections (STI's). We make Bowland pupils aware that the highest rates of diagnosis of STI's continue to be seen in the 16-24 year old age group. We remind them that although they may feel physically ready for progression in relationships, their teenage brain is still very much controlled by the limbic system, the part driving their feelings and their impulsive decision making; they simply may not be anywhere near emotionally ready. Their teenage brain can, at times, be in flux, as they prepare for the emotional complexity of adulthood.

Our aim is to prepare children and young people to safely navigate their way in the ever-changing world, whilst encouraging them to be respectful of others and acknowledge that we are all different: in beliefs, preferences and moral norms. Linking the physical, emotional and social side of relationship progression and getting pupils to consider the implications of a sexual relationship and the

consequences that can come with it is key to their understanding, their mental well-being and improving their self-esteem.

Without doubt, effective RSE is a partnership between parents and school. Although conversations of this nature may seem somewhat daunting for some parents, research suggests that teenagers whose parents take an active and open role in RSE are more likely to delay having sex, to have fewer sexual partners, to use contraception and to be aware of and report abuse. Your level of comfort discussing this will perhaps be very dependent on your own experiences of Sex Ed. It can be very difficult for us to see our children developing and to consider them as being at an age where they may be thinking of these things. By reinforcing and supplementing what we teach in school, parents can set the stage for a lifetime of healthy sexuality.

Tips for talking with teens.

A car journey is a useful time to broach this topic, because the lack of eye contact can make things easier for both parties. A good place to start is asking about their peers' attitudes to RSE lessons, or asking about what is going on in their year group - are a lot of people dating? You may wish to tell them a bit about your experiences of learning about relationships and sex - and have a good laugh about this! Watching TV/ Netflix together can lead to opportunities for gentle discussion. If you don't know something, admit it. Be honest and say so if you're uncomfortable. Examine questions of ethics and responsibility in the context of your personal or religious beliefs. Below is an overview of RSE topics covered within the PSHCE curriculum, across the Key stages and throughout the year, in order to support and help inform any discussions you may wish to have at home.

RSE Overview of Learning					
Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Support networks Emotional well being Managing difficult feelings Maintaining healthy friendships		Body image in a digital world Influences of health and healthy behaviours		
Autumn 2	Communication and body language				
Spring 1	Keeping positive relationships and avoiding dangerous ones Cyberbullying Self-awareness	Knowing where to go if things go wrong online. Consent and privacy rights. Digital footprints Sexting.	LGB TQI and what it stands for Sex, gender and trans identity What is relationship abuse? Consent Sharing sexual images	Domestic abuse Break ups Getting over a broken heart Same sex relationships Sexism and gender prejudice	Conflict management Forced marriages
Spring 2	Puberty FGM	Body image Male body image Body shaming	Peer pressure Self-esteem The dangers of Pornography	Communication skills Interpersonal skills Teamwork	Contraception STIs
Summer 1	Forming positive relationships Romance and relationships	Consent Consent and the law Teenage pregnancy	Love Consent and sex Safer sex		

		Contraception STI's	Sexting Pornography		
Summer 2			Exploring personal strengths Recognising and building personal skills		

Grey boxes cover health and well-being along with living in the wider world topics