



Understanding Relationships, Sex and Health Education at Cottingham High School

Acronyms



- PSHE – Personal, Social and Health Education
 - Living in the Wider World
 - Health and Wellbeing
 - Relationships
- RSE – Relationships and Sex Education
- RSHE – Relationships, Sex and Health Education

What is RSE?



- Since September 2020, it has been a statutory requirement to teach Relationships, Sex and Health Education in secondary schools.
- These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life
- The content is delivered in a way that is age and developmentally appropriate and sensitive to the needs and religious backgrounds of our students
- Building on the teaching at primary school, the content covers what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship.
- In Year 9, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

RSE Content



1. Families
2. Respectful relationships, including friendships
3. Online and Media
4. Being Safe
5. Intimate and sexual relationships, including sexual Health

Health Education Content



1. Mental wellbeing
2. Internet safety and harms
3. Physical health and fitness
4. Healthy eating
5. Drugs, alcohol and tobacco
6. Health and prevention
7. Basic first aid
8. Changing adolescent body



- The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued.
- Teaching at school will complement and reinforce the lessons you teach your child as they grow up.
- Students in Years 7-9 have one hour of PSHE per week where much of this content is covered.
- Students in Years 10 and 11 cover the content through our Alternative Curriculum Days, Assemblies, Tutor time activities and through other subjects
- The RSE and Health Education Policy is on our school website for you to access

Right to withdraw your child



- You cannot withdraw your child from Health Education or the Relationships Education element of RSE
- If you do not want your child to take part in some or all of the Sex Education lessons delivered at secondary, you can ask that they are withdrawn
- You can only do this up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to
- The science curriculum also includes content on human development, including reproduction, which there is no right to withdraw from

Useful links



- [Understanding Relationships, Sex and Health Education - a guide for secondary school parents \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)
- [Cottingham High School – Policies](#)
- [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- Any questions? Please email Mrs K Dimmack (PSHE Co-Ordinator):
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