



## Relationship & Sex Education to help keep children & young people safer.

Information for Parents/Carers of Students at

### XP & XP East Schools

In response to our changing society and the impact of the Internet, Government has now decided to introduce statutory **Relationship & Sex Education** to Secondary Schools, these lessons are not new and have been delivered in Schools since the last guidance in 2000, however some of the content has now been updated to help keep young people safer.

School is here to help; we are engaging the support of the specialist organisation BigTalk Education, who are a social enterprise recognised by national leading bodies and government. They work with 3 to 18 year olds and have been involved in delivering age appropriate education of this type for over 20 years. They also deliver training for Professionals, Parents & Carers.

Below is some information on the "Lessons 4 Life" programme that will be delivered by BigTalk Education, it reflects the recommendations of the new **Government Guidance, Ofsted & SEF** (the National Children's Bureau's Sex Education Forum)

**Year 7 Introduction to Secondary RSE** - The basis of knowledge of year 7 pupils can vary considerably dependent on the quality of their primary RSE provision or lack thereof. This lesson is designed to establish knowledge levels, ensure consistent accurate knowledge of core topics and back fill gaps. Themes covered include proactive safeguarding, reproduction, puberty, relationships, body image, gender and reliable sources of information

**Year 8 RSE Building on The Basics** - In year 8 we address core themes within RSE, myth busting common misconceptions of young people around relationships, risky behaviour, pregnancy, rights and responsibilities, as well as the law. The young people work with the team to clarify definitions of terms they have heard but may not understand, as well as answering questions in a safe confidential environment.

**Year 9 Positive Relationships** - We work with the young people to discuss changes in friendships and relationships as some may begin to develop emotional and romantic attachments. This covers all types of relationships and as with all of our programme, is fully LGBTQ+ inclusive<sup>†\*</sup>. The workshop covers a range of themes around identifying healthy and unhealthy relationships. We identify risks within relationships and look at how we can work towards positive outcomes. We cover peer pressure and abusive relationships as well as contemporary issues such as youth generated images (sexting), internet safety and the dangers of inappropriate websites which we demonstrate can distort a young persons' view of social norms\*.

**Year 10 Body Image.** This lesson can be adapted for year groups from 7 right through to year 11. For both males and females outside influences can negatively impact body image, which can have repercussions on both mental and physical health as young people develop and into adulthood. By exploring how people think about their bodies, relative to media representations and social stereotypes (such as weight and gender) we relate this to self-esteem and body confidence.



**Year 10 Mates Dates, Loves & Hates** - This lesson is designed to help young people identify abusive relationships and establish boundaries. Covering a wide range of abuse from verbal, emotional, financial, sexual and physical as well as isolation. By highlighting the warning signs of these we explore how young people could help their friends through these situations and where to get help, if they have concerns<sup>†\*</sup>. Recently we have updated this Workshop to include more on abuse against males, the aim being to raise awareness, encourage empathy and to avoid demonising young men.

More information is available on BigTalk's website: [www.bigtalkeducation.co.uk](http://www.bigtalkeducation.co.uk)