



RSHE

Information for parents



Supporting our pupils to grow up safe, healthy, happy and respectful.



The key concepts that are taught in Moving On are:

Pre-Entry Levels:

Families and respectful relationships: how to recognise healthy and unhealthy relationships (friends and family), recognising and respecting diverse family structures

My body: recognising and naming body parts, puberty and changes to my body including erections, menstruation and masturbation, personal hygiene, public and private

Feelings and attitudes: recognising and naming emotions, how to cope with strong emotions, how our feeling might change as we grow older

Life cycles: the human life cycle, how will we change as we grow older, what care do babies need, how to stay happy and healthy

Keeping safe and looking after myself: recognising people that can help us in school, at home and in the community, public and private and what to do if I feel uncomfortable

People who help me: understanding how to seek help and recognising those who help us in different contexts.

Entry Levels:

Attitudes and Values: Developing an understanding of individual conscience and moral considerations, alongside the importance of stable, loving relationships and family life for the nurture of children.

Respect and Care: Building a foundation of respect, love, and care for others while exploring how to navigate moral dilemmas.

Decision-Making: Developing critical thinking skills to help make informed and responsible life choices.

Emotional Management: Learning to manage emotions and relationships with confidence and sensitivity.

Empathy and Inclusion: Cultivating self-respect and empathy, ensuring choices are made based on an understanding of difference and the absence of prejudice.

Accountability and Conflict: Developing an appreciation for the consequences of choices and learning effective ways to manage conflict.

Safety and Protection: Learning how to recognise and avoid exploitation and abuse.

Physical Development: Understanding the stages of physical development at age-appropriate intervals.

Health and Relationships: Building knowledge regarding human sexuality, reproduction, sexual health, and the emotional aspects of relationships.

Support and Advice: Learning about contraception and how to access local and national sexual health advice and support services.

Personal Well-being: Understanding the benefits of delaying sexual activity and how to avoid unplanned pregnancy.

The key concepts that are taught in Moving On are:

Levels 1 & 2:

Families and Respectful Relationships: Pupils look in more depth at the potential emotional impact of relationships and how to navigate these safely and successfully. Pupils explore complex topics such as power in relationships and sexual orientation and breaking down social stigmas.

- **My Body:** Pupils explore complex topics around our bodies, looking specifically at the functions of our body parts, the impact that social/pornography media may have on mental and emotional wellbeing.
- **Feelings and Attitudes:** Pupils explore ideas around culture, beliefs and how society may impact on our own feelings and attitudes towards relationships.
- **Life Cycles:** Pupils explore the potential impact of parenthood on emotional, financial and social wellbeing.

Keeping Safe and Looking After Myself: Pupils explore the misuse of drugs/alcohol and how this can impact on relationships and health. Pupils look at consent in more detail and across a variety of contexts. Pupils cover how to look after their sexual health and how to seek advice and support within their local community.

Please ask your child's class teacher if you would like more information about whether your child is working at pre-key stage, entry levels or level 1 & 2.

How RSHE is taught at Moving On

In the Moving On pathway, RSHE is taught discreetly in the second half of each term (Autumn, Spring, and Summer).

RSHE lessons are delivered in a variety of ways to suit students' levels and abilities, including:

Discussions and debates, educational videos, real-life resources and scenario role-play. All resources are adapted to meet the individual needs of students.

Ground Rules for Respectful Discussion

To create a safe and respectful environment, the following rules are reviewed at the start of every RSHE lesson:

Respect each other's ideas and contributions. Use RSHE-related terms appropriately and only within the classroom. RSHE topics should only be discussed during lessons. Students can request additional discussions with the Class Lead after the lesson if needed.

Resources Used

Lessons draw on high-quality, trusted materials from organisations such as: PSHE Association, Brook, Bodysense, Split Banana, Fumble, Sex Education Forum, Big Talk Education, School of Sexuality.

Safeguarding and Confidentiality

Students aged 16+ can discuss personal RSHE questions with their Class Lead. Staff remind students that, due to safeguarding responsibilities, any information shared that poses a risk or threat to the student must be passed to the Safeguarding Team.

Students aged 16 and over have the right to opt in or out of RSE lessons independently, in line with statutory guidance. This is explained to students in a sensitive way to ensure they understand their choice and responsibilities.

Supporting your child at home

There are many ways you can support your child's RSHE learning:

Encourage Open Conversations

Create a safe, relaxed environment where your child feels comfortable talking about their thoughts and feelings.

Use the correct vocabulary they are learning at school, including anatomically correct names for body parts.

Reinforce Positive Relationships

Talking through scenarios or situations to reinforce safe choices and respectful relationships

Practice Safety Skills

Discuss who are safe adults they can talk to if something worries them.
Reinforce the importance of consent in a range of contexts.

Stay Involved

Read updates from the class lead on ClassDojo to see what your child has learned.

Ask your child questions about the topics covered and reinforce key vocabulary.

By supporting your child at home, you help them develop confidence, make safe choices, and build healthy relationships - skills that will last a lifetime.

We hold RSHE parent/carer coffee mornings, where we:

Give an overview of our curriculum

Explain relevant Government guidance and updates

Provide a space to talk with other parents/carers, ask questions, and receive further information

Dates for these sessions will be shared via ClassDojo, so please keep an eye out.

Further information and contact details

You can read our full Relationships, Sex and Health Education Policy, as well as our whole-school RSHE curriculum coverage document on our website.

If you would like further information, please contact your child's Head of School.

Woodhouse Learning, Upper School - Laura Green

Boston Spa - Bryony Bolland- Wai

Headingley - Kathryn Nelson