



# RSHE

## Information for parents



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



# The key concepts that are taught in Stepping Stones are:

In the Stepping Stones pathway, pupils learn about:

Families and respectful relationships

- My body
- Feelings and attitudes
- Life cycles
- Keeping safe and looking after myself
- People who help me

These topics are always taught in a way that matches each pupil's chronological age while also considering their individual needs, understanding, and developmental level.

Examples of Learning by Key Stage:

## **KS2 (Key Stage 2)**

What makes a good friend? What can I do if I am being bullied? Which parts of my body are private? Similarities and differences between boys and girls. How has my body changed? Understanding different emotions and coping with strong feelings. The human life cycle and what happens as I grow up. Where do babies come from? Who can I talk to if I feel anxious or unhappy? How can I say 'no' if I don't want to do something? Who can I ask for help?

## **KS3 (Key Stage 3)**

Managing friendships and dealing with bullying. How families can be similar or different. Body changes during puberty for boys and girls. Private parts and private spaces. Coping with strong feelings Human life cycle and where babies come from. How to ask for help and say 'no' when needed.

## **KS4 (Key Stage 4)**

How friends and families should treat each other. Marriage and civil partnerships. Puberty, including menstruation and erections. Masturbation and privacy. Saying 'no' respectfully. Staying healthy and happy. Private parts and private spaces. Asking for help when needed.

At Stepping Stones, RSHE is delivered sensitively, ensuring pupils gain the knowledge and skills they need to stay safe, understand their bodies and emotions, and build positive relationships.

# How RHSE is taught at Stepping Stones

In the Stepping Stones pathway, RSHE is taught for 6 weeks each term by the class lead. Lessons use a variety of teaching methods to support learning, including:

- Direct instruction
- Group discussion
- Educational videos
- Scenarios
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## Creating a Safe Learning Environment

Each lesson begins with a reminder of our RSHE ground rules:

- Be kind to others
- Listen respectfully
- Only discuss RSHE content within the classroom
- Pupils do not have to answer questions or discuss anything they don't feel comfortable with

Pupils also have access to a **questions box**, where they can ask questions they may feel uncomfortable raising in front of the group.

## Resources

We use high-quality, trusted resources from reputable providers such as the PSHE Association, 1Decision, and BBC Bitesize.

## Keeping Parents Informed

After each lesson, the class lead will send a message via ClassDojo to share:

- What was discussed
- Any tricky concepts covered
- Key vocabulary that might be new to pupils

# Supporting your child at home

There are several ways you can support your child's learning in RSHE at home:

**Use correct language:** Use anatomically correct words when talking about body parts to help your child develop accurate understanding.

**Support regulation strategies:** Help your child practise strategies for managing emotions and behaviour. Speak to your child's class lead if you would like specific

guidance or recommendations.

**Build relationships:** Encourage your child to interact with a range of familiar adults and peers, practising turn-taking and sharing space.

**Explore emotions:** Help your child understand feelings by describing what they might be experiencing without labelling it for them. For example, say, "I can see you're crying; maybe you're feeling sad or frustrated," to introduce emotion-based language.

We also 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.

Boston Spa Learning – Bryony Bolland - Wai

Headingley Learning – Kathryn Nelson

Woodhouse Learning, Lower School – Abigail Hill

Woodhouse Learning, Upper School – Laura Green