

## Parents Forum

Aim: to discuss issues surrounding the Relationships and Sex Education curriculum

Outline RSE provision

Obtain views of parents on RSE provision

Relationships and Sex Education, and Personal, Social and Economic Education are compulsory for all pupils in secondary education.

The aims of RSE are:

- To give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.
- To enable young people to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.
- To teach young people to understand human sexuality and to respect themselves and others. To enable young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Effective RSE does not encourage early sexual experimentation.

The aims of RSE are:

- To give young people knowledge about safer sex and sexual health in order to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life.
- To support people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.
- To deliver the above in a non-judgemental, factual way and allow scope for young people to ask questions in a safe environment.
- To underpin relationships education by a wider, deliberate cultivation and practice of resilience and character in the individual. These should include character traits such as belief in achieving goals and persevering with tasks, as well as personal attributes such as honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice, underpinned by an understanding of the importance of self-respect and self-worth.

The aims of Health Education are:

- To enable young people to understand that physical health and mental wellbeing are interlinked, and it is important that pupils understand that good physical health contributes to good mental wellbeing, and vice versa.
- To give young people the information they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.
- To promote pupils' self-control and ability to self-regulate, and strategies for doing so thus enabling them to become confident in their ability to achieve well and persevere even when they encounter setbacks or when their goals are distant, and to respond calmly and rationally to setbacks and challenges.
- To help young people to overcome prejudice and stigma around health issues, especially those connected with mental health

- My Quest Journey and Professional studies lessons
- Tutorial programmes
- The Quest Seven Year Journey Programme
- Assemblies
- Drop-down days.
- PE
- Science
- Religious Studies

What are your opinions on RSE provision?

Do you have any concerns about this provision?

How do you think it can be improved further?

What other aspects of PHSCE would you like to see covered in school?

Any other comments?