



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

Information for Parents/Carers of Students at
William Henry Smith

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.

We are here to help and 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).

Whilst this is the full content of each session it will be adapted in line with the needs of the students withing William Henry Smith School to take in to account prior learning.

Nightingale/Sheeran - Growing up Safe Cards: We discuss the differences between boys and girls, naming body parts using the correct scientific words, and the private areas of the body. Using specially designed resources in a calm, open, fun environment. Students will be able to identify happy situations within relationships, and those which may be risky (e.g., other children or adults taking improper photographs of them, appropriate and inappropriate touches, exposure to unsuitable media etc.) Throughout the session students are encouraged to join in and reassured that they have people that they can talk to if they are worried.

Sheeran/Hockney/Phillips - Bodies, Babies & Belly Buttons. We cover different kinds of families (same sex parents, foster families etc.) the emotional and physical changes of growing up, similarities and differences between boys and girls, coping with different emotions, looking after our bodies as they change and the onset of periods (puberty). For some children we will introduce how babies are made from ovums and sperm, then develop in the womb (reproduction). We talk about how to be safe and healthy, linking this back to and building on identifiable risks, we also strengthen awareness of "our body is our own" and personal safety especially online grooming, etc.

Hockney/Phillips - Puberty. Consent and personal safety will be covered in line with KS2 lessons. If time allows we let the young people ask us more questions, as it is important they know there is someone in school, as well as at home, if they want help or information about puberty, reproduction etc. Information at this stage is vital to protect them in the future.

All the resources BigTalk Education use are age appropriate and help keep children protected from unwanted touches, abuse and exposure to unsuitable images etc. Research now shows that children receiving this type of education are three times more likely to speak out if they are touched inappropriately.

Priestley/Stewart/Whittaker/Rowntree - Building Friendships and Relationships. This lesson is designed to help young people build positive friendships and relationships as they develop into young adults. We identify what behaviors and comments are positive and what may be perceived as being inappropriate, when making connections online and in face-to-face situations. The definition of sexual harassment is discussed along with the possible implications, as well as where to get help and support when it is needed.



Hargreaves - Introduction to Secondary RSE. The basis of knowledge of year 7 and 8 students 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.

Rowntree/Hargreaves - 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.

Stewart/Priestley/Rowntree/Whittaker – Understanding Sexuality. We work with the young people to discuss changes in friendships and relationships as they 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. The workshop covers a range of themes that affect relationships and young people's perception of what constitutes a healthy relationship. We address peer pressure, abusive relationships and gender stereotypes, as well as contemporary issues such as youth generated images (sexting), internet safety and the dangers of inappropriate websites which we demonstrate can warp a young persons' view of social norms.

Stewart/Priestley/Whittaker Sex: Your Decisions - Building on the themes of consent and contraception from the previous lesson, this session introduces more of the choices that young people need to consider before entering a sexual relationship. Covering the most up to date contraception information with details on efficacy, is critical to help young people make informed decisions when the time comes. (We remind them the age of sexual consent is 16, but that young people these days are waiting later) To underline the consequences of decision making, we highlight the effects of unplanned parenthood on potential mothers and fathers. We highlight the limited power of fathers in decision making, the effects of pregnancy for mothers, as well as the financial and lifestyle impact for both.

Priestley/Stewart/Whittaker - Infections and Protection. At this point we introduce the young people to the dangers of sexually transmitted infections, ensuring they understand the short and long term effects, as well as which can be treated or cured, and which can't. The lesson includes information on safer sex, a demonstration of condoms and the local information relating to how, (when the time is right for them) to access them for free. Developing a greater awareness of the law, consent, better communication skills about safer sex and confidence to make good decisions are all objectives for this workshop.

Priestley/Stewart/Rowntree/Whittaker - Reality Check. Whether it be video games, social media, Netflix, reality TV or adult websites, young people can easily and readily access media that represent relationships, sex, body image and gender in unrealistic and often highly sexualised ways. This lesson is designed to support pupils in navigating fictional and hyperbolic representations, helping them to understand that these do not represent natural, healthy relationships. We also address how to stay safe when looking for information about sex and relationships online and introduce trusted sources of factual information.

Corbet – One to One Sessions. Individual sessions will be made available to these students throughout the BigTalk visit to ensure that the students individual needs are met.

More information is available on BigTalk's website: www.bigtalkeducation.co.uk