

# Relationships, Sex & Health Education (RSHE) at QMGS

Mrs McPhee - PSHEE Coordinator



# Rationale

*Today's children and young people are growing up in an increasingly complex world. This presents many positive and exciting opportunities, but also challenges and risks. Children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. This is why we have made Relationships, Sex and Health Education compulsory in all state-funded schools.*

## Goal

To enable people to make decisions about their own lives from an informed perspective that aligns with their values and ambitions, leading to a healthy and fulfilling existence as a positive contributor to society.

# The 'Why'

- Need
- Enjoyment
- Empowerment

<https://2u6szgq3e9x2hmfuy16guf8q-wpengine.netdna-ssl.com/wp-content/uploads/2021/01/2020-v2-Make-Your-Mark-Results-with-Infographics.pdf>



## What the pupils say:

*“I like the RSHE lessons and education because I think lessons are fun and actively engaging, as are all PSHEE lessons, but I think that it is important that we learn about the RSHE lessons as they are very applicable to life from the ages 16+ which isn’t that far away from Year 7’s and Year 8’s. Also it is very important that everyone lives a life that they are mentally healthy in, and for someone who is struggling with their mental health, it could be very beneficial for them, as well as people who don’t have mental health struggles, it is good to educate them about that just in case they experience similar issues later in their life.”*

## What the pupils say:

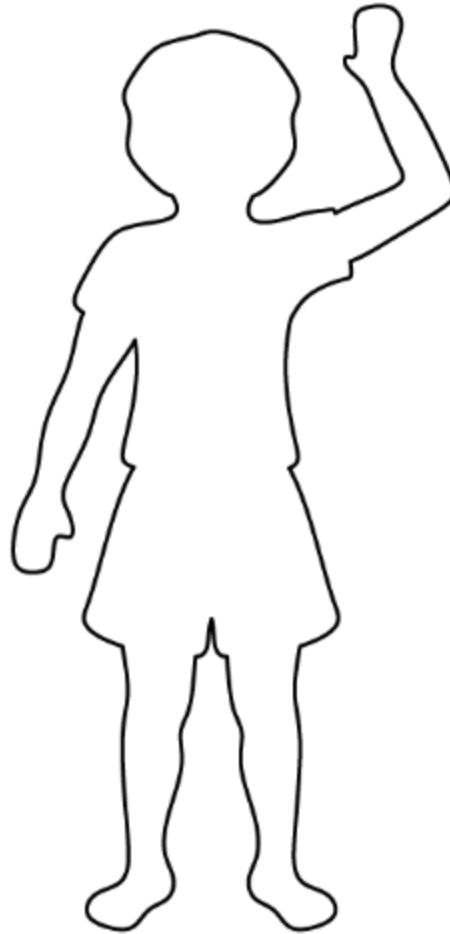
*“As a Year 11 I feel that the lessons on RSHE and such that we've had over these past 4 years have been some of the most influential parts of my school life. In a time where media has more influence over us than ever before, having actual trained lessons on these subjects help not only educate us, but squash many of the misinformation and unrealistic expectations out there that can be very mentally damaging.”*

spiritual

moral

social

cultural



mental

physical

# Timetabling & Delivery of RSHE at QMGS

- Part of PSHEE programme
- Delivered by specialist staff
- Lesson activities
- ‘Time-out’ and other options
- High-quality, well researched lessons
- Occasional external speakers
- Whole-school events & initiatives
- Assemblies
- Pastoral care
- Change Your Mind team





# Safeguarding at QMGS

- Designated Safeguarding Lead (DSL): Mr Collins
- Deputy Designated Safeguarding Leads (DDSLs): Mr Brown, Mr Farnell

# RSHE policy (updated September 2021)

qmgs.walsall.sch.uk

About Us

Policies & Information

Policies

Relationships, Sex & Health Education policy



# Faith & RSHE

- Important
- Acknowledged
- Explored
- United



# Your rights and responsibilities

- Access to Scheme of Work, lesson plans and resources
- Continue the conversation at home
- Role-modelling at home and school
- Right to ask questions and raise concerns
- Work in partnership with school
- Right to withdraw



## Right to withdraw

- From some or all of sex education only
- Discussion with school and child first – possible detrimental effects of withdrawal
- Available until three terms before the child turns 16, then up to the child



	<b>Mental health</b>
<b>Year 7</b>	<b>1. Me and thee (Induction session)</b>
	<b>2. An introduction to mental health education</b>
	<b>3. Mindfulness and gratitude</b>
	<b>4. Neuroplasticity and thinking patterns</b>
<b>Year 8</b>	<b>1. The anti-depressant lifestyle</b>
	<b>2. Mental benefits of physical activity</b>
	<b>3. Engaging activity, sleep, sunlight, social interaction 1</b>
	<b>4. Engaging activity, sleep, sunlight, social interaction 2</b>
<b>Year 9</b>	<b>1. The adolescent brain</b>
	<b>2. Healthy and unhealthy coping strategies</b>
	<b>3. Grief and bereavement</b>
<b>Year 10</b>	<b>1. What is stress?</b>
	<b>2. Stress management 1</b>
	<b>3. Stress management 2</b>
<b>Year 11</b>	<b>1. Introduction to Transactional Analysis</b>
	<b>12. Mental health and exams (inc. 'study drugs') (CYM team)</b>

	<b>Physical health</b>
<b>Year 7</b>	<b>5. Personal hygiene</b>
<b>Year 8</b>	<b>5. Dental health</b>
<b>Year 9</b>	
<b>Year 10</b>	<b>4. Sleep</b>
	<b>5. Nutrition (inc. skipping meals and energy drinks) - PSHE Association launching in Sept</b>
	<b>6. Testicular self-examination</b>
<b>Year 11</b>	<b>9. Smoking and vaping</b>
	<b>10. Alcohol (inc. First Aid)</b>
	<b>11. Drugs (includes the recovery position)</b>

	<b>Diversity and discrimination</b>
<b>Year 7</b>	<b>6. Neurodiversity</b>
	<b>7. Autism awareness</b>
<b>Year 8</b>	<b>6. Hate crime and discrimination</b>
<b>Year 9</b>	<b>4. Disability awareness 1</b>
	<b>5. Disability awareness 2</b>
	<b>6. Extremism, radicalisation &amp; terrorism</b>
<b>Year 10</b>	<b>7. Racism</b>
<b>Year 11</b>	



	<b>Financial literacy</b>
<b>Year 7</b>	<b>8. Making the most of your money (Your Money Matters textbook)</b>
<b>Year 8</b>	<b>7. Earning money 1</b>
	<b>8. Earning money 2</b>
	<b>9. Saving 1 (Your Money Matters textbook)</b>
	<b>10. Saving 2 (Your Money Matters textbook)</b>
<b>Year 9</b>	<b>7. Borrowing (Your Money Matters textbook)</b>
	<b>8. Gambling and social gaming</b>
<b>Year 10</b>	<b>8. The World of Work 1 (Your Money Matters textbook)</b>
	<b>9. The World of Work 2 (Your Money Matters textbook)</b>
<b>Year 11</b>	<b>5. Security and Fraud 1 (Your Money Matters textbook)</b>
	<b>6. Security and Fraud 2 (Your Money Matters textbook)</b>

	<b>Character Education</b>
<b>Year 7</b>	9. Introduction to conflict prevention and resolution (inc. disagreeing respectfully)
<b>Year 8</b>	
<b>Year 9</b>	
<b>Year 10</b>	10. Assessing risk
<b>Year 11</b>	

	<b>Future Plans</b>
<b>Year 7</b>	<b>10. Who am I?</b>
	11. Helpful and unhelpful behaviours
	12. Knowledge vs. skills
<b>Year 8</b>	<b>11. Workplace behaviour and culture</b>
<b>Year 9</b>	<b>9. Growing careers for positive change</b>
	<b>10. The journey to your career</b>
<b>Year 10</b>	<b>11. Giving and receiving feedback</b>
	<b>12. Social action</b>
<b>Year 11</b>	<b>7. Study skills (CYM team)</b>

	Local, national and international citizenship
<b>Year 7</b>	13. Introduction to Citizenship & First Aid
	<b>14. Introduction to parliament</b>
	<b>15. Local government</b>
<b>Year 8</b>	<b>12. Preparation for mock House of Commons debate</b>
	<b>13. Mock House of Commons debate</b>
	<b>14. First Aid (DR ABC &amp; CPR)</b>
<b>Year 9</b>	11. Mock election Part 1
	<b>12. Mock election Part 2</b>
	<b>13. First Aid (CPR and AED)</b>
<b>Year 10</b>	13. County Lines
	<b>14. Knife Crime (inc. First Aid - Bleeding)</b>
<b>Year 11</b>	<b>8. Being a positive role model</b>

	<b>Media safety</b>
<b>Year 7</b>	<b>16. Fact, fiction and bias</b>
	<b>17. Us vs them</b>
<b>Year 8</b>	<b>15. Speaking up, speaking out</b>
<b>Year 9</b>	<b>14. Sexting</b>
<b>Year 10</b>	<b>15. Pornography 1</b>
	<b>16. Pornography 2</b>
<b>Year 11</b>	

	<b>RSE</b>
<b>Year 7</b>	18. Sexual orientation, gender identity and coming out
<b>Year 8</b>	<b>16. Puberty</b>
	17. The menstrual cycle (inc. endometriosis and menopause)
	18. Pressure and bullying
<b>Year 9</b>	15. Sexism
	<b>16. Am I ready for a sexual relationship?</b>
	<b>17. Communication, consent and choice</b>
	<b>18. Safe sex</b>
<b>Year 10</b>	<b>17. Relationship abuse</b>
	<b>18. Marriage, partnership and rights</b>
<b>Year 11</b>	<b>2. Fertility and routes to parenthood</b>
	<b>3. Pregnancy outcomes</b>
	4. Pregnancy choices: abortion

Continuing the conversation at home

**YOUNG**MINDS

fighting for young people's mental health

**B** brook

**amaze**



*Sarah Sproule*





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