

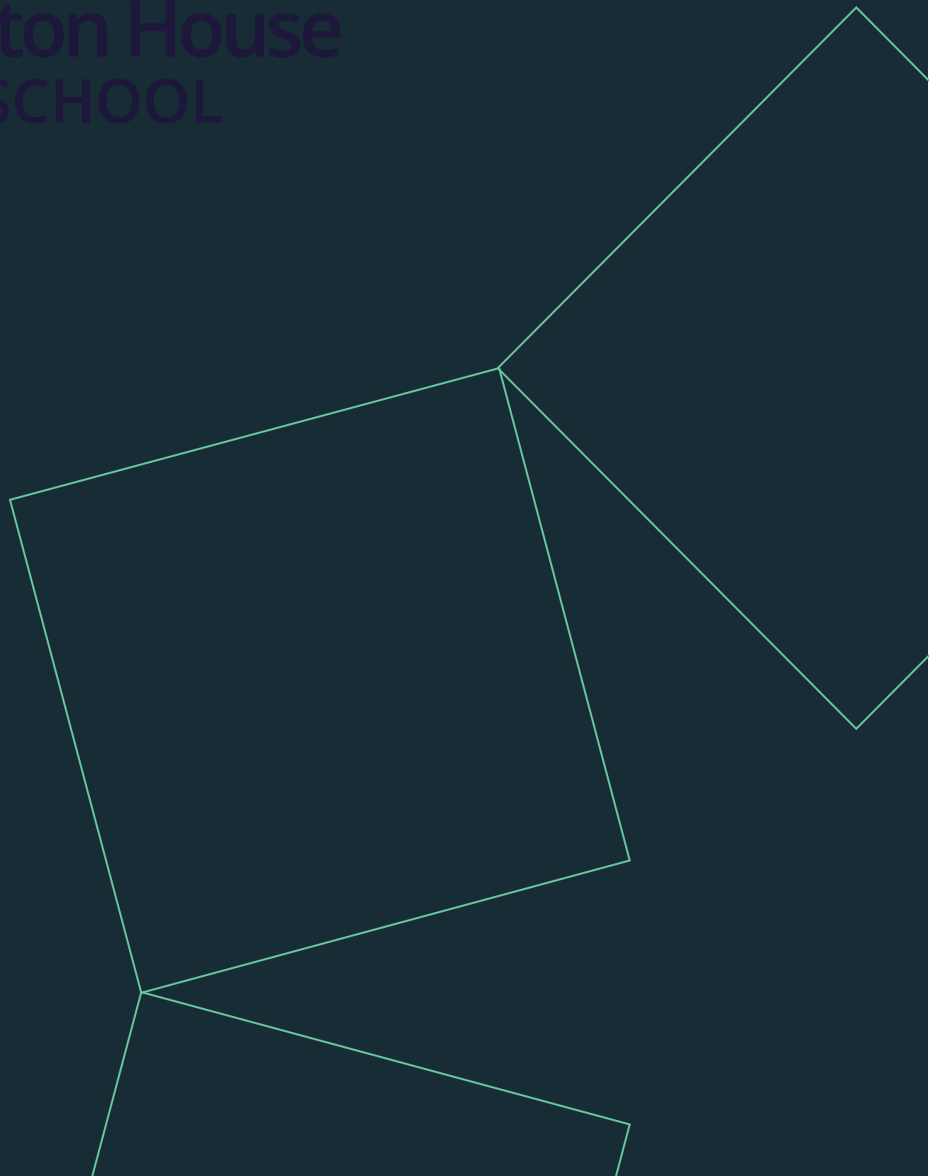


OFG
Education

RSHE POLICY



Benton House
SCHOOL



RHSE POLICY

Implementation:

BHS Relationship and Sex Education Policy should be read in conjunction with

- Curriculum Policy
- Safeguarding Policy

Compliance: This policy complies with all relevant regulations and other legislation as detailed in the *Compliance with Regulations & Legislation Statement*.

At Benton House School, we are committed to providing a safe, nurturing, and aspirational environment where every pupil is supported to achieve their full potential. We place safeguarding, wellbeing, and inclusion at the heart of all we do, ensuring pupils feel secure, respected, and valued.

Our curriculum and provision are designed to be broad, balanced, and stimulating, enabling pupils to make progress academically while also developing socially, emotionally, and personally. We foster resilience, independence, and a love of learning, preparing pupils for the next stage of their education and life beyond school.

Our ethos is underpinned by the values of Curiosity, Ambition, Respect, and Empathy. Through positive relationships, high expectations, and nurturing principles, we ensure that every pupil has the opportunity to succeed, contribute, and thrive in a caring and inclusive community.

All Benton House School policies are grounded in this vision, ensuring consistency, compliance, and a shared commitment to safeguarding, high-quality education, and the holistic development of every pupil.

1.0 INTRODUCTION AND CONTEXT

This policy is written in accordance with The Education (Independent School Standards) Regulations 2014 (as amended) and has regard to the Department for Education's Independent School Standards Guidance (April 2026) and the statutory guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education

Throughout this policy Benton House School refers collectively to this curriculum as Relationships, Sex and Health Education (RSHE).

BHS is an independent day school providing specialist education for children and young people aged 5 – 14. All of our children have experienced disruption to formal education. For some pupils, this has resulted in long periods of absence which has impacted on their self-esteem and self-confidence. In some cases, pupils have not attended formal education for up to three years.

At Benton House School **RSHE**, and Health Education contribute significantly to pupils' personal development, preparation for adulthood, safeguarding and wellbeing. Pupils in Key Stages 1 and 2 receive statutory Relationships Education and Health Education curriculum, alongside age-appropriate non-statutory Sex Education where appropriate, while pupils in Key Stage 3 receive Relationships, Sex and Health Education (RSHE). Through this curriculum, pupils develop the knowledge, skills and confidence needed to build healthy relationships, make informed choices, stay safe, respect diversity and participate positively in modern British society.

Teaching is delivered using trauma-informed, relationship-based approaches which recognise the developmental, emotional and communication needs of our pupils, enabling them to access sensitive content safely and successfully.

2.0 STATUTORY REQUIREMENTS

In Key Stages 1 and 2, Benton House School teaches the statutory Relationships Education and Health Education curriculum, alongside age-appropriate non-statutory Sex Education where appropriate.

In Key Stage 3, Benton House School teaches RSHE, ensuring pupils are prepared for adolescence, healthy relationships and adult life.

Biological aspects of human development and reproduction are also taught through the National Curriculum for Science.

RSHE actively promotes the Fundamental British Values of democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs. These values are explored through discussion, debate, relationship education and wider personal development opportunities.

In addition, at BHS

- Teaching reflects the law and teaches about applicable laws so that pupils are clear on rights and responsibilities
- Teaching is sensitive, inclusive, evidence-informed and age-appropriate.
- Teaching is inclusive to meet the needs of all pupils so that they are able to understand the importance of quality and respect
- Work closely with parents and are respectful of pupils' and parents' backgrounds and beliefs
- Communicate the right to request withdrawal from some or all the sex education
- Will consider the age and religious background of all pupils
- Ensure that RSHE is accessible to all pupils, including those with SEND.
- Teach about LGBT+ content at integrated and timely point
- Staff team and wider community model positive relationships

BHS complies with the Equality Act 2010, including those with protected characteristics.

- We will not treat pupils with protected characteristics (age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation less favourably.
- We will make reasonable adjustments and take positive action to alleviate disadvantage, being mindful of the SEND Code of Practice.

- We will regularly review our curriculum content to ensure we are taking positive action towards inclusivity.

3.0 DEFINITION

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSHE involves a combination of sharing information and exploring issues and values.

RSHE is not about the promotion of sexual activity.

4.0 CURRICULUM DELIVERY

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSHE are taught within the science curriculum.

We have developed the curriculum in consultation with parents, pupils and staff, considering the age, complex needs, experiences and trauma of our pupils.

If pupils ask questions outside the scope of this policy and outside of the topics outlined in the PSHE curriculum, teachers will respond in an appropriate manner, so all pupils are fully informed and don't seek answers online or from other unreliable sources.

Staff will teach pupils the full RSHE curriculum without opinion or imposing their own beliefs and values on pupils. It is the roles of the teacher and LSAs to educate pupils within the curriculum with no bias given, without pupils being told they have negative opinions and with no implementation of how their own values should be formed. The curriculum must be taught in a neutral, informative and fact-based manner always. Staff will handle questions and discussion sensitively, respectfully and impartially, while ensuring teaching remains legally accurate, safeguarding-led, age-appropriate and aligned with equality duties. Staff at BHS will never impose their political views upon pupils or discuss their views and opinions with pupils at any time.

All staff at BHS who deliver the RSHE curriculum are available to speak to parents, carers and home care staff always to discuss questions and/or concerns relating to the RSHE lessons.

Primary Curriculum

Relationships Education across Key Stages 1 and 2 focuses on teaching the fundamental building blocks and characteristics of positive relationships, including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Throughout Key Stage 1, teaching is carefully adapted to pupils' developmental stage. Learning focuses on recognising trusted adults, developing positive friendships, understanding kindness and respect,

recognising feelings, keeping safe (including online), respecting personal boundaries and understanding that families can be different while all providing love and care.

In addition to the statutory Relationships and Health Education curriculum, Benton House School provides age-appropriate **non-statutory Sex Education** for older primary pupils where appropriate. This complements the National Curriculum Science programme and prepares pupils for the transition into adolescence.

We define sex education as understanding human reproduction. We believe that all children at our school should have access to a sex education programme to enable them to:

- Be safe
- Be provided with the correct scientific terminology and information and taught how to use it in the right context
- Make responsible, informed and healthy choices about their lives now and in the future
- Be respectful of themselves and others to enable them to move confidently through childhood, adolescence into adulthood
- Have the understanding to develop and maintain positive and healthy relationships

KS3 Curriculum

Relationships and Sex Education for Key Stage 3 focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media

Pupils are explicitly taught about responsible use of mobile phones, smart devices, social media platforms, online communication, image sharing, digital footprints, misinformation, artificial intelligence and online consent. Teaching supports pupils to understand both the benefits and risks of technology.

- Being safe
- Intimate and sexual relationships, including sexual health

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems. Pupil progress is tracked and monitored using our online assessment system Evidence for Learning.

Special Educational Needs and/or disabilities

All pupils at BHS have additional learning needs and all have an Education Health Care (EHC) Plan. In order to make sure pupils are able to access the learning in the classroom resources will be differentiated as appropriate to address the learning needs of children in order for them to have full access to the contents of the PSHE and RSHE curriculum.

In most cases, class teachers will be able to determine if any additional support is required for an individual child to access the curriculum. In some cases, the SENCo and parents/carers may wish to work in partnership with the class teacher to tailor the curriculum for individual pupils.



Neurodiversity and Vulnerability

At Benton House School, we recognise that pupils with SEND and SEMH needs may experience additional vulnerabilities in relation to relationships, personal safety, consent, online activity, peer influence and exploitation. Our RSHE curriculum is designed to be developmentally appropriate, accessible and responsive to individual needs. Teaching is adapted to ensure pupils develop an understanding of personal boundaries, healthy relationships, consent, online safety and risk-taking behaviours, enabling them to make informed decisions and keep themselves safe both in school and within the wider community.

We recognise and celebrate neurodiversity and ensure that RSHE teaching reflects the diverse strengths, experiences and needs of our pupils. Through personalised approaches, visual supports, social learning opportunities and therapeutic strategies, pupils are supported to develop self-awareness, self-advocacy, emotional literacy and positive relationships.

Equality

The DfE Guidance 2019 (p. 15) states, “Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect.

Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics...”

LGBT content is integrated fully into our curriculum. It is not specifically taught as stand-alone lessons within units. All pupils will be taught LGBT+ content in an age-appropriate manner at a timely point in the curriculum.

At Benton House School we promote respect for all and value every individual child. However, we also respect the rights of our children, families and our staff to hold beliefs, religious or otherwise.

Should any content within our curriculum cause parents or carers any concern then we would invite them in to discuss these concerns with the school.

For information on what it taught, how it is taught and when it is taught, please refer to Appendix 1.

RSHE contributes to the school's wider safeguarding strategy by addressing contextual risks including child-on-child abuse, exploitation, online harms, harmful sexual behaviour, criminal exploitation, coercion, unhealthy relationships and community-based risks.

Pupils are encouraged to develop an appreciation of different cultures, communities, identities and life experiences. RSHE promotes respect, inclusion and understanding while preparing pupils to live and work alongside people from a wide range of backgrounds.

Preparation for Adulthood

RSHE supports preparation for adulthood by developing pupils' independence, self-advocacy, decision-making, relationship skills, emotional literacy and understanding of their rights and responsibilities.

5.0 ROLES AND RESPONSIBILITIES

The Headteacher

The Headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from the non-statutory components of RSHE.

Staff

Staff are responsible for:

- o Delivering RSHE in a sensitive way
- o Modelling positive attitudes to RSHE
- o Monitoring progress
- o Responding to the needs of individual pupils
- o Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSHE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the Headteacher.

Staff Training

All staff delivering RSHE receive appropriate training and professional development to ensure teaching is accurate, age-appropriate, inclusive and responsive to the needs of our pupils. Training is regularly reviewed and updated to reflect changes in statutory guidance, safeguarding requirements, emerging local and national issues, and the needs of the school community.

Consideration is given to training relating to SEND, SEMH, neurodiversity, healthy relationships, consent, online safety, child-on-child abuse, harmful sexual behaviour and contextual safeguarding to ensure staff are equipped to deliver the curriculum effectively and respond appropriately to pupil needs.

Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity. Pupil voice contributes to the ongoing development of the RSHE curriculum. Pupil feedback, surveys and discussion activities are used to identify emerging themes and ensure learning remains relevant to pupils' experiences and needs.

6.0 PARENTS RIGHT TO WITHDRAW

“Parents have the right to request that their child be withdrawn from some or all sex education delivered as part of statutory Relationships, Health and Sex Education” DfE Guidance p.17

All staff at BHS strongly believe that all children should have access to our sex education programme as outlined above.

If a parent/carer wishes to withdraw their child from components of Sex Education lessons, then they must inform the school in writing a week prior to the lesson taking place in order that alternative arrangements can be made for the child's education.

Primary School (Key Stages 1 and 2)

Parents cannot withdraw their child from the statutory Relationships Education or Health Education curriculum taught throughout Key Stages 1 and 2.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE.

Requests for withdrawal should be put in writing and addressed to the Headteacher.

Alternative learning will be provided for pupils who are withdrawn from the non-statutory Sex Education elements of the curriculum. Parents cannot withdraw their child from statutory Relationships Education, Health Education, or the National Curriculum Science programme.

There are separate rules on withdrawing a child from RSHE. Sex education is separate from the Relationships and Health curriculum and parents can withdraw children from some or all of the lessons on Sex Education. The Headteacher must grant a parent's request to withdraw a child beforehand, and it's useful to have good conversations with parents so that they understand fully what their child will be taught.

Before making a request, parents should:

Ask the school about what will be taught in Sex Education lessons and how these lessons will be delivered to pupils who have traumatic experiences, are SEND pupils and may have many individual and personal barriers to learning about sex education.

The science curriculum in all schools includes content on human development, which includes human reproduction. Remember there is no right for a parent to withdraw their child from the science curriculum.

Key Stage 3

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing and addressed to the Headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from sex education.

All staff at BHS are qualified SEND/SEMH practitioners who are experienced in delivering lessons to pupils who have multiple, complex needs and who have experienced trauma at different stages in their lives. Pupils are taught in small groups with LSA support and lessons within sex education will be adapted to suit individual pupils' needs and capabilities.

The teachers delivering RSHE are available to speak with parents, carers and care home staff at any time regarding questions or concerns within the RSHE curriculum.

7.0 POLICY MONITORING AND REVIEW

The effectiveness of RSHE is monitored through curriculum reviews, pupil voice, learning walks, assessment information, safeguarding trends, attendance and behaviour data, parent feedback and quality assurance activities. Leaders use this information to evaluate impact, identify emerging needs and ensure the curriculum remains relevant, inclusive and responsive to the needs of pupils. Leaders use this information to review curriculum effectiveness and identify emerging needs within the school community.

Leaders also monitor staff confidence and training needs relating to RSHE to ensure curriculum delivery remains effective, current and responsive to pupil needs."

1 APPENDIX 1 – WHAT IS TAUGHT ACROSS THE KEY STAGES

Key Stage 1

During Key Stage 1, Relationships Education is delivered through age-appropriate learning experiences that develop pupils' understanding of:

- friendships and kindness



- families and caring relationships
- recognising trusted adults
- respecting themselves and others
- keeping safe, including online
- recognising and managing emotions
- personal boundaries and consent in everyday situations (such as asking permission and respecting personal space)
- seeking help when worried or unsafe

Learning is carefully adapted to meet pupils' developmental, communication and SEMH needs using visual supports, modelling, social stories and practical activities.

Relationships Education

By the end of Primary School (Key Stages 1 and 2), pupils should know:

Families and people who care for me

RE 1 • that families are important for children growing up because they can give love, security and stability.

2 • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.

3 • that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.

4 • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.

5 • that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.

6 • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships

RE 7 • how important friendships are in making us feel happy and secure, and how people choose and make friends.

8 • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

9 • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

10 • that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

11 • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Respectful relationships

RE 12 • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

- 13** • practical steps they can take in a range of different contexts to improve or support respectful relationships.
- 14** • the conventions of courtesy and manners.
- 15** • the importance of self-respect and how this links to their own happiness.
- 16** • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- 17** • what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- 18** • the importance of permission-seeking and giving in relationships with friends, peers and adults.

Online relationships

- RE 19** • that people sometimes behave differently online, including by pretending to be someone they are not.
- 20** • that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.
- 21** • the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- 22** • how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- 23** • how information and data is shared and used online.

Being safe

- RE 24** • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- 25** • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- 26** • that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- 27** • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- 28** • how to recognise and report feelings of being unsafe or feeling bad about any adult.
- 29** • how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- 30** • how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- 31** • where to get advice e.g. family, school and/or other sources.

Physical health and mental wellbeing:

By the end of Primary School (Key Stages 1 and 2), pupils should know:

Mental wellbeing

- PM 1** • that mental wellbeing is a normal part of daily life, in the same way as physical health.
- 2** • that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- 3** • how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- 4** • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.



- 5** • the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- 6** • simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- 7** • isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- 8** • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- 9** • where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- 10** • it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Internet safety and harms

- PM 11** • that for most people the internet is an integral part of life and has many benefits.
- 12** • about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- 13** • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- 14** • why social media, some computer games and online gaming, for example, are age restricted.
- 15** • that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- 16** • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- 17** • where and how to report concerns and get support with issues online.

Physical health and fitness

- PM 18** • the characteristics and mental and physical benefits of an active lifestyle.
- 19** • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- 20** • the risks associated with an inactive lifestyle (including obesity).
- 21** • how and when to seek support including which adults to speak to in school if they are worried about their health.

Healthy eating

- PM 22** • what constitutes a healthy diet (including understanding calories and other nutritional content).
- 23** • the principles of planning and preparing a range of healthy meals.
- 24** • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Drugs, alcohol and tobacco

- PM 25** • the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Health and prevention

- PM 26** • how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.

- 27** • about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- 28** • the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
- 29** • about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- 30** • about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- 31** • the facts and science relating to allergies, immunisation and vaccination.

Basic first aid

- PM 32** • how to make a clear and efficient call to emergency services if necessary.
- 33** • concepts of basic first-aid, for example dealing with common injuries, including head injuries.

Changing adolescent body

- PM 34** • key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- 35** • about menstrual wellbeing including the key facts about the menstrual cycle.

Relationships Education

By the end of Key Stage 3, pupils should know:

Families

- RE 1** • that there are different types of committed, stable relationships.
- 2** • how these relationships might contribute to human happiness and their importance for bringing up children.
- 3** • what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
- 4** • why marriage is an important relationship choice for many couples and why it must be freely entered into.
- 5** • the characteristics and legal status of other types of long-term relationships.
- 6** • the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.
- 7** • how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.

Respectful relationships, including friendships

- RE 8** • the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.
- 9** • practical steps they can take in a range of different contexts to improve or support respectful relationships.



10 • how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).

11 • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.

12 • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.

13 • that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.

14 • what constitutes sexual harassment and sexual violence and why these are always unacceptable.

15 • the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.

Online and media

RE 16 • their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.

17 • about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.

18 • not to provide material to others that they would not want shared further and not to share personal material which is sent to them.

19 • what to do and where to get support to report material or manage issues online.

20 • the impact of viewing harmful content.

21 • that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.

22 • that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.

23 • how information and data is generated, collected, shared and used online.

Being safe

RE 24 • the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.

25 • how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).

Intimate and sexual relationships, including sexual health

RE 26 • how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.

27 • that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.

28 • the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.

29 • that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.

30 • that they have a choice to delay sex or to enjoy intimacy without sex.



- 31** • the facts about the full range of contraceptive choices, efficacy and options available.
- 32** • the facts around pregnancy including miscarriage.
- 33** • that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).
- 34** • how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.
- 35** • about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
- 36** • how the use of alcohol and drugs can lead to risky sexual behaviour.
- 37** • how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

Physical health and mental wellbeing:

By the end of KS3 School, pupils should know:

Mental wellbeing

- PM 1** • how to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- 2** • that happiness is linked to being connected to others.
- 3** • how to recognise the early signs of mental wellbeing concerns.
- 4** • common types of mental ill health (e.g. anxiety and depression).
- 5** • how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
- 6** • the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

Internet safety and harms

- PM 7** • the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
- 8** • how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.

Physical health and fitness

- PM 9** • the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.
- 10** • the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.
- 11** • about the science relating to blood, organ and stem cell donation.

Healthy eating

- PM 12** • how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

Drugs, alcohol and tobacco



PM 13 • the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.

14 • the law relating to the supply and possession of illegal substances.

17 • awareness of the dangers of drugs which are prescribed but still present serious health risks.

18 • the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.

Health and prevention

PM 19 • about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.

20 • about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.

22 • the facts and science relating to immunisation and vaccination.

23 • the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

Basic first aid

PM 24 • basic treatment for common injuries.

25 • life-saving skills, including how to administer CPR.

26 • the purpose of defibrillators and when one might be needed.

Changing adolescent body

PM 27 • key facts about puberty, the changing adolescent body and menstrual wellbeing.

28 • the main changes which take place in males and females, and the implications for emotional and physical health.

2 APPENDIX 2 – HOW THE CONTENT IS TAUGHT AT BENTON HOUSE SCHOOL

At Benton House School the RSHE curriculum is implemented within the PSHE curriculum offer.

- Appropriate for children's ages and development stage
- Sensitive to the needs and religious backgrounds of the children in the school
- Delivered discretely as part of our comprehensive PSHE curriculum
- Taught in small group settings or one to one if appropriate
- Through additional targeted workshops if a need is identified
- Responsive to the needs and context of the school, if trends, patterns and misconceptions are identified, the content is adapted, and sessions may be brought forward if a need rises within a group or from an individual



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