



# Relationships, Sex and Health Education

A guide for parents

# About Relationships, Sex and Health Education

The Department for Education (DfE) is responsible for children's services and education. This includes the teaching and learning for children in the early years and in primary schools, and the teaching and learning for young people in secondary schools.

All schools in England now have an obligation to teach Relationships, Sex and Health Education, in line with DfE statutory guidance.

This guide will refer to Relationships, Sex and Health Education as RSHE throughout.



## Why RSHE is important

It's never been more important to support your pupils' wellbeing and understanding of healthy relationships. Young people need to know how to stay safe, both online and offline. The content of this curriculum informs and educates pupils to enable them to be happy, confident and productive members of the community.

## Compulsory RSHE content

As part of compulsory RSHE, schools must teach young people the following:

- Different types of families and family relationships
- Respectful relationships including friendships and how to stay safe in all types of relationships
- How to stay safe online and make sense of the digital world
- Intimate sexual relationships and sexual health
- Mental wellbeing and how to stay well emotionally
- How the internet and online world can impact on a person's emotional health, both positively and negatively
- How to stay physically healthy, including physical activity, sleep, personal hygiene and a balanced diet
- The facts about legal and illegal drugs and their associated risks
- Ways that young people can prevent ill-health
- Basic first aid, including how to manage emergency situations
- Key facts about puberty and the emotional and physical changes that take place during teenage years.

## The content of sex education

Specific elements of sex education could include:

- Facts about reproductive health
- Sexually transmitted infections
- Conception and childbirth
- Pregnancy
- Contraception
- Where to access advice and support about sexual health
- How the misuse of alcohol and drugs can lead to risky sexual behaviour
- Legislation around sex and relationships.



## RSHE and LGBTQ+ relationships

The DfE guidance asks schools to ensure that all pupils' needs are met. Schools should ensure that teaching about LGBTQ+ is sensitive and age-appropriate. LGBTQ+ relationships will be discussed in the context of other relationships and not as a separate or as a standalone issue. Secondary schools are expected to include LGBTQ+ education by the time pupils leave secondary school. Schools must comply with the Equality Act 2010 and should therefore ensure that the school's ethos and curriculum is inclusive.

## Inclusivity and accessibility

DfE guidance puts a duty on schools to ensure this curriculum is differentiated and personalised for SEND pupils. Schools should tailor content and teaching to meet the specific needs of pupils with SEND.

## Participation and your rights as a parent

Relationships and health education is compulsory and parents are not permitted to withdraw their children from these lessons. Parents have the right to request that their child is withdrawn from some or all of sex education. Parents and carers are encouraged to discuss this with the school prior to withdrawal. Pupils can override their parents' request from three terms before their 16th birthday.

## Our RSHE qualifications

Informed by specialist knowledge, we have developed a range of qualifications which are mapped to the DfE guidance.

These qualifications aim to make it easy for schools to cover all of the compulsory content and will allow pupils to demonstrate their understanding and progress in RSHE. There are 5 units, 1 designed for each year group, from years 7-11.



### **NCFE CACHE Level 1 Award in Relationships, Sex and Health Education**

To be awarded the Level 1 Award pupils must successfully complete Units 1 and 2 (suitable for year 7 and 8 pupils)



### **NCFE CACHE Level 2 Award in Relationships, Sex and Health Education**

To be awarded the Level 2 Award pupils must successfully complete Units 3, 4 and 5 (suitable for year 9, 10 and 11 pupils)



### **NCFE CACHE Level 2 Certificate in Relationships, Sex and Health Education**

To be awarded the Level 2 Certificate pupils must successfully complete Units 1-5 (usually across years 7-11)

## Learning and assessment

Pupils will be required to complete workbooks to build a portfolio of evidence to demonstrate their knowledge and understanding. This is marked internally by the school, usually by the teacher delivering the programme, and is followed by an internal quality assurance sample and external quality assurance from NCFE. Judgements are made on pupils' acquisition of knowledge and skills.

## Further information and reading

Parents should approach the school and they will be signposted to the appropriate staff to discuss this further.

In addition, parents can access the statutory guidance directly at:



[www.gov.uk/government/publications](http://www.gov.uk/government/publications)

To find out more about our Relationships, Sex and Health Education qualifications, contact us at:



[RSHE@cache.org.uk](mailto:RSHE@cache.org.uk)