

Personal Development at The Suthers School will address the new statutory requirements for teaching Relationships and Sex Education (RSE) and Health Education in addition to teaching Personal, Social, Health and Economic Education (PSHE).

We will be teaching relationships education, sex education and health education through Personal Development lessons and Biology lessons in Science. We have a carefully planned out curriculum with age-appropriate topics that follow on from students' knowledge at key stage 2.

At the Suthers School, our Personal Development lessons are underpinned by a deliberate and sustained focus on developing the 5 key character strengths of Tenacity, Optimism, Respect, Curiosity and Hard Work (TORCH) we believe they will equip them for life as an adult in British society. The topics taught in Personal Development will support all young people to be happy, healthy and safe. As a parent you can request to withdraw your child from Sex Education lessons but not Relationships or Health Education. Please email the school regarding this.

At The Suthers School, your child will learn about healthy relationships. We start by looking at the most important relationship; the one each of us has with ourselves. Through a resilience training programme complimented by our unique emphasis on character education, students will learn about friendships, relationships, including online and offline relationships, understanding different families and parenting styles including teenage parenting, relationship myths and expectations and managing romantic relationship challenges and break-ups. Moving through key stage 3 students will learn about risks, including different forms of abuse and learn how to keep themselves safe. They will also look at their role models and how they can be influenced. This will include learning about hate crimes and violence and exploitation by gangs.

In health education students will be learning about puberty, healthy choices in food and lifestyle, dangers associated with drugs and alcohol and how to keep their body and mind healthy.

In sex education students will learn about sexuality to consent and learn about different forms of contraception, the risks associated with STI's, sexting and

pornography. To find out more in detail you can visit our subject page or contact the school directly by emailing...

Below is an extract from the Secretary of State regarding the new statutory guidance for teaching Relationships and Sex Education and Health Education.

*Secretary of State Foreword, 2020.*

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, 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 Education compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, as well as making Health Education compulsory in all state-funded schools.

The key decisions on these subjects have been informed by a thorough engagement process, including a public call for evidence that received over 23,000 responses from parents, young people, schools and experts and a public consultation where over 40,000 people contacted the Department for Education. The depth and breadth of views is clear, and there are understandable and legitimate areas of contention. Our guiding principles have been that all of the compulsory subject content must be age appropriate and developmentally appropriate. It must be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need of the law. We are clear that parents and carers are the prime educators for children on many of these matters. Schools complement and reinforce this role and have told us that they see building on what pupils learn at home as an important part of delivering a good education. We agree with this principle and congratulate the many schools delivering outstanding provision to support the personal development and pastoral needs of their pupils. We are determined that the subjects must be deliverable and give schools flexibility to shape their curriculum according to the needs of their pupils and communities.

At secondary, teaching will build on the knowledge acquired at primary and develop further pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about

intimate relationships and sex. Teaching about mental wellbeing is central to these subjects, especially as a priority for parents is their children's happiness. We know that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. The new subject content will give them the knowledge and capability to take care of themselves and receive support if problems arise.

All of this content should support the wider work of schools in helping to foster pupil wellbeing and develop resilience and character that we know are fundamental to pupils being happy, successful and productive members of society. Central to this is pupils' ability to believe that they can achieve goals, both academic and personal; to stick to tasks that will help them achieve those goals, even when the reward may be distant or uncertain; and to recover from knocks and challenging periods in their lives.

These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own and others' wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.

If you would like to know more about this please visit

<https://www.gov.uk/government/publications/changes-to-personal-social-health-and-economic-pshe-and-relationships-and-sex-education-rse>