



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 will have an obligation to teach Relationships and Sex Education and Health Education from September 2020, in line with DfE statutory guidance. However, early adoption from September 2019 is encouraged.

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

Why RSHE is important

Young people are growing up in an increasingly complex world that can present positive opportunities, but also challenges. Young people need to know how to stay safe and healthy both on and off-line. The content of this curriculum helps foster pupil wellbeing to enable them be happy, successful and productive members of the community.



What schools must teach as part of compulsory RSHE

Schools will be obligated to 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 on-line 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.
- To know how to stay physically healthy including; balanced diet, physical activity, sleep, personal hygiene.
- The facts about legal and illegal drugs and their associated risks.
- Ways 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 the 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.

Relationships, Sex and Health Education and LGBT+ relationships

The DfE guidance asks schools to ensure that all pupils' needs are met. Schools should ensure that teaching about LGBT+ is sensitive and age-appropriate. LGBT+ relationships will be discussed in the context of other relationships and not as a separate or as a stand-alone issue. Secondary schools are expected to include LGBT+ education by the time pupils leave secondary school. Schools must ensure they comply with the Equality Act 2010 and therefore that the school 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 over-ride their parents' request from 3 terms before their 16th birthday.



CACHE RSHE qualifications

CACHE is the UK's leading sector specialist in education and care qualifications. We have developed a range of qualifications which are mapped to the DfE guidance. The qualifications aim to make it easy for schools to cover all of the compulsory content.

The qualifications will allow pupils to demonstrate their understanding and progress in RSHE. There are **5 units**, 1 designed for each year group, 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 (usually in years 7 and 8)

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 (usually in years 10 and 11)

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 during class time to build a portfolio of evidence to demonstrate their knowledge and understanding. This is marked internally by the school, usually the teacher delivering the programme, 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

To find out more about the Relationships, Sex and Health Education qualifications from CACHE you can contact us directly at RSHEparents@cache.org.uk.