

Life Lessons

Secondary RSHE

Information for parents



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What is RSHE?

RSHE = Relationships, (optional) sex, health education

You might have also heard of PSHE, which includes everything in RSHE, plus some extra topics, such as communities, identity, body image and financial education:

PSHE = Personal, social, health and economic education

Why is RSHE so important?

RSHE was not a priority when most of us went to school, but now it is a government requirement. Students are exposed to huge amounts of information online.

Great RSHE lessons prepare students for the world that they live in:

Understand themselves better

Form healthier relationships

Understand and respect other people

Manage risks and avoid harm

Express themselves more clearly

Be healthier

How will your child benefit?

Aspire to and dream
of a bright future

Feel like they belong
and be proud of their
heritage

Have healthy
relationships

Make healthy
choices and stay
safe

Understand the
world around
them

Understand their
emotions and feel
good about themselves

What government guidance do we follow?



Keeping children safe in education 2025

Statutory guidance for schools and colleges

July 2025 (for information) version, pending publication of final version which comes into force in September 2025.



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers

July 2025



Promoting fundamental British values as part of SMSC in schools

Departmental advice for maintained schools

November 2014

What is the Life Lessons approach?

Life Lessons produces resources for schools to help them create an inclusive school environment where pupils feel they are safe:

- ❖ Learning how to identify and maintain healthy relationships with family, friends, colleagues and (when they are ready) romantic partners
- ❖ Developing skills to keep themselves safe and healthy
- ❖ Improving behaviour through greater emotional understanding and targeted interventions

How we work with your child's school

- ❖ Flexible resources for a variety of different settings
- ❖ Adapted to meet students' needs - schools are encouraged to edit resources to match the needs of the students and their communities
- ❖ Reflects local context & safeguarding priorities, including how and where to report concerns. This ensures PSHE is relevant and meaningful

We encourage schools to share their PSHE curriculum with parents and keep you informed about upcoming topics. This helps you support your child's learning at home.

What is the Life Lessons approach?



**Discussion
based**



**Responsive to
the changing
world**



**Inclusive &
connects to the
lives of young
people**

What is the Life Lessons approach?



Simple lesson structure



Watch



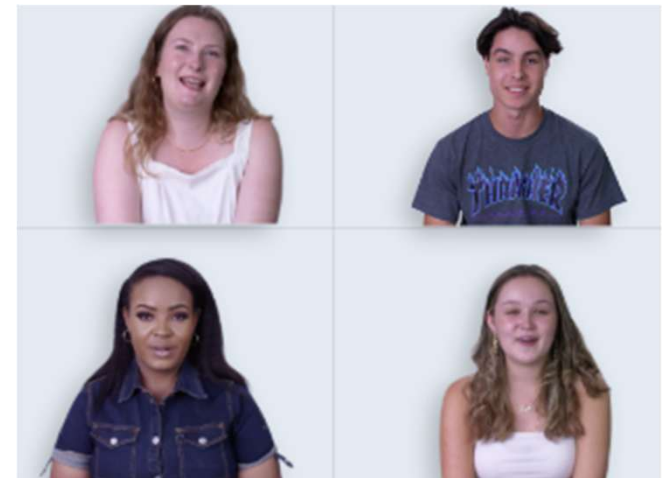
Discuss



Do

Young people are at the heart of the curriculum.

Resources are designed to help students develop their own voice, and express their ideas and beliefs.





Charismatic experts on film

David Chambers

Relationship & Masculinity Coach



Sal Pearman

Diversity & Inclusion Consultant



Cathy Court

Nutritionist



Anthony Carlin

'The First Aid Guy'
First Aider



Thomas Midgley

Psychotherapist
specialising in eating disorders



Dr Nicola Adanna Okeahialam

Obstetrician
and Gynecologist



Alya Harding

Founder and FGM Activist



Dana Saxon

Ancestors unKnown
Founder + CEO



Jo Taylor

Education Psychologist



Examples of content we cover

Drugs, alcohol, tobacco
and vaping

Body image and self-
esteem

Sexual reproduction
(optional until year 11)

Physical and mental
wellbeing

Menstruation, puberty
and body image

Resilience and sense-of-
self

Intimate and sexual
relationships, including
sexual health
(Secondary only,
optional until Year 11)

Healthy relationships

Identifying and finding
support for abusive
relationships

Social media and online
information

Communities and
belonging

Dreams, careers,
ambitions and money

Values, heritage and
identity

Anti-discrimination

Life Lessons curriculum structure - for September 2026

Understanding myself			Self with others		Self within the world		
• Physical wellbeing • Mental health • Understanding our emotions • The way we grow and change during puberty • Making choices to stay safe and well • Drugs, alcohol and tobacco 8 units of study			• Families • Friendships • Reducing hurtful behaviour and bullying • Identifying safe and unsafe relationships • Respecting self and others • Fixing or leaving relationships that have gone wrong		• Responsibilities and power • Understanding other people: how we are the same and how we are different (including the Equality Act) • Media and the online world • Economic wellbeing: Money • Dreams, work, careers and volunteering		
Wellbeing	Healthy choices	My body & Me	Healthy Relationships	Healthy Intimate Relationships	Identity & Community	Digital Lives	Aspiration & money

Theme 1 - Understanding myself

Theme	Understanding myself		
Unit	Wellbeing	Healthy choices	My body & Me
	<u>1) Emotions, mental health and mental wellbeing</u>	<u>4) Drugs, alcohol, tobacco and vaping</u>	<u>7) Puberty</u>
	<u>2) Mental strength, self-esteem and resilience</u>	<u>5) Safety in public spaces, gangs and exploitation</u>	<u>8) Body image</u>
	<u>3) Physical health</u>	<u>6) Life-saving skills</u>	<u>9) Female & male health</u>
			<u>10) Reproductive health & parenthood</u>
			<u>11) Looking after our health and navigating healthcare systems</u>
			<u>12) Sexual health & contraception</u>

Theme 2 - Understanding myself with others

Theme	Understanding myself with others	
Unit	Healthy Relationships	Healthy Intimate Relationships
Strand	<u>13) Identifying healthy and unhealthy relationships</u>	<u>18) Marriage, civil-partnerships and forced marriage</u>
	<u>14) Maintaining positive relationships</u>	<u>19) Romantic and sexual relationships</u>
	<u>15) Pressure and boundaries</u>	<u>20) The effect of pornography and online cultures on sexual behaviour</u>
	<u>16) Responding to bullying</u>	<u>21) Identifying and responding to harmful sexual behaviour and sexual harassment</u>
	<u>17) Change, separation and grief</u>	<u>22) How to identify abuse and controlling behaviour</u>

Theme 3 - Understanding myself within the world

Theme	Understanding myself within the world			
Unit	Identity & community	Digital Lives	Aspiration & money	Transition lessons
Strands	<u>23) Identities, stereotypes and respect</u>	<u>26) Online wellbeing</u>	<u>30) Careers and goals</u>	<u>33) Various lessons throughout secondary and post-16</u>
	<u>24) Belonging and community building</u>	<u>27) Online sharing and behaviour</u>	<u>31) World of Work</u>	
	<u>25) Rights and discrimination</u>	<u>28) Online influence</u>	<u>32) Personal finance</u>	
		<u>29) Data, money and misinformation</u>		

Life skills - taught in every lesson



How do we deal with sensitive topics?

We know that some topics are particularly sensitive, because of cultural, political or religious reasons.

healthy
relationships

different
families

consent

puberty

gender

All content is covered in an age-appropriate way, and support both the statutory RSHE guidance and the Equality Act.

The purpose of teaching these topics is to help young people to discuss important issues, and understand their own values and beliefs.

How do we deal with sensitive topics?

When we understand the background to conflicts and disagreements, we can stop disagreements turning into arguments:

We live in a world where people can have very different opinions to each other.

Despite these differences, it is possible to be accepting, tolerant and respectful

The Life Lessons curriculum teaches skills that build respect and compassion for all people.

How do we deal with sensitive topics?

We need skills to discuss these sensitive topics. The Life Lessons curriculum helps young people to...

...understand and explain their own thoughts, beliefs and emotions.

...listen to other people and accept difference.

...find common ground with all people.

How do we deal with sensitive topics?

Other key skills that children learn through the Life Lessons curriculum include...

...seeing both sides in an issue.

...thinking deeply, kindly and critically.

...making connections between their own and other people's experiences (building empathy).

How do we deal with sensitive topics?

We know that social media can cause people to feel isolated, biased, frustrated and like they don't belong. Therefore, we teach young people to...

...guess the motivations of content creators.

...identify bias.

...verify information they read online.

Sex education

- The Life Lessons curriculum also includes resources to teach sex education, in line with government guidance. Parents have the right to withdraw their children from these lessons until approximately Year 11*
- Sex education focuses on ensuring that young people have the information to make the best choices for themselves. Good sex education empowers young people to have firm boundaries, say no when they do not want something to happen and to avoid being in dangerous situations. Good sex education helps students to delay their explorations into sex until they are ready to do so, avoiding harm and ensuring that their actions align with their values.
- As well as looking at the biological aspects of sexual intercourse, sex education also explores what healthy sexual relationships look like. It allows students to explore consent, boundaries and avoiding unhealthy intimate relationships.

How can you support your child around these issues?

- Find out what topics they are covering each term.
- Ask them questions related to these topics.
- Help them understand how your family's values and beliefs connect to the topics covered.
- Try to listen without judgement, so they feel safe to share their feelings and ideas, and feel comfortable to ask for your support in understanding the topic.
- Let them know what you think about the topic yourself, and also make space for them to ask questions and form their own opinions too.

Key contacts in school

Designated Safeguarding Lead- Ms Laura Oliver

Personal Development Lead- Mrs Cherry Crooks

PSHE lead- Mr Matthew Corner

Heads of Year

- Year 7- Mrs Eleanor Wright
- Year 8- Mr Anthony Benson
- Year 9- Mrs Kate Reed
- Year 10- Mr Bradley Armstrong
- Year 11- Eleanor Wright