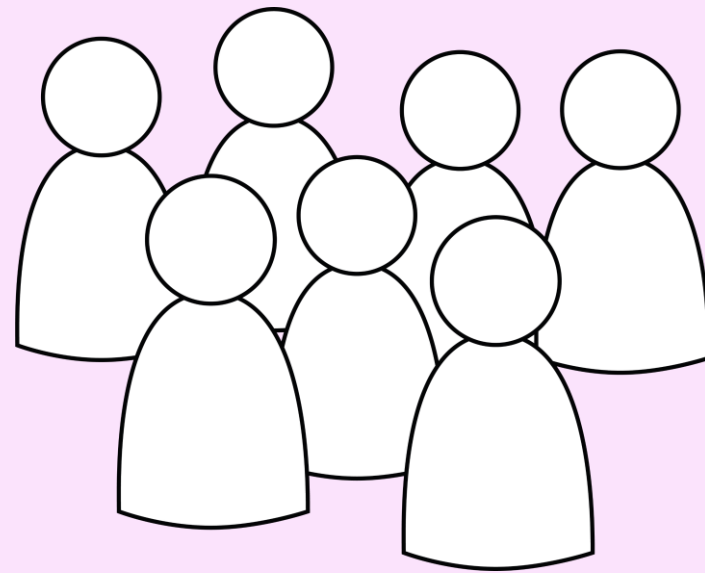




A GUIDE TO RSE FOR PARENTS

By Brook

WELCOME!





**TAKE CHARGE.
TAKE A TEST.**

SEXUAL HEALTH & WELLBEING EXPERTS



brook.org.uk

CONSENT:
DO YOU GET IT?



WHAT IS BROOK?

Brook is a charity supporting people with their sexual health and wellbeing.

We offer a range of services to support our mission of helping people to live healthier lives.



WHAT WE DO

SEXUAL HEALTH & WELLBEING

FREE AND CONFIDENTIAL CLINICS

INFORMATION AND ADVICE

RELATIONSHIPS AND SEX EDUCATION

ONLINE INFORMATION & RESOURCES

FOR YOUNG PEOPLE

TRAINING FOR PROFESSIONALS



GROUP AGREEMENT

- Respect the views, experiences, and identities of everyone in the room
- Listen to one another
- Ensure confidentiality
- Ask questions when needed
- Participate as fully as we are able to
- Strive for inclusivity
- Try to avoid jargon
- Enjoy the session

AIM FOR TODAY

To introduce parents and carers to the aims and content of the RSE curriculum and explore ways parents can support in-school learning to ensure the best outcomes for their child.



LEARNING OBJECTIVES

By the end of the session you will:

- Understand the Department for Education's overall approach to RSE in schools in England.
- Know young people are required to learn by the end of each Key Stage.
- Know ways to support RSE at home
- Know how to support RSE at policy level
- Be able to find out further information about RSE.



IS RSE MANDATORY?

KEY POINTS FROM THE GUIDANCE

Secretary of State Foreword

“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.”

Department for Education, 2020

RSE WORKS!

Research shows that when young people have received RSE, they are....

More likely to seek help or speak out

More likely to understand digital safety

More likely to have consented to first sex, and for first sex to happen at an older age

More likely to practice safe sex and have improved health outcomes

Less likely to be a victim or perpetrator of sexual violence



More knowledgeable and aware of discrimination, gender equity and sexual rights

CAN PARENTS TAKE THEIR CHILD OUT OF RSE?

- Parents/carers have the right to withdraw their child from sex education (until 3 terms before the child turns 16).
- This **does not apply** to sexual reproduction within the science curriculum.
- Head teachers are encouraged to discuss with parents/carers as part of the decision.

WHAT IS MANDATORY IN SECONDARY SCHOOL?

- **Health education** is mandatory for all key stages.
- Relationships and Sex Education compulsory in all secondary schools
- The **National Curriculum for science** requires that children at Key Stage 3/4 learn that communicable diseases including sexually transmitted infections in humans (including HIV/AIDs) and reproduction in humans



NATIONAL SCIENCE CURRICULUM

Science at Primary

- Main external parts of the body (including penis, testicles, vulva).
- Changes to the human body from birth to old age, including puberty.

Science at Secondary

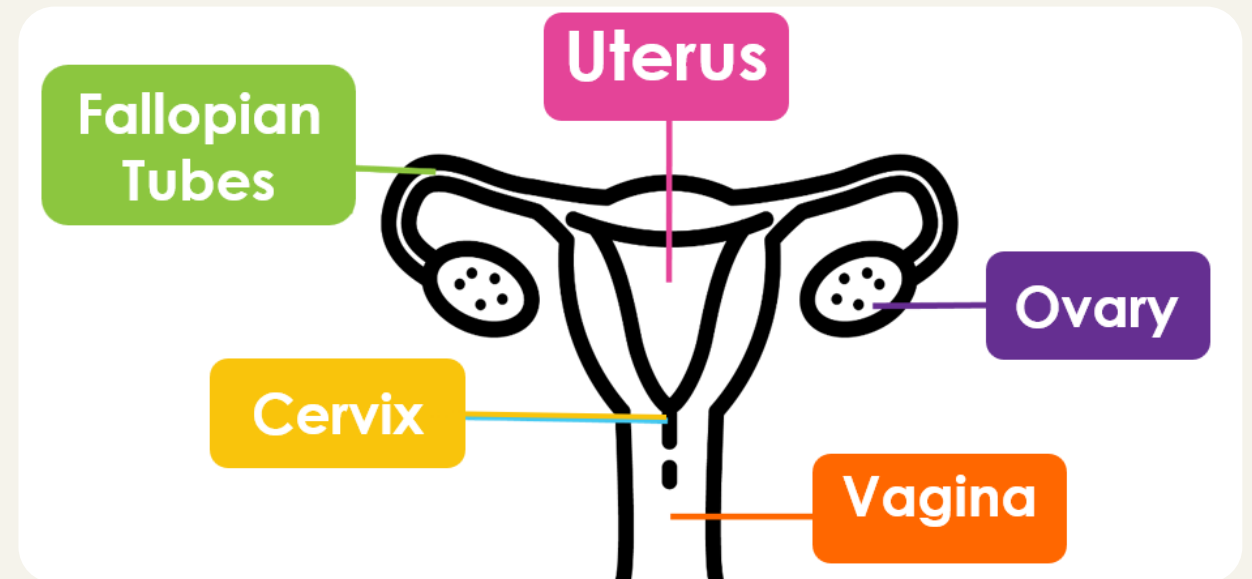
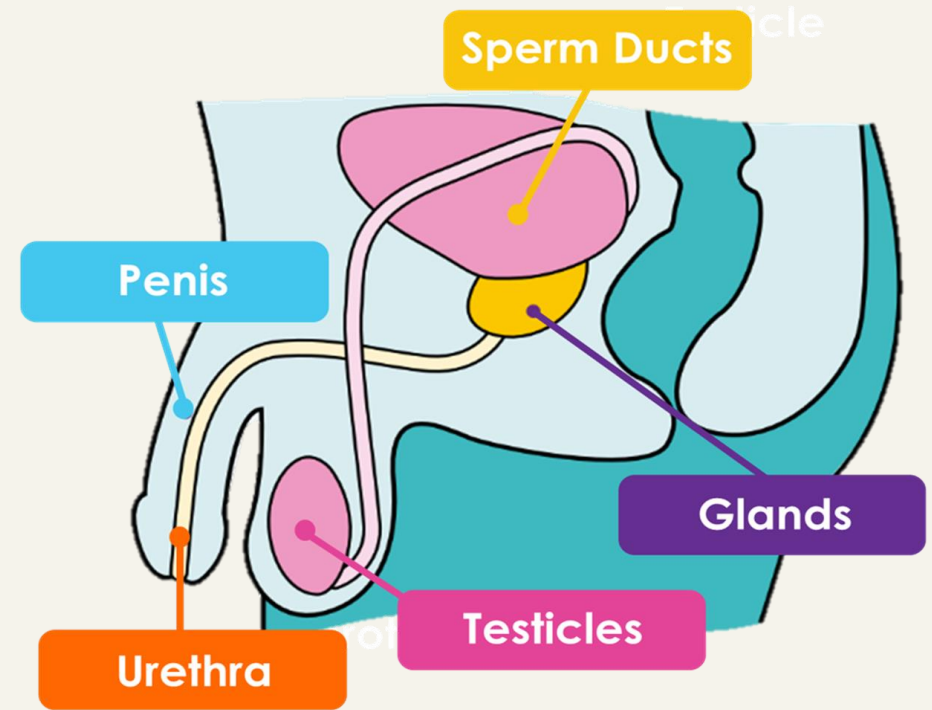
- Reproduction in humans including the structure and function of the male and female reproductive systems, menstrual cycle
- Communicable diseases including sexually transmitted infections in humans (including HIV/AIDs)



WHAT WORDS DO WE USE?

We always use the correct anatomical words for internal and external body parts: penis, testicles, vulva.

However, these are not introduced to children until **Key Stage 2**, when we talk about anatomy in reference to puberty and reproduction. At this point, internal anatomy is also taught.





THE SPIRAL CURRICULUM

WHAT SORT OF TOPICS ARE COVERED?

Sexual
health

Puberty &
periods

Healthy
relation-
ships

Body
Image

Gender

Consent

Sexual
orientation

Nudes
(YPSI)

Online
Safety

Sex in the
media

STATUTORY RSE GUIDANCE – INTIMATE AND SEXUAL RELATIONSHIPS

- Recognise positive and healthy characteristics of one-to-one intimate relationships.
- All aspects of health can be affected by choices they make in sex and relationships, positively or negatively
- Facts about reproductive health, including fertility and menopause
- Range of strategies for identifying and managing sexual pressure
- They have a choice to delay sex or to enjoy intimacy without sex.
- Facts about the full range of contraceptive choices, efficacy and options available.
- Facts around pregnancy including miscarriage and choices in relation to pregnancy, including abortion.
- Facts about STIs including, transmission, prevalence, reduction and the importance of testing.
- Alcohol and drugs can lead to risky sexual behaviour.
- How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

STATUTORY RSE GUIDANCE - CONSENT

- The seeker of consent is **legally and morally responsible** for ensuring that consent has been given; that if consent is not given or is withdrawn, that decision should always be respected (R27)
- To **gauge readiness** for sexual intimacy (R28)
- The **impact of sharing sexual images** of others without consent (R29)
- How to **manage any request or pressure** to share an image of themselves or others, and how to get help (R30)
- Consent is freely given; that being **pressurised, manipulated or coerced** to agree to something is not giving consent, and how to seek help in such circumstances (R24)
- **The law** relating to sexual consent (R25)
- **How to seek, give, not give and withdraw consent** (in all contexts, including online) (R26)

STATUTORY RSE GUIDANCE - CONSENT

- the **impact of attitudes towards sexual assault** and to challenge victim-blaming, including when abuse occurs online (R19)
- To recognise **the impact of drugs and alcohol** on choices and sexual behaviour (R20)
- The **skills to assess their readiness for sex**, including sexual activity online, as an individual and within a couple (R21)
- To evaluate different motivations and contexts in which **sexual images** are shared, and possible **legal, emotional and social consequences** (R22)
- That **intimate relationships** should be pleasurable (R31)

STATUTORY RSE GUIDANCE - GENDER AND SEXUALITY

- 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**.
- 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).

The teaching of LGBT+ identity should be **integrated** into all aspects of this area of the curriculum rather than just a standalone unit. Schools are free to determine how they do this.

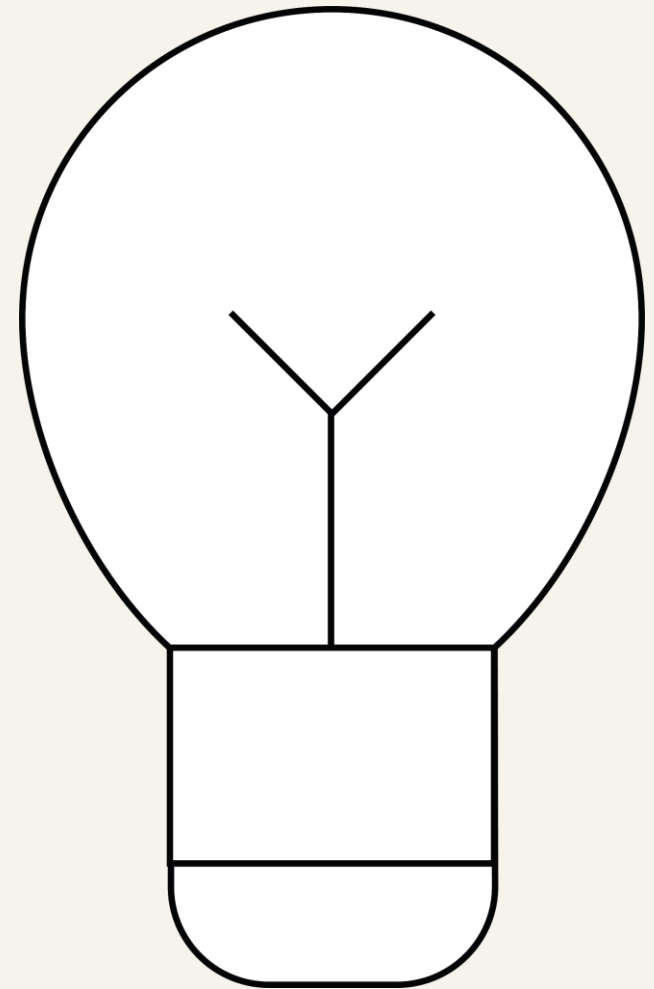
All pupils should feel that the content is relevant to them and their developing sexuality. When teaching about LGBT+ topics, it must be recognised that young people may be **discovering or understanding** their sexual orientation or gender identity. There should be an **equal opportunity** to explore the features of stable and healthy same-sex relationships.



HOW CAN PARENTS SUPPORT RSE?

TOP TIPS FOR RSE AT HOME

- 1. Explore own attitudes and values**
- 2. Start early**
- 3. Learn and use resources to help you**
- 4. Create openness and approachability**
- 5. Answer questions**
- 6. No big deal – little and often**
- 7. Build respect for self and others**
- 8. Be aware and be involved**



PLEDGE YOUR SUPPORT FOR HIGH-QUALITY RSHE

Pledge your support

rse.brook.org.uk/individuals-pledge

FINDING OUT MORE

- Brook: Sexual health & Wellbeing 

- NSPCC: Child Abuse including CSE/FGM 

- ChildLine: Bullying, friendships, counselling



- CEOP/ThinkUKnow: Online Safety & reporting



A National
Crime Agency
command

- The Sex Education Forum



working together for quality
relationships and sex education



RSE AT HOME

Relationships and Sex Education at home supports your child to have healthy relationships. Learn about how to support your child at home as they grow up.

Supported by our [#SHW23](#) partners, Theramex

brook.org.uk/parents-and-carers

The slide features a light purple background with rounded corners. In the top right corner, there is a decorative purple line that forms a loop and then extends outwards. In the bottom left corner, there is another decorative purple line that curves upwards and then extends outwards.

ANY QUESTIONS?



**THANK YOU FOR LISTENING
WE HOPE YOU ENJOYED IT!**

www.brook.org.uk



POST-EVALUATION



We really value feedback from participants about our trainings. We read every form and use feedback to improve.

Please complete the rest of the form now.

Session ID: 36990841