

Life Lessons

Secondary RSHE

Information for parents



Link to the [Primary version](#) here

Information for schools - purpose of this presentation

Parents must be kept informed and consulted with on how schools deliver RSE. This presentation is designed to help your school communicate to your parents. It could for example be delivered as part of a parents evening.

It is a presentation that is designed for you to adapt but we hope it gets you much of the way there.

Here are the main aims of this presentation:

1. Help parents understand what RSHE is and what the law says about how it needs to be taught.
2. Communicate to parents the approach we take at your school
3. Help parents understand the role they can play in their child's education related to RSE
4. Help parents understand their legal rights

Contents

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- What are the laws around sex education?
- How can you support your child around these issues?

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, personal identity 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. Now young people have access to more information and risk at a younger age. Great RSHE lessons prepare students for the world that they live in, and treat each other kindly:

Understand themselves better

Understand and respect other people

Express themselves more clearly

Form healthier relationships

Manage risks and avoid harm

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 you 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



What content will we cover?

Making healthy
choices

Social media and
online information

Physical and mental
wellbeing

Communities,
belonging, heritage
and identity

Intimate and sexual
relationships,
including sexual
health

Healthy
relationships

Dreams, careers,
ambitions and money

Menstruation,
puberty and body
image

What content will we cover?

Families	• about different types of committed, stable relationships • how these relationships might contribute to human happiness and their importance for bringing up children. • about marriage and long-term relationships including legal rights • the roles and responsibilities of parents with respect to raising of children • how to seek help and support others in unsafe relationships
Respectful relationships, including friendships	• the characteristics of positive and healthy friendships (including online) • how stereotypes are damaging and the legal rights and responsibilities regarding equality • how to show respect towards others and show tolerance of other people's beliefs. • about types of bullying, the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. • criminal behaviour within relationships including violence and coercive control. • sexual harassment and sexual violence and why these are always unacceptable.

What content will we cover?

Being safe	• the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and fgm, and how these can affect current and future relationships • how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).
Online and media	• their rights, responsibilities and opportunities online • about online risks, including the sharing of materials • what to do and where to get support for any issues • the impact of viewing harmful content specifically • sexually explicit material and its impact on future relationships • criminal behaviour related to indecent images • how information is collected, shared and used online

What content will we cover?

Intimate and sexual relationships, including sexual health	• how to recognise the characteristics and positive aspects of healthy intimate relationships, • that all aspects of health can be affected by choices they make in sex and relationships • the facts about reproductive health, including fertility and menopause • that there are a range of strategies for identifying and managing sexual pressure • that they have a choice to delay sex or to enjoy intimacy without sex. • the facts about the full range of contraceptive choices, efficacy and options available. • the facts and choices around pregnancy including miscarriage, adoption and abortion • how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex and the facts about testing • how the use of 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
The law	Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example: • marriage • consent, including the age of consent • violence against women and girls • online behaviours including image and information sharing and pornography • abortion • sexuality and gender identity • substance misuse • violence and exploitation by gangs • Extremism, radicalisation and hate crime • criminal exploitation (for example, through gang involvement or ‘county lines’ drugs operations) • female genital mutilation (FGM).

What content will we cover?

Mental wellbeing	• how to talk about their emotions accurately and sensitively, using appropriate vocabulary • that happiness is linked to being connected to others • how to recognise the early signs of mental wellbeing concerns • common types of mental ill health (e.g. anxiety and depression) • how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health • the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
Internet safety and harms	• the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image) • how people may curate a specific image of their life online, over-reliance on online relationships including social media • the risks related to online gambling including the accumulation of debt • how advertising and information is targeted at them and how to be a discerning consumer of information online • how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.

What content will we cover?

Physical health and fitness	• the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress • the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health • about the science relating to blood, organ and stem cell donation.
Healthy eating	• how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

What content will we cover?

Drugs, alcohol and tobacco	• the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions • the law relating to the supply and possession of illegal substances • the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood • the physical and psychological consequences of addiction, including alcohol dependency • awareness of the dangers of drugs which are prescribed but still present health risks • the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.
Health and prevention	• about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. • about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist • (late secondary) the benefits of regular self-examination and screening. • the facts and science relating to immunisation and vaccination • the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.
Basic first aid	• basic treatment for common injuries • life-saving skills, including how to administer CPR • the purpose of defibrillators and when one might be needed.

What content will we cover?

Changing adolescent body	• key facts about puberty, the changing adolescent body and menstrual wellbeing • the main changes which take place in males and females, and the implications for emotional and physical health.
Menstruation	• key facts about the menstrual cycle including what an average period is, about a range of menstrual products and the implications for emotional and physical health

What skills do we teach?

**Emotional
regulation &
Positivity**

**Making choices
& Risk
assessment**

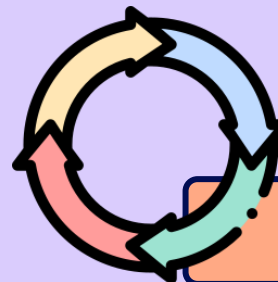
**Personal
boundaries**

**Self-worth and
Resilience**

Empathy

**Oracy
(Speaking skills)**

**Critical thinking
& Reflection**



Skills are revisited
year upon year

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.