

The Aims of RSE at Blue Coat School



The aim of RSE is to give young people the information they need to help them develop healthy relationships of all kinds, not just intimate relationships.

RSE will provide information that enables young people to identify what a healthy relationship looks like and what is acceptable and unacceptable behaviours in a relationship. This will help young people understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

The sex education elements contained in the science curriculum covers anatomy, puberty and Biological aspects of sexual reproduction. RSE provided in the PSHE curriculum allows for emotional development and is complementary to and distinct from the science curriculum.

- Provide a framework in which sensitive discussions can take place .providing young people with the confidence and self-esteem to communicate effectively, value themselves and others and show respect for individual conscience.
- To understand about the range of relationships, including the importance of family for the care and support of children.
- To recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, and how to manage conflict, and also how to recognise unhealthy relationships.
- To understand the significance of cultural and religious beliefs on all aspects of sexual health.
- To know how the law applies to sexual relationships.
- To enable young people to understand the dangers and risks online, including Sexting.
- To understand what consent means, how to both give it and recognise it in others, as well as the laws around sexual exploitation, abuse, grooming, harassment and domestic abuse.
- Prepare young people for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Teach Students the correct vocabulary to describe themselves and their bodies.
- RSE will be delivered in line with our schools ethos and values.