

# RSE Foundations Practitioner - Secondary

Dr Eleanor Draeger

Welling School, 15<sup>th</sup> May 2018



# Sex Education Forum

- Membership organisation (est. 1987)
- Hosted at National Children's Bureau
- Values and principles for good quality SRE
- Training
- Resources, evidence, campaigns



[www.sexeducationforum.org.uk](http://www.sexeducationforum.org.uk)

## Warm-up Activity

- Human Bingo

## Learning agreement/ Ground rules

- Participation: “the more you put in.....”
- Opportunity to share, learn and practise
- Sensitivity and respect
- Challenge the statement and not the person
- Consider what personal information you share

# Children and Social Work Act 2017



## Statutory RSE: September 2019

- All primary schools (maintained, academies or independent) will be required to provide relationships education (and will retain their current choice to teach age-appropriate sex education).
- All secondary schools (maintained, academies or independent) will be required to provide Relationships and Sex Education.
- Statutory Guidance published in 2018
- Implemented by September 2019

*"It is difficult to see how safety and safeguarding can be good if sex education provision is poor; if pupils are kept ignorant of their human, physical and sexual rights; do not know how to protect themselves and others; or do not know where to go for help, they are not being adequately safeguarded"*

Janet Palmer, former HMI  
Ofsted, PSHE Lead

## RSE: Statutory Responsibilities:

- SRE Guidance (2000 - 2019)
- Equality Act (2010)
- National curriculum
- Ofsted (personal development, behaviour and welfare)
- Safeguarding
- SMSC
- British values
- Children and Social Work Act (2017)

# Sex Education Forum Statement of Commitment 2017

**Our school is committed to relationships and sex education, which:**

1. Is an identifiable part of our personal, social, health and economic (PSHE) education curriculum, which has planned, timetabled lessons across all the Key Stages
2. Is taught by staff regularly trained in RSE and PSHE (with expert visitors invited in to enhance and supplement the programme where appropriate)
3. Works in partnership with parents and carers, informing them about what their children will be learning and about how they can contribute at home
4. Delivers lessons where pupils feel safe and encourages participation by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills
5. Is based on reliable sources of information, including about the law and legal rights, and distinguishes between fact and opinion
6. Promotes safe, equal, caring and enjoyable relationships and discusses real-life issues appropriate to the age and stage of pupils, including friendships, families, consent, relationship abuse, sexual exploitation and safe relationships online
7. Gives a positive view of human sexuality, with honest and medically accurate information, so that pupils can learn about their bodies and sexual and reproductive health in ways that are appropriate to their age and maturity
8. Gives pupils opportunities to reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes to relationships and sex, and nurtures respect for different views
9. Includes learning about how to get help and treatment from sources such as the school nurse and other health and advice services, including reliable information online
10. Fosters gender equality and LGBT+ (lesbian, gay, bisexual, trans) equality and challenges all forms of discrimination in RSE lessons and in every-day school life
11. Meets the needs of all pupils with their diverse experiences - including those with special educational needs and disabilities
12. Seeks pupils' views about RSE so that teaching can be made relevant to their real lives and assessed and adapted as their needs change

Notes  
These 12 points explain what is needed for good quality RSE. This is based on research evidence and is supported by a wide range of organisations. The purpose of RSE is to help children and young people to be safe, healthy and happy as they grow up and in their future lives. RSE must always be appropriate to pupils' age and stage of development and is an essential part of safeguarding. The law requires that, from September 2019, relationships and sex education (RSE) is taught in all secondary schools in England, and that relationships education is taught in all primary schools in England. In addition, National Curriculum Science\* (which is taught in maintained schools) includes some elements of sex education.

Published 2017

Our school is committed to relationships and sex education, which:

**1.**

Is an identifiable part of our personal, social, health and economic (PSHE) education curriculum, which has planned, timetabled lessons across all the Key Stages

**2.**

Is taught by staff regularly trained in RSE and PSHE (with expert visitors invited in to enhance and supplement the programme where appropriate)

# Training outcomes

- Clarify knowledge of new legislation, guidance and ofsted requirements, including safeguarding
- Understand what 'age-appropriate' RSE looks like and what is required to plan, deliver and assess RSE at different stages
- Be aware of requirements around inclusion and how to ensure RSE meets the needs of *all* pupils
- Knowledge of a range of classroom resources, including online resources and how they can be adapted
- Development of practical skills for addressing sensitive topics and answering difficult questions

## RSE values and attitudes

*'Good quality SRE promotes the core values of respect, love and care. It also provides the opportunity for children and young people to reflect on their own attitudes and beliefs and those of their peers and others.'*

Sex Education Forum

# Pupil Consultation

**12.**

**Seeks pupils' views about RSE so that teaching can be made relevant to their real lives and assessed and adapted as their needs change**

## Pre-Course Activity

- What is good about RSE in our school?
- What could be better about RSE in our school?

# Bexley Data

1077 Students  
14 Schools

Nov 2017-Mar  
2018

- What percentage of students said yes to these questions?:

- At your school, have you learnt correct names for body parts, including your 'privates' (e.g. vagina/vulva, penis/testicles)?

• 65%

75%

85%

- At your school, have you learnt which parts of the body are private to you?

• 79%

89%

99%

- If you are someone who has periods, did you learn about periods before you started having periods?

73%

83%

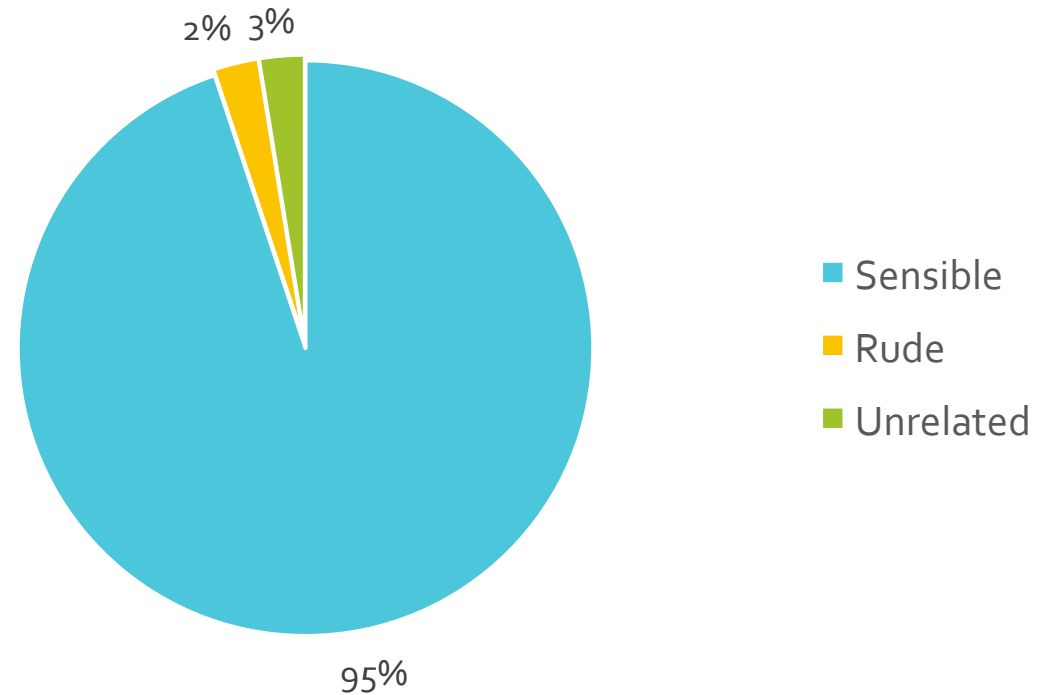
93%

# Bexley Data

1077 Students  
14 Schools

Nov 2017-Mar  
2018

- Finally, tell us what you would like to change about relationships and sex education in your school?
- 391 responses (36%)



## Bexley Data

1077 Students  
14 Schools

Nov 2017-Mar  
2018

- “Discussions about same-sex relationships and gender identity. Also where to get help and what to do if you are not accepted at home ect”
- “Students should not sexually touch their partner in school”
- “i think we should be taught more about sexual harrassment and being touched when you dont want to and who to go to because i know a lot of girls and some boys have been touched unwantingly including myself and i feel like we should be taught who to go to and what to do and be taught how serious it is and how it can really hurt someone”

# Making Learning Safe

**4.**

**Delivers lessons where pupils feel safe and encourages participation by using a variety of teaching approaches with opportunities to develop critical thinking and relationship skills**

## Making Learning Safe Termination

- Learning Opportunity R22: “about the risks related to unprotected sex, which could include exploring the consequences of unintended pregnancy and the options available in such circumstances “
  - From PSHE Programme of Study Key Stage 3; Relationships
- ‘at least one third of British women will have had an abortion by the time they reach the age of 45 years’.
  - Source: Royal College of Obstetricians and Gynaecologists

# Distancing Techniques

Dorri Mrs Purple head!  
 age: 52 Divorced.  
 1 child aged 18 - aspergeous  
 complains about feeding seagulls  
 of work sick for breaking neck  
 She makes strange noises  
 Bonkers  
 puts washing on line in lingerie  
 THE HUNNING, or 50 SHADES & LUCY THE VIBRATOR.  
 Does not like noise  
 loves wildlife & stays up @ night  
 to watch & feed.

- PIZZA
- BOTTLE OF WINE
- INVITE NEIGHBOURS
- INTERNAL CLUT.

NAME: SAM  
 Early 20's...  
 Single  
 Gentle Unsure...  
 Busy/Active - Always  
 At uni... *fixing things.*  
 Has a dog.  
 Drives a small van.  
 Friends come over  
 throughout the week.  
 Happy/engaged.  
 Part time jobs....  
 Plays guitar.  
 Could be in  
 a band.  
 Open Mic Night.  
 210.... treats for the dog & flowers  
 for fuel.

# Genital Terms

7.

**Gives a positive view of human sexuality, with honest and medically accurate information, so that pupils can learn about their bodies and sexual and reproductive health in ways that are appropriate to their age and maturity**

# Genital Terms

- What is the difference between a vulva and a vagina?

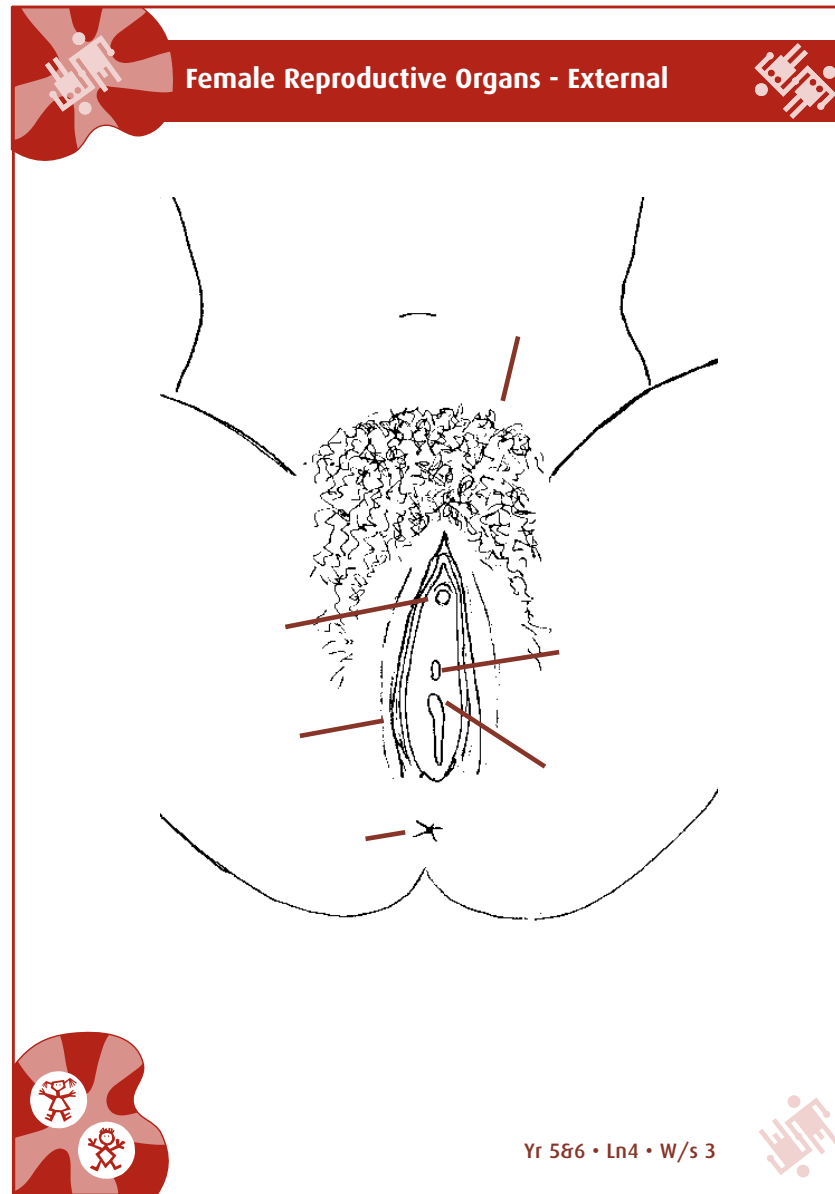
Hannah  
Witton,  
vlogger &  
youtuber



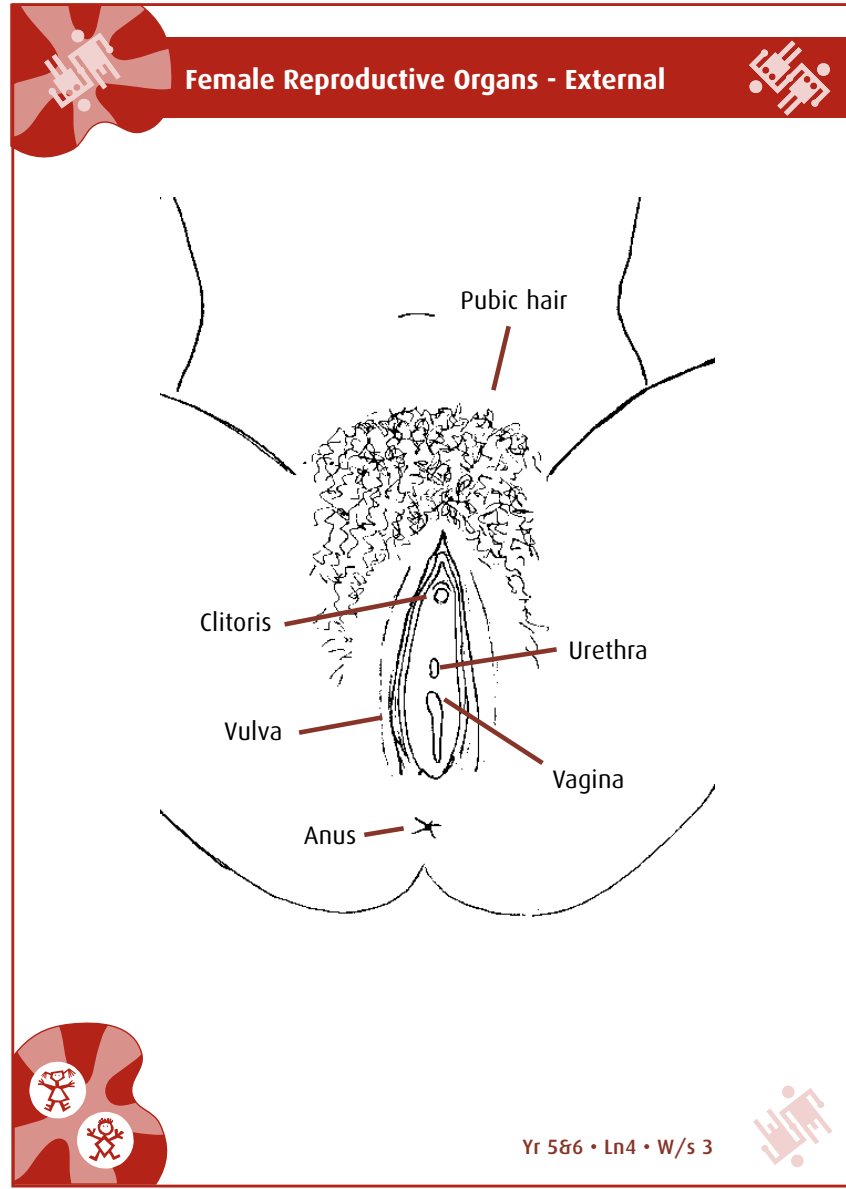
Hannah Witton –

["Getting to know your vagina"](https://www.youtube.com/watch?v=owHZXCZjEQk) <https://www.youtube.com/watch?v=owHZXCZjEQk>

# Labelling Body Parts



# Labelling Body Parts



# Quiz

# Quiz Answers

1) In which year did the Marriage (same-sex couples) Act come in to force, enabling same sex couples to legally marry? (circle)

2012

2013

2014

2) What is the age of consent for sex between men? (circle)

16

18

21

3) Gay and lesbian couples can adopt and foster children in the UK.

True

False

4) In a recent YouGov Poll, what percentage of young people said that they identified as 'not 100% heterosexual'?

**49%**

<https://yougov.co.uk/news/2015/08/16/half-young-not-heterosexual/>

5) Why are sexual health practitioners seeing an increase in anal chlamydia in young people?

Anal sex is increasingly used by heterosexual couples to avoid pregnancy without use of barrier methods.

6) Why are lesbian, gay, bisexual and trans young people more than twice as likely as pupils who are not LGBT to communicate online with someone they don't know?

**Not known**

40% of LGB pupils and 48% of trans pupils in years 8/10 have communicated with someone they don't know on-line compared to 18% of pupils who do not identify as LGB or T. (Growing Up in North Yorkshire youth survey, 2016) [Metro – Youth Chances Survey](#), [Stonewall – Schools Survey](#)

7) What percentage of LGBT pupils have learnt about contraception and safe sex in relation to same-sex relationships? **20%**

8) Which of the following celebrities describes themselves as 'Gender Fluid'?



Jack Monroe



Ruby Rose



Jaden Smith

9) How many options does Facebook have for gender identity? (circle)

3

10

28

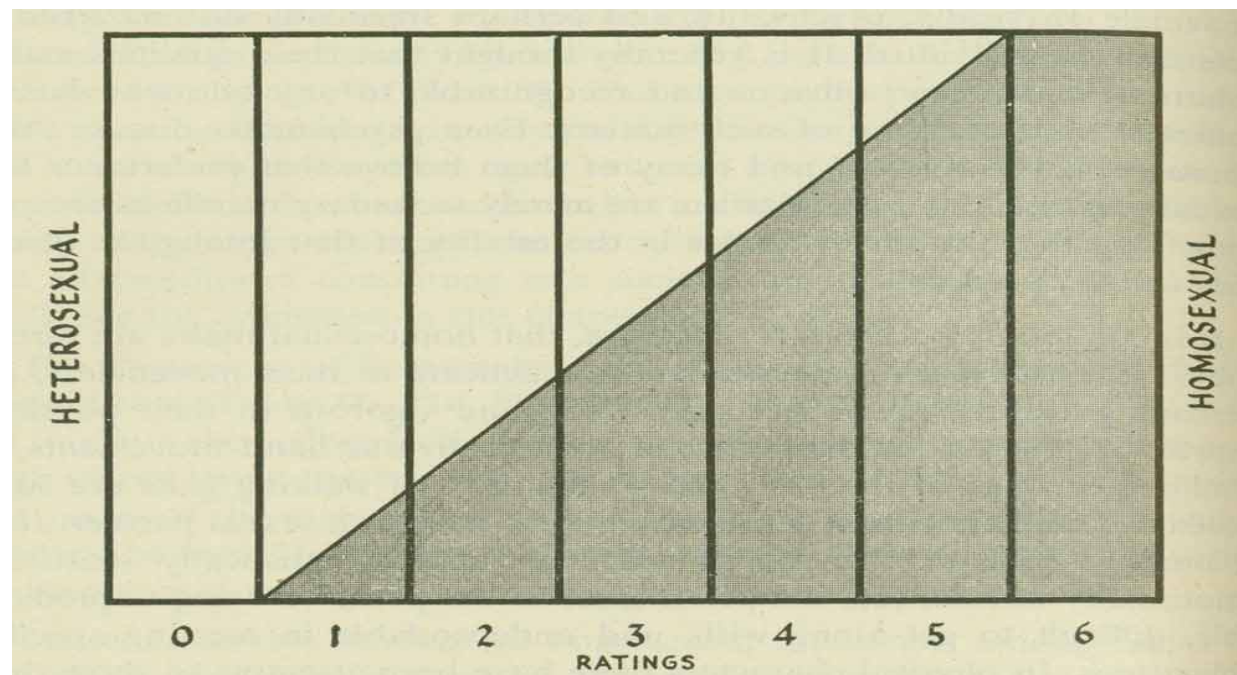
45

**70+**

## 10) What is the 'Kinsey Scale'?

### The Kinsey Scale

The Kinsey team interviewed thousands of people about their sexual histories. Research showed that sexual behaviour, thoughts, and feelings towards the same or opposite sex were not always consistent across time. Instead of assigning people to three categories—heterosexual, bisexual, and homosexual—the team used a seven-point scale. It ranges from 0 to 6 with an additional category of “X.”



## 11) The Equality Act 2010 refers to:

- The content of the curriculum
- The way the curriculum is taught
- Who the curriculum is taught to

The content of the curriculum is excluded from discrimination law. The Act covers the delivery of the curriculum and the way education is provided.

## 12) Gender reassignment is one of the nine 'protected characteristics'. Which of the following does this apply to:

- Any pupil who is undergoing, or proposing to undergo, a medical procedure to change their gender
- Any pupil who is taking steps to live in the opposite gender, or proposing to do so, through medical procedure or other attributes.
- Any pupil who is questioning their gender identity and has made this known to the school

'taking steps' to live in the opposite gender, includes social transition; for example, changing their appearance and pronoun, as well a medical transition, such as taking hormone blockers

# Making Learning Inclusive

**10.**

**Fosters gender equality and  
LGBT+ (lesbian, gay, bisexual,  
trans) equality and challenges  
all forms of discrimination  
in RSE lessons and in  
every-day school life**

## Lesson Plans

- What key themes/skills does this lesson address?
- Is this lesson inclusive?
- What adaptations could be made to make this lesson more inclusive?
- What would you need to consider before/ during to make this lesson safe?

## Lesson on Inclusion?

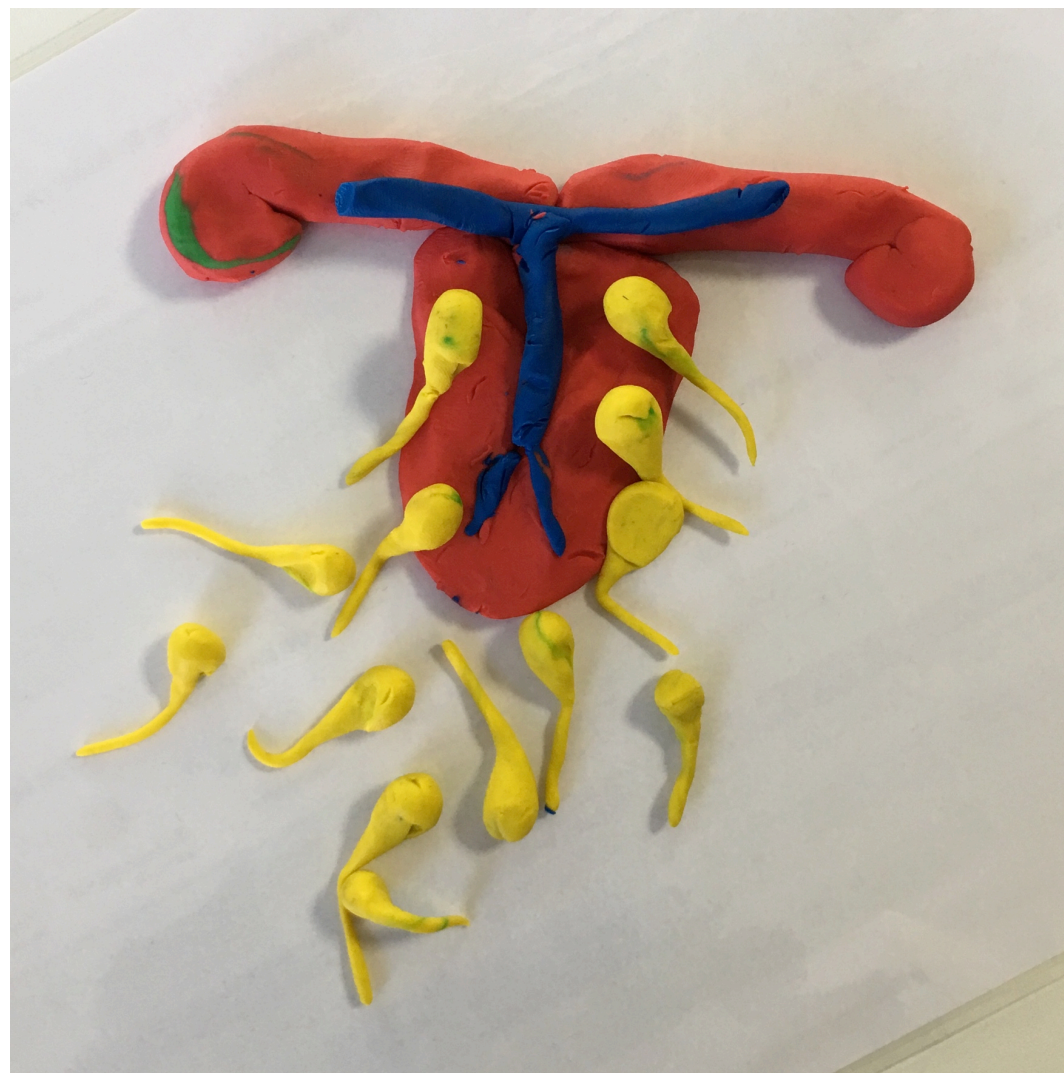
- When might it be appropriate to deliver a lesson on inclusion?
  - LGBT History Month (February)
  - Pride (London Pride is on 7<sup>th</sup> July 2018)
  - In response to concerns at the school
- Resources: <https://www.theproudtrust.org>

## Design a Lesson Plan: Fertility

### Learning Opportunities

- **R27.** that fertility levels can vary in different people; can be damaged by some sexually transmitted infections, decreases with age
- **R28.** about the options open to people who are not able to conceive

# Designing a Lesson Plan



Assessment  
recording  
and  
reporting

## Assessment and evaluation

*Weaknesses in the assessment of pupils' learning was a key finding in the last PSHE education report and this remains a weakness. Assessment was identified as an area for improvement in 58% of schools. It was also the case that in too many schools teachers' expectations of the quality of pupils' work were too low. Teachers did not always check pupils' previous learning in PSHE education, resulting in the work being repeated and was often unchallenging.*

PSHE; Not yet good enough, Ofsted, 2013

## Learning Points to take away

### Consider:

- What you have found most useful today
- What you will take away and do tomorrow (short term goals)
- What you would like to achieve by the end of term (medium term goals)
- What your long term vision for RSE is – what will it be like this time next year? (long term goals)

- Upcoming Courses (Venues TBC):
  - Teaching Positive Sexual Health, 3<sup>rd</sup> July 2018
  - Practitioner's RSE Course, 25<sup>th</sup> September 2018
- Details of all upcoming courses can be found on the Sex Education Forum's Bexley Eventbrite Webpage:
  - <http://bexleyrse.eventbrite.com/>

# Course Feedback

- <https://www.surveymonkey.co.uk/r/FeedbackSEF>



Get in touch!

**Sex Education Forum**

**WeWork**

**115 Mare Street**

**London E8 4RU**

[www.sexeducationforum.org.uk](http://www.sexeducationforum.org.uk)

[SEFtraining@ncb.org.uk](mailto:SEFtraining@ncb.org.uk)

Twitter: [@sex\\_ed\\_forum](https://twitter.com/sex_ed_forum)