



Relationships and Sex Education

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PSHE

Personal Social Health Education

PSHE helps young people to develop the knowledge, skills and understanding they need to lead confident, safe and healthy lives.



RSE

Relationship and Sex Education

RSE should support young people with their physical, emotional and moral development.

PSHE includes ...

Emotional Health and Well Being (EHWB)
e.g. Circle Time, P4C, Anti-bullying,

**Healthy Eating and
Healthy lifestyles**

**Drugs, Alcohol and
Tobacco Education
(DATE)**

*May include
Economic
Education*

*May include
Citizenship*

**Relationships and Sex
Education (RSE)**

RSE includes life skills and everyday topics...

Friendship

Family

Hygiene

Assertiveness

Self Esteem

Growing up

Safety

Relationships

Reproduction



Parents and RSE

- Schools should always work in partnership with parents and carers.
- Parents/carers have the right to withdraw their child from some, or all, RSE lessons, but not statutory science lessons.
- The statutory science lessons will cover the biological parts of RSE but not the lessons on relationships, self esteem etc.



What is Effective RSE?

".... Effective SRE should teach young people to understand human sexuality and understand themselves and others. It enables young people to mature, to build up their confidence and self-esteem and understand the reasons for delaying sexual activity. It builds up knowledge and skills which are particularly important today because of the many different and conflicting pressures on young people." (*DfEE S.R.E Guidance 2000*)

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>