Life Lessons Secondary RSHE

Information for parents

Life Lessons

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 party 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

Information for schools - recommended approach

- Invite parents in for an RSHE discussion event to make them aware of the approach (use this presentation)
- Clearly signpost parents to your up to date RSHE policy and ensure this is available on your website
- Communicate regularly with parents about the topics their child will be learning and when
- Ensure parents are aware of their right to withdraw their child from some or all of sex education delivered as part of statutory RSHE
- Meet parents on an individual basis if a concern is raised so that you can show them the materials you are using but ensure they are in context
- Make parents aware of any additional RSHE events you are running e.g. SMSC events, drop-down days
- Signpost to information and support for students and parents e.g The Mix;

Contents

- What is RSHE?
- Why is RSHE so important
- How will your child benefit from RSHE education?
- What government guidance do we follow?
- What is the Life Lessons approach?
- What content will we cover?
- What skills will we teach?
- How do we deal with sensitive topics?
- What is the guidance 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, identity, body image 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, but now it is a government requirement. Students are exposed to huge amounts of information online.
Great RSHE lessons prepare students for the world that they live in:

- Understand themselves better
- Form healthier relationships
- Understand and respect other people
- Manage risks and avoid harm
- Express themselves more clearly
- 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

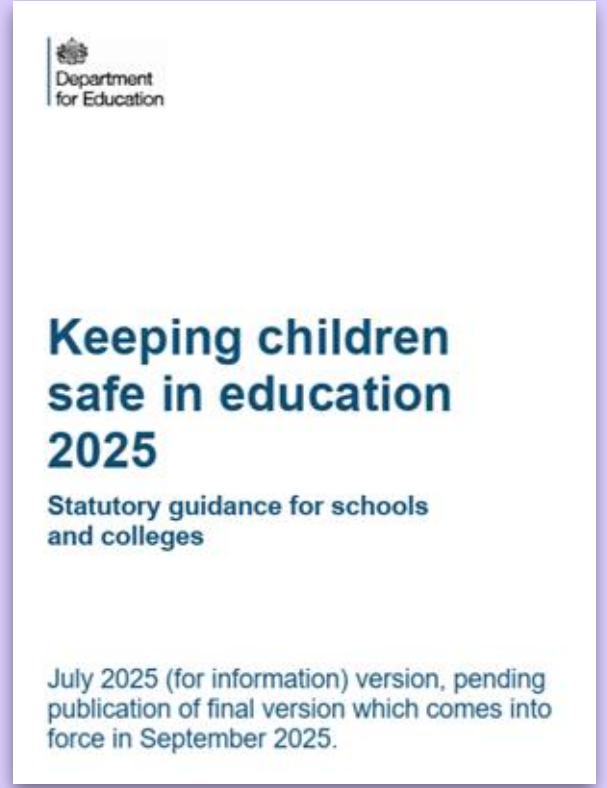
Have healthy relationships

Make healthy choices and stay safe

Understand the world around them

Understand their emotions and feel good about themselves

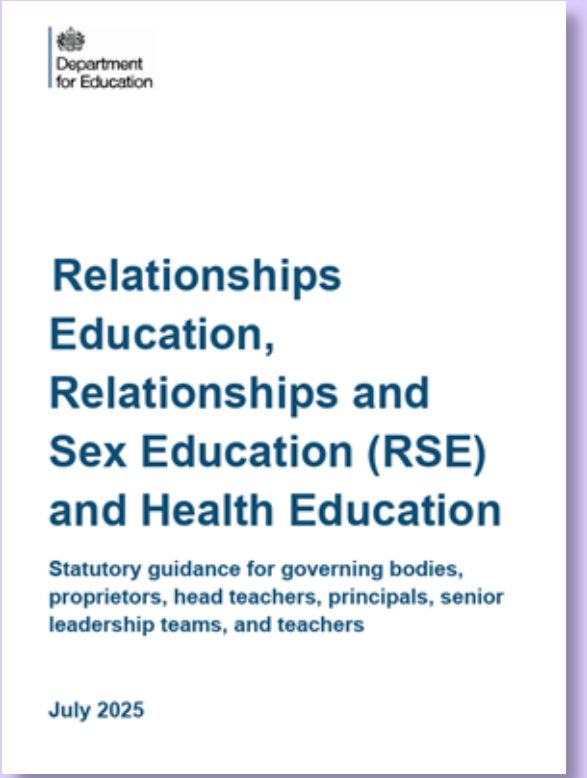
What government guidance do we follow?


Department for Education

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.


Department for Education

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

Department for Education

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 identity 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 parents 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?

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.

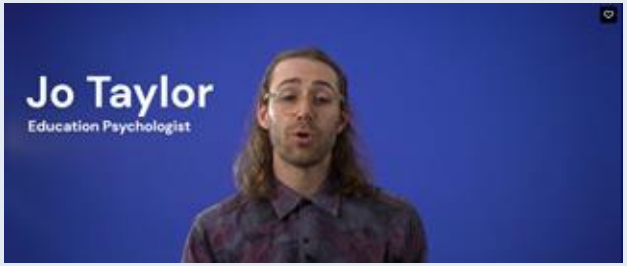
Simple lesson structure

Watch

Discuss

Do

Charismatic experts on film



What content do we cover?

- Drugs, alcohol, tobacco and vaping
- Body image and self-esteem
- Sexual reproduction (optional until year 11)
- Physical and mental wellbeing
- Menstruation, puberty and body image
- Resilience and sense-of-self
- Intimate and sexual relationships, including sexual health (Secondary only, optional until Year 11)
- Healthy relationships
- Identifying and finding support for abusive relationships
- Social media and online information
- Communities and belonging
- Dreams, careers, ambitions and money
- Values, heritage and identity
- Anti-discrimination

For specific information about the statutory content, please refer to this audit document.

Life Lessons curriculum structure - for September 2026

Understanding myself			Self with others		Self within the world		
• Physical wellbeing • Mental health • Understanding our emotions • The way we grow and change during puberty • Making choices to stay safe and well • Drugs, alcohol and tobacco **8 units of study**			• Families • Friendships • Reducing hurtful behaviour and bullying • Identifying safe and unsafe relationships • Respecting self and others • Fixing or leaving relationships that have gone wrong		• Responsibilities and power • Understanding other people: how we are the same and how we are different (including the Equality Act) • Media and the online world • Economic wellbeing: Money • Dreams, work, careers and volunteering		
Wellbeing	**Healthy choices**	**My body & Me**	**Healthy Relationships**	**Healthy Intimate Relationships**	**Identity & Community**	**Digital Lives**	**Aspiration & money**

Theme 1 - Understanding myself

Theme	Understanding myself		
Unit	Wellbeing	Healthy choices	My body & Me
Strands	1) Emotions, mental health and mental wellbeing [8 lessons]	4) Drugs, alcohol, tobacco and vaping [8 lessons]	7) Puberty [5 lessons]
	2) Mental strength, self-esteem and resilience [7 lessons]	5) Safety in public spaces, gangs and exploitation [7 lessons]	8) Body image [4 lessons]
	3) Physical health [5 lessons]	6) Life-saving skills [2 lessons]	9) Female & male health [4 lessons]
			10) Reproductive health & parenthood [3 lessons]
			11) Looking after our health and navigating healthcare systems [4 lessons]
	Link to full parent curriculum overview		12) Sexual health & contraception [5 lessons]

Theme 2 - Understanding myself with others

Theme	Understanding myself with others	
Unit	**Healthy Relationships**	**Healthy Intimate Relationships**
Strands	13) Identifying healthy and unhealthy relationships [4 lessons]	18) Marriage, civil-partnerships and forced marriage [1 lesson]
	14) Maintaining positive relationships [6 lessons]	19) Romantic and sexual relationships [16 lessons]
	15) Pressure and boundaries [6 lessons]	20) The effect of pornography and online cultures on sexual behaviour [4 lessons]
	16) Responding to bullying [2 lessons]	21) Identifying and responding to harmful sexual behaviour and sexual harassment [8 lessons]
	17) Change, separation and grief [3 lessons]	22) How to identify abuse and controlling behaviour [4 lessons]

Theme 3 - Understanding myself within the world

Theme	Understanding myself within the world			
Unit	Identity & community	Digital Lives	Aspiration & money	Transition lessons
Strands	23) Identities, stereotypes and respect [7 lessons]	26) Online wellbeing [6 lessons]	30) Careers and goals [11 lessons]	33) Various lessons throughout secondary and post-16 [4 lessons]
	24) Belonging and community building [9 lessons]	27) Online sharing and behaviour [6 lessons]	31) World of Work [3 lessons]	
	25) Rights and discrimination [16 lessons]	28) Online influence [3 lessons]	32) Personal finance [6 lessons]	
		29) Data, money and misinformation [7 lessons]		Link to full parent curriculum overview

Life skills - taught in every lesson

How do we deal with sensitive topics?

We know that some topics are particularly sensitive, because of cultural, political or religious reasons.

- healthy relationships
- different families
- consent
- puberty
- gender

All content is covered in an age-appropriate way, and support both the statutory RSHE guidance and the Equality Act.

The purpose of teaching these topics is to help young people to discuss important issues, and understand their own values and beliefs.

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.

Key contacts in school

- Designated safeguarding lead
- Pastoral team
- PSHE lead