

# RSHE

RSHE stands for Relationship, Sex and Health Education. During the course of the year, you will spend some of your Personal Development sessions focussing on age-appropriate RSHE sessions. To find out more about the school's approach to RSHE, you can find our RSHE policy here:

[RSHE Policy](#)



THE HOLMESDALE SCHOOL

## RSHE Handbook



### THS and RSHE-helping you to:

- ◆ Stay safe
- ◆ Stay healthy
- ◆ Stay happy

This guide is designed to give you information on the different areas you will learn in the units 'Being Me in the Wider World (term 1), Relationships (term 5) and Changing Me (term 6).

Under each section, you will learn about what the different units cover. You'll also find links to click on for more information and support. Look out for the green boxes and click the links inside.

Parents-we have also thought about you and how to support you in having these sensitive conversations with your children. Please find some useful links at the back of this edition.

# Your DSL team

At The Holmesdale School, our most important job is to ensure all of our students are safe and well looked after during their time with us. It is important that you know where to go if you need some support or further guidance, particularly when it comes to different areas of RSHE. The staff below are specifically trained to help safeguard you and to support you throughout your time with us.



## THS SAFEGUARDING TEAM

### DESIGNATED SAFEGUARDING LEAD



**Mrs Beal**  
DSL

### DEPUTY DESIGNATED SAFEGUARDING LEADS



**Mrs Ball**  
Safeguarding Support Officer



**Mrs Adams**



**Miss Collins**



**Mrs Playford**



**Mr Naylor**



**Mrs Webster**

**THERE ARE TRAINED MEMBERS OF STAFF YOU CAN TALK TO  
THEY WILL BE WEARING A BLUE DSL LANYARD**



- Puberty
- The changing adolescent body
- The differences in male and female changes
- Implications on male and female emotional health



## Puberty Support



# BE SMART ONLINE





## SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.





## MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)





## ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.





## RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.





## TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)





## BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)

- The role of social media
- Targeted advertising
- Identifying harmful behaviours
- Online bullying
- The importance of privacy settings
- Your digital footprint
- Sexting
- Revenge porn
- How to report unkind or unhelpful content and how to get support

## Childline

# Positive Relationships

As part of your studies, you will learn about positive relationships and the different forms these take.



You will learn what different committed relationships look like. This includes same sex marriage, opposite sex marriage and civil partnerships. We also look at cohabitation (choosing to live with somebody) and how your rights may differ if you choose this option.

There is also a focus on your role in different relationships and what to do if a relationship breaks down.

[Legal differences in marriage, civil partnerships and cohabitation](#)

One of the most important things we look at is understanding what it is to be part of a healthy relationship. This includes the following areas:

- Love
- Friendship
- Family
- Relationship with yourself

We look at the different emotions attached to healthy relationships, how to make sure you are looking after your self in relationships and also how to ensure the relationships you have with yourself, as well as others, are positive and fulfilling.

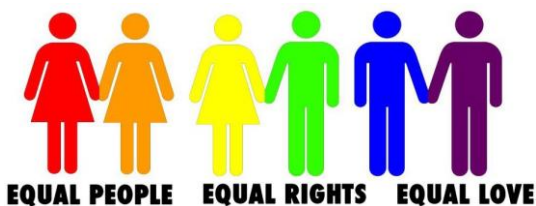
[Healthy Relationships Toolkit](#)

## Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

## Different types of relationship



[Healthy LGBT+ Relationships](#)  
[Support for LGBT+ Teenagers](#)

You'll look at a wide-range of different relationships and also learn about the changes in laws surrounding different relationships over time. You'll look at relationship spectrums and gain an understanding of how different people may identify themselves on this. You will learn what different terms mean and how to be respectful and tolerant of different relationships.

We also give advice and guidance on 'coming out.'

# Unhealthy Relationships

As part of your studies, you will also learn about negative relationships, how to spot warning signs regarding unhealthy relationships and what you should do should you feel worried about a relationship.

## Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Sometimes, relationships do not work out. You can fall out with people, witness the breakdown of a relationship of those closest to you or find yourself in a relationship which does not meet your needs.

We look at all the different areas in relationships, including the negative side. We teach you what negative relationships may look and feel like, how to notice warning signs and how to make sure you are supported should you feel some of your relationships could be more positive.

[Act On It](#)

[Children's Society](#)

## Bullying

It is important that we all understand what unkind behaviour looks like, so we can make sure we do not participate in it or that we have the courage to speak up if a certain behaviour makes us feel uncomfortable.

Not only do we look at a range of bullying, including online, we also have clear systems in place at school to address bullying and ensure that if unkindness is taking place, all parties are supported in making sure they make better, kinder choices moving forward.

Remember, it is important that you speak out if behaviour from somebody else is making you feel uncomfortable, or if you are concerned about a member of the school community.

[Bullying](#)

[Young Minds](#)



## Coercion

Respectful relationships where we feel safe is what we should all strive to achieve. However, sometimes people put pressure on us to do things that make us feel uncomfortable.

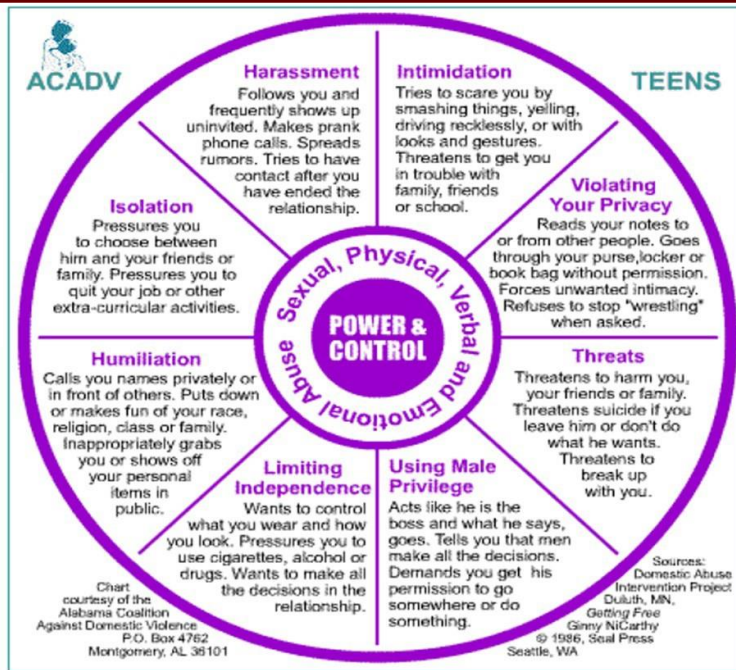
Coercion is an important behaviour to be able to identify and speak up over, should you feel that somebody's behaviour towards you is making you change how you would usually behave.

[Love Respect](#)

### Coercion

Forcing someone, by some method or other, to do something or abstain from doing something against their will.

# Power and Control in Relationships



Unfortunately, relationships are not always positive and even in teen relationships, sometimes things can go wrong. Don't worry, not only do we teach you what is not acceptable in a relationship, we also support you in making healthy choices and what to do if things go wrong.

[Love is Respect](#)

## Sex and Relationships

Through your studies, you'll learn the importance of being in a safe and committed relationship. You will also learn about physical intimacy in relationships, sexual health and your right to delay sex or say no to sex.

One of the most important aspects of sex education is understanding consent. This is the ability for somebody to give permission for what is about to happen. Without consent, you can be prosecuted. We look at what consent means, how to ensure all parties are able to consent and what barriers there could be to somebody's ability to consent.

[Health for Teens](#)

**CONSENT**  
TRUST  
SUPPORT  
SEXUAL  
ASSAULT  
SAFETY  
THE BRIDGE  
DRUGS AND ALCOHOL  
ADVICE  
TALK TO US  
CONFIDENTIAL  
YOUR RIGHTS

**SEX, YOUNG  
PEOPLE AND  
THE LAW: WHAT  
YOU NEED TO  
KNOW**

The age of consent to any form of sexual activity is 16 for both men and women. The age of consent is the same regardless of the gender or sexual orientation of a person and whether the sexual activity is between people of the same or different gender.

We look at the age of consent, your rights and how to get support and guidance.

[The Law and Sex](#)

# Contraception and Staying Sexually Healthy



It is important to mention that you can get contraception advice and support before the age of 16.

As part of RSHE, you learn about the different types of contraception, how reliable they are and how to keep yourself safe and healthy.

Yes, this does mean you also learn about STIs, the symptoms and long-term effects and, most importantly, how to avoid them.

[Kids Health](#)

## Child on Child Abuse

This is an extremely sensitive topic, and you may have seen it in the media recently. It is important that people understand the seriousness of oversexualised behaviour and what peer on peer abuse can actually mean.



[Click here for further information and support](#)

Peer-on-peer sexual abuse is sexual abuse that happens between children of a similar age or stage of development. It can happen between any number of children, and can affect any age group (Department for Education (DfE), 2018).

It can be harmful to the children who display it as well as those who experience it.

Children can experience peer-on-peer sexual abuse in a wide range of settings, including:

- at school
- at home or in someone else's home
- in public spaces
- online

## Pregnancy and Your Choices



You also learn the facts around pregnancy. We will look at your choices in relation to pregnancy and unwanted pregnancy.

[Teenage Pregnancy Support](#)

## Menopause

It may seem like a lifetime away, but understanding menopause is important. From September 2023, it'll be compulsory for schools to teach it.

You can find out more about menopause and where to go for support [here](#):



# Promoting Healthy Lifestyles

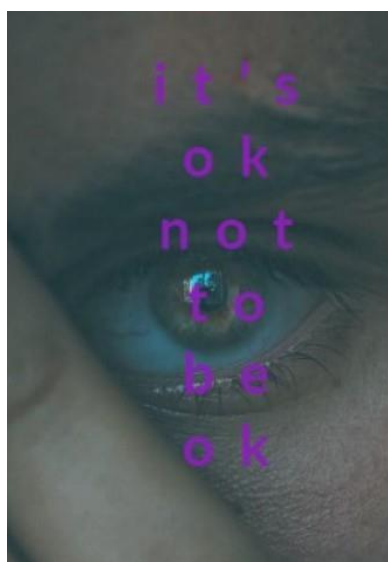


As mentioned, part of our role is to ensure you are safe and happy in school. Part of this is to look at your health and wellbeing. For this, we look at the following:

- Physical health and fitness
- Personal hygiene
- Healthy eating and the problems associated with a poor diet
- Stress and how to deal with it
- Organ donation
- The impact of drugs, alcohol and tobacco
- The law surrounding the above
- The risks associated with addiction
- First Aid



## Mental Health and Wellbeing



The Mental Health Bulletin has lots of information about specific areas of your mental health, wellbeing and where to go to get support. It also gives you top tips for dealing with different things that may have a negative impact on your mental health.

As part of the RSHE curriculum, we also focus on your mental health. The areas looked at here include:

- How to talk about your feelings
- Forming positive connections with others
- How to recognise warning signs or concerns surrounding your wellbeing
- Different types of mental health
- Your impact on another's mental health
- Your role in the community

## Support for Parents and Carers

[Supporting the transition into becoming a teenager](#)

[Talking to your child about healthy relationships](#)

[Bullying and Cyberbullying](#)

[Coercion](#)

[Coercive Control Online](#)

[Talking about consent](#)

[Talking about sex and consent](#)

[Talking about consent and boundaries](#)

[Peer on peer abuse](#)

## Other Support

Young Minds: mental health such as depression, and emotional well-being, including crisis support

<https://youngminds.org.uk/find-help/>

Maidstone Mind: courses to combat stress and manage anger

<https://www.maidstonemind.org/>

Kooth: free counselling. Create an account to access a wide range of support.

<https://www.kooth.com/>

The Mix: support with mental health, substance abuse, money, jobs.

<https://www.themix.org.uk/>

CHILDLINE FREEPHONE: 0800 1111(24 hours)

Childline: free helpline for young people. Free confidential telephone counselling service

<http://www.childline.org.uk/>

B-EAT YOUTH HELPLINE - 0845 634 7650 : Information, help and support for anyone affected by eating disorders.

[www.b-eat.co.uk](http://www.b-eat.co.uk)

PAPYRUS: suicide support service. 0800 068 41 41

<https://www.papyrus-uk.org/>

FRANK: drug and substance abuse support. 0800 1689111

<https://www.talktofrank.com/>

Mood Spark: tips for well-being

<https://moodspark.org.uk/>

**YOUNGmINDS**

 **mind** | Mid Kent  
for better mental health

**kooth**

**THE MIX**  
Essential support for under 25s  
0800 808 4994

**childline**  
ONLINE, ON THE PHONE, ANYTIME



 **PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**FRANK**

**MOOD  
SPARK**