



Leicester
Sexual
Health

Relationships and Sexual Health Education (RSHE)

March 2021 Newsletter

Forward

Hello, my name is [Julie Eason](#) and I am a Project Worker based within the [Leicester Sexual Health Service \(NHS\)](#).

The service is commissioned by Leicester City Council to support Leicester City Primary & Secondary Schools and Further Education Colleges in their work towards delivery of statutory Relationship & Sexual Health Education.

Having a professional background, I am able to support with the understanding and provision of the statutory requirements to help achieve the delivery of good quality RSHE in a variety of ways.

Improving menstrual awareness and availability of free menstrual products

How menstrual friendly is your school?

- Toilets should be accessible at all times and should be both clean, safe and provide hot water, soap and bins. Free menstrual products should also be available at your school.
- Year 5s should receive a menstrual talk and students should be made aware of all menstrual products available.
- Try avoiding using the word *sanitary* as it can imply clean/dirty. Use the word *menstrual* instead.

The period product scheme:

The period product scheme provides free period products for learners at all state-maintained schools and 16 to 19 education organisations in England.

Information about the scheme and how to order products can be found on the gov.uk website.

Click here



Ofsted

I attended the Westminster RSHE Forum in January 2021, where Ofsted were speaking

Roary Pownall the Curriculum Unit Subject Lead for PSHE, RSHE and Citizenship, said that Ofsted would be looking for proof of RSHE intent and teaching to have commenced by the summer term in 2021.

- What is leaders' **intent** for the element of the curriculum regarding relationships?
- Where sex education is taught, what is leaders' **intent** in doing this?
- What is leader's **intent** for teaching about physical health?
- What is the school's **intent** for teaching about mental well-being?
- How does the **intent** across different elements relate to each other?
- How does the **intent** for RSHE relate to the intent for other aspects of PSHE?
- How does the **intent** relate to the intent for other aspects of personal development?
- Do other **school policies and practices** support and complement, or contradict?

Summary

- RSHE aspects sit within PSHE, which itself is one element of personal development. Inspectors make a 'best fit', composite judgement. There is no graded judgement for RSHE.
- Effective curriculum design is rooted in leaders' precision and clarity of intent. Elements are mutually supportive to deliver a coherent, cohesive and consistent provision.
- An effective curriculum about relationships and health begins in the early years.

If anyone would like the full presentation, please contact myself and I will forward it on to you.

Information and presentations

I am happy to work with you to design work that is informative, factual and interesting.

Topics can include:

- Puberty
- Relationships
- Sexual health
- Contraception



Golden rules – some **dos** and **don'ts**:

- ✓ DO use correct factual terminology & body parts names
- ✓ DO use the law to support & underpin some of the subjects that may be sensitive
- ✓ DO remember to get feedback from your students, record and show how this informs future planning/changes to curriculum.
- ✗ DON'T ever talk about any personal experiences
- ✗ DON'T use real life pictures, use drawn diagrams

Internet safety

New resource: Step Up, Speak Up!



A practical campaign toolkit to address the issue of
online sexual harassment
amongst young people aged 13 – 17 years.

Free condom scheme

All secondary schools/alternative education/colleges in Leicester, Leicestershire and Rutland are eligible for the NHS free condom scheme, C-Card.

If you are not running the scheme and are interested in joining, please email Alison at Alison.spooner@mpft.nhs.uk to discuss further.



Leicester Sexual Health
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For more information on anything within this newsletter, or if you'd like to see anything included, please email Julie.Eason@mpft.nhs.uk

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Midlands Partnership Foundation NHS Trust Providing Sexual Health Services in Leicester, Leicestershire and Rutland. Services commissioned by Leicester City and Leicestershire and Rutland County Councils.