

PSHE, RSE & HE EDUCATION

A guide for parents and carers educating children at home

At Woodrush, Personal Social Health Economic education (PSHE), Relationships & Sex Education (RSE) and Health Education (HE) are school curriculum subjects through which children and young people acquire knowledge and skills to stay safe, be healthy (physical and mentally) and prepared for life, and work, in the modern world.

As a parent/carer you are your child's first educator and play a vital role in their personal and social development. Therefore, PSHE, RSE & HE education should always be a partnership between schools and parents/carers. This guide will support you to contribute to your child's PSHE, RSE & HE education outside of school or through home learning. This guidance is relevant at any time, but particularly so given current school closures due to the coronavirus epidemic.



What is taught in PSHE, RSE & HE education?



PSHE, RSE & HE education covers many topics, which are usually organised into three themes: 'health and wellbeing'; 'relationships', and 'living in the wider world' (which focusses on careers, media literacy and economic wellbeing).

Supporting your child's PSHE, RSE & HE education

As a parent or carer you will already have talked to your child about (or had to support them with) many of the topics and issues covered in PSHE, RSE & HE education, so you may also wish to supplement this learning with further discussions of your own.

When covering this content or supporting your child's learning at home it can be helpful to follow these 7 principles:

- 1. Use a stimulus (such as a storybook, film, news article, scenario or case study).*
Remember the stimulus should be positive, accurate and reflect modern day society, challenging stereotypes wherever possible. Try to avoid any content that might upset, shock or frighten young people and steer clear of worst-case scenarios.
- 2. PSHE, RSE & HE education is not therapy or counselling*
Encourage and enable your child to engage objectively with the subject matter, without embarrassment or emotional upset from being asked to imagine themselves in (or relive) a stressful experience. Develop ground rules together and agree to adhere to these during PSHE, RSE & HE discussions.
- 3. Find out what your child already knows, thinks and feels*
This helps you to work out how best to pitch the conversation appropriately. You don't need to be an expert on every topic; be guided by your child's starting point and be prepared to do some research of your own should you feel unsure about a topic or question.

4. Rehearse how to deal with everyday situations

Activities that can help this might include 'card sort' (e.g. sorting or prioritising statements/ideas etc. on cards), risk continuum (e.g. placing activities along a line from least to most risk) and advice for a character ("What would you suggest the character should do in that situation?")

5. Help your child to recognise how to access other trusted sources of support

As well as reminding your child that you are there to help them and that they can always ask you, children and young people should also know where to go for additional safe and age-appropriate advice. Be sure to provide them with the exact links and remind them that not everything they read is true.

6. Have a plan for managing questions

Some techniques include 'Praise and respond' ("Thank you for asking that question... here's what I would say..."), find out what they think first ("Good question! What do you think about that?") and take time to think or check information before responding ("That's a great question! Let me have a think about how best to answer")

7. Be open to hearing your child's views

Issues approached through PSHE, RSE & HE education can include controversial topics on which people may have strong views and opinions. Part of PSHE, RSE & HE education is about enabling young people to reflect on these and develop their own thoughts and ideas.

Staying connected

Resources and further information which can be useful include:

PSHE Association - www.pshe-association.org.uk

BBC Bitesize - www.bbc.co.uk/bitesize/subjects/ztv9j6

For more help, advice and guidance:

Sex and relationships:

LGBT Foundation - 0345 3 30 30 30 (www.lgbt.foundation)

Barnardos (www.barnardos.org.uk)

Relate - The Relationship People 0300 100 1234 (www.relate.org.uk)

Drink, drugs and gambling:

Alcoholics Anonymous - 0845 769 7555 (www.alcoholics-anonymous.org.uk)

Al-Anon - For friends and families of alcoholics - 020 7403 0888 (www.al-anonuk.org.uk)

Smokefree National Helpline - 0300 123 1044 (www.nhs.uk)

Talk To Frank - 0300 123 6600 (www.talktofrank.com)

Access to confidential advice, or call the National Gambling Helpline – 0808 8020 133 (www.BeGambleAware.org)

Bullying:

BullyingUK - 0808 800 2222 (www.bullying.co.uk)

Childline - 0800 1111 (www.childline.org.uk)

Cybersmile - online bullying help and advice (www.cybersmile.org)

Body:

B-eat Eating Disorders Youthline - 0845 634 7650 (www.b-eat.co.uk)

Epilepsy Action Helpline - 0808 800 5050 (www.epilepsy.org.uk)

Mermaids - Support for gender variant young people - 0208 123 4819 (www.mermaidsuk.org.uk)

Young Minds Parent Helpline - 0808 802 5544 (www.youngminds.org.uk)

Friends, family and home:

CentrepoinT - Give homeless young people a future - 0808 800 0661 (www.centrepoinT.org.uk)

Lucy Faithfull Foundation - Preventing child sex abuse - 0808 1000 900 (www.lucyfaithfull.org.uk)

Karma Nirvana - Forced marriage support - 0800 5999 247 (www.karmanirvana.org.uk)

Missing People Helpline - 116 000 (www.missingpeople.org.uk)

NSPCC - 0808 800 500 (www.nspcc.org.uk)

Health and wellbeing:

Campaign Against Living Miserably (CALM) - 0800 58 58 58 (www.thecalmzone.net)

The Mix - help for young people - 0808 808 4994 (www.themix.org.uk)

Mind - the mental health charity - 0300 123 3393 (www.mind.org.uk)

NHS Urgent Care (England Only) - 111 (www.nhs.uk)

Papyrus - young suicide prevention Hopeline - 0800 068 41 41 (www.papyrus-uk.org)

Quit - Stop Smoking Quitline - 0800 00 22 00 (www.quit.org.uk)

Samaritans (UK and ROI) - 116 123 (www.samaritans.org)