Personal Development at Benton Park

2026-2027 *RSHE Parent guide*

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What is RSHE?

(Relationships, Sex and Health Education)

What is RSHE? Relationships, Sex and Health Education (RSHE) is a statutory part of the school curriculum in England for all secondary schools. Health Education forms a key strand of RSHE and focuses on helping young people understand how to look after their physical, mental and emotional wellbeing as they grow into adulthood. The curriculum is age-appropriate, medically accurate, and taught in a way that reflects school values and respect for families and different beliefs.

Comprehensive RSHE Strands

RSHE combines relationships, sex, and health education to provide a well-rounded learning experience for students.

Focus on Relationships Education

Students learn about respect, consent, boundaries, and fair treatment in various relationship types, both offline and online.

Sex Education and Safety

Age-appropriate sex education covers puberty, sexual health, and safety, revisited progressively through school years.

Health Education and Wellbeing

Health education teaches physical and mental wellbeing, managing emotions, healthy lifestyles, and seeking help when needed.

Why do students learn RSHE?

Supporting Personal Development

RSHE supports young people's growth through understanding physical, emotional, and social changes during adolescence.

Developing Essential Life Skills

Students learn communication, decision-making, empathy, and resilience to build healthy relationships and manage peer pressure.

Enhancing Safeguarding and Safety

RSHE teaches young people to recognize risks, keep safe, and know where to seek help if concerned.

Promoting Academic and Future Success

Feeling safe and informed helps students engage better academically and prepare for adult life responsibly.

Health Education Content Overview

This programme is delivered in line with the DfE Relationships, Sex and Health Education statutory guidance (effective September 2026) and the MLT RSHE Policy for Secondary Schools.

Our Personal Development curriculum provides comprehensive coverage of Health Education, in line with statutory guidance, ensuring students are equipped with the knowledge and skills to make informed decisions about their wellbeing. Key areas include mental health and emotional wellbeing, where students learn strategies to manage feelings and build resilience; healthy lifestyles, including nutrition, physical activity, and sleep; and the risks associated with drugs, alcohol, and tobacco. The curriculum also covers essential aspects of physical health, personal hygiene, and basic first aid, alongside age-appropriate teaching on relationships and sexual health. This broad and balanced approach ensures students develop a strong understanding of how to stay safe, healthy, and prepared for life beyond school.

Health Education

What do students learn in Health Education?
Health Education covers a broad range of topics designed to help students make safe, informed and healthy choices.
In our school students learn about the following:

1. Mental and Emotional Wellbeing

•Managing emotions and mental health
•Stress, anxiety, and coping strategies
•Self-esteem and resilience
•Where and how to seek help, including trusted adults and support services

Why this matters:
Teenage years can be challenging. Learning to recognise feelings and ask for help supports good mental health and can prevent small problems from becoming bigger ones.

2. Physical Health and Healthy Lifestyles

- The importance of sleep, exercise and nutrition
- Personal hygiene and puberty
- Maintaining a healthy lifestyle
- Basic first aid and emergency response

Why this matters:
Understanding how the body works and how daily choices affect health helps students build habits that support long-term wellbeing.

3. Drugs, Alcohol and Tobacco Awareness

- The effects and risks of alcohol, smoking, vaping and other substances
- How to make informed choices and resist peer pressure.
- The legal and health consequences of substance misuse

Why this matters:
This helps young people make safer decisions and understand risks before they encounter them in real life.

4. Online and Digital Health Students explore:

- The impact of social media on mental health
- Online safety, privacy, and digital resilience
- Managing screen time and recognising unhealthy online behaviours

Why this matters:
Young people spend a significant part of their lives online. Learning how to stay safe and protect their wellbeing is essential.

5. Relationships students learn about:

- Respectful relationships and boundaries
- Consent and personal safety
- Recognising unhealthy or abusive behaviour
- How to report concerns and get support

Why this matters:
This knowledge helps students stay safe, develop positive relationships, and understand their right to be treated with respect.

Relationships

Relationships Education is a core part of RSHE and is statutory in all secondary schools in England. It focuses on helping young people understand how to build and maintain healthy, respectful and safe relationships in different areas of their lives. This includes friendships, family relationships, and romantic relationships as students grow older.

1. Respectful Relationships

- Kindness, respect and empathy
- Equality and fairness in relationships
- The importance of listening, communication and compromise
- Valuing differences in others

Why this matters:
Understanding respect helps students build positive relationships and promotes a safe, inclusive school environment.

2. Friendships and Peer Influence

- What makes a strong and supportive friendship
- Recognising unhealthy or one-sided friendships
- Managing conflict and resolving disagreements
- The impact of peer pressure and how to respond to it

Why this matters:
Friendships are central to young people's lives. Learning how to manage them builds confidence and emotional wellbeing.

3. Family Relationships and Diversity

- Different types of families and caring relationships
- The role of families in providing support and stability
- Respect for different cultures, beliefs and lifestyles

Why this matters:
Recognising diversity helps students develop tolerance and understanding of the world around them.

4. Romantic Relationships (Age-Appropriate)

- The qualities of healthy romantic relationships
- Emotional readiness and responsibility
- Communication, trust and boundaries
- Respecting others' choices and feelings

Why this matters:
This prepares students for future relationships and supports them in making safe, respectful decisions.

5. Recognising Unhealthy or Unsafe Relationships

- Identify controlling, coercive or abusive behaviours
- Understand the impact of bullying, harassment and exploitation
- Know how and when to seek help or report concerns
- Understand that everyone has a right to feel safe

Why this matters:
This knowledge helps protect students and empowers them to speak up if something doesn't feel right.

6. Online Relationships and Safety

- How relationships are formed and maintained online
- The risks of online communication, including pressure or manipulation
- Respectful behaviour in digital spaces
- How to stay safe and report concerns

Why this matters:
Much of young people's social interaction happens online. Understanding digital relationships is essential for wellbeing.

Sex Education and Safety

What is Sex Education within RSHE?

Sex education is a statutory part of RSHE in secondary schools in England. It builds on earlier learning about relationships and health, and focuses on helping young people understand their bodies, personal safety, consent, and respectful relationships as they mature. All teaching is: age-appropriate factual and medically accurate delivered in a safe and respectful environment sensitive to different family backgrounds, beliefs and values.

Parents Right to Withdraw: Parents and carers have the right to request that their child be withdrawn from some or all elements of sex education that fall outside of the statutory science curriculum. If you wish to discuss this or request a withdrawal, please contact the school. We strongly encourage parents to speak with us first so we can explain the content and purpose of the lessons, and how they support students' safety, wellbeing and understanding.
The relationships and health aspect to the curriculum however is statutory and children cannot be withdrawn from this.

1. Puberty and the Developing Body

- Physical and emotional changes during puberty
- Reproductive biology at an appropriate level
- Body image and self-confidence
- Respect for their own and others' bodies

Why this matters:
Understanding bodily changes helps reduce anxiety, embarrassment and misinformation.

2. Consent, Boundaries and Personal Safety

- What consent means and why it is essential
- Recognising and respecting personal boundaries
- The right to say no, and to have choices respected

Why this matters:
This helps keep young people safe and supports respectful, healthy interactions throughout life.

3. Healthy and Unhealthy Relationships

- Characteristics of healthy relationships
- Warning signs of unhealthy, controlling or abusive behaviour
- The importance of mutual respect, trust and communication

Why this matters:
This learning helps young people recognise positive relationships.

4. Sex, Intimacy and Risk (Age-Appropriate)

- Factual information about sexual health Pregnancy and sexually transmitted infections (STIs)
- Contraception awareness
- The importance of informed, responsible decision-making

Why this matters:
Providing accurate information reduces confusion, myths and risk. Research shows that informed young people are more likely to make safer and more responsible choices.

5. Online Sexual Safety

- Sharing images and personal information safely
- The risks of online exploitation or pressure
- Laws relating to images of a sexual nature
- How to report concerns and seek help

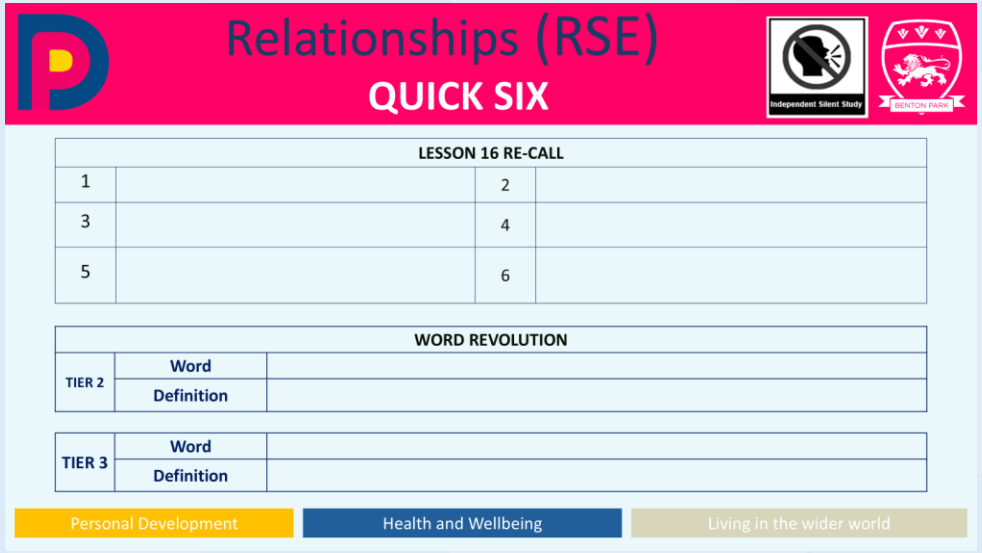
Why this matters:
Online spaces are a significant part of young people's lives. Understanding digital boundaries and safety protects students from harm and helps them use technology responsibly.

What does RSHE look like at Benton Park?

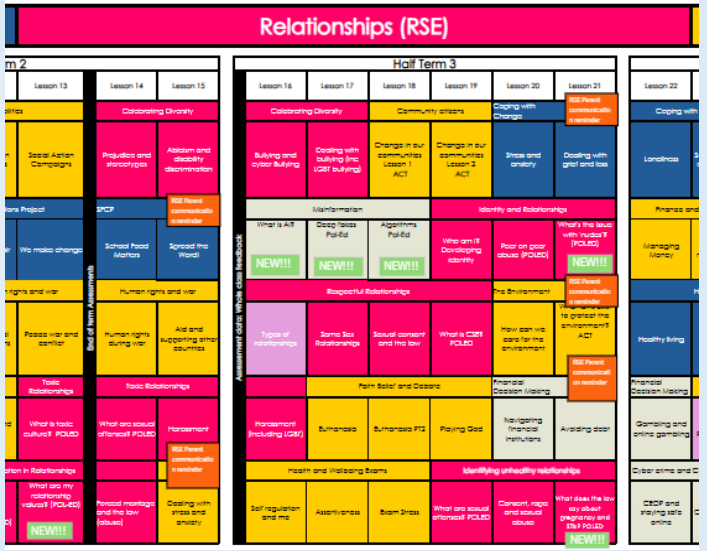
The majority of RSHE content is delivered throughout our PD curriculum under the slightly different term of Relationships. However, some topics may appear or be repeated in the mainstream curriculum.

RSE is carefully signposted across lessons and all resources so that students and staff are always aware if the lesson is part of the RSHE curriculum. Here are some examples of how this appears:

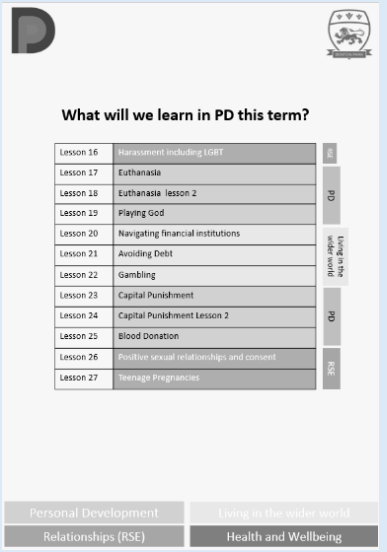
Lesson resources



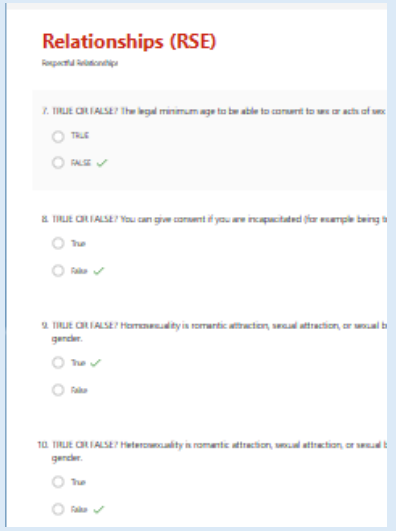
The PD Curriculum map



Student's workbooks



Student assessments



What do students learn in year 7?

In Year 7 RSHE, students are introduced to the foundations of healthy relationships, personal wellbeing and respectful behaviour as they settle into secondary school. They learn about friendship, diversity and inclusion, how to recognise and challenge bullying and discrimination, and the importance of kindness and respect for others. Lessons also support students in understanding personal boundaries and consent in an age-appropriate way, managing emotions, and staying safe online. The focus is on helping students develop confidence, empathy and the skills needed to make positive choices and feel safe and supported in school.

Relationships Topics	Brief description
Celebrating Diversity	Students learn to recognise, value and respect differences between people within their school and wider community
Protected characteristics	Students explore what bullying and cyberbullying look like, why they are harmful, and how to seek help or support safely.
Discrimination	Students understand what discrimination is, how it can affect individuals and communities, and why it is wrong.
Consent	Students learn that consent means giving and receiving permission freely, and that it is important to respect other people’s choices and boundaries.
Bullying and Cyber Bullying	Students are introduced to the characteristics protected by law and learn why everyone deserves fairness and respect.

What do students learn in year 8?

In Year 8 RSHE, students build on their understanding of relationships and wellbeing by exploring more complex social situations and developing greater independence. They learn about healthy friendships, peer pressure, respect and identity, alongside important topics such as bullying, discrimination and online behaviour. Students are also supported in understanding emotional changes, resilience and mental wellbeing, helping them develop confidence and positive strategies for managing challenges both in and out of school.

Relationships Topics	Brief description
Identity	Students develop a deeper understanding of identity, including how personal values, influences and experiences can change over time.
Sexting and the law	Students learn about the risks and consequences of sexting, including how the law applies to young people and how to get help if something goes wrong.
Discrimination	Students build on prior learning to understand different forms of discrimination and the impact unfair treatment can have on individuals and society.
Racism	Students examine what racism is, how it affects people and communities, and why it is important to challenge racist behaviour.
Equality	Students learn about equality, fairness and respect, and why everyone has the right to be treated equally in school and wider society.
Relationships	Students explore healthy relationships, including communication, trust, boundaries and recognising unhealthy behaviours.

What do students learn in year 9?

In Year 9 RSHE, students deepen their knowledge of relationships, personal responsibility and health as they progress through adolescence. Lessons focus on respect, consent, equality and managing risk, alongside developing an understanding of mental health and emotional wellbeing. Students are encouraged to think critically, recognise unsafe situations, and understand how to seek help, supporting them to make informed and responsible choices as they gain greater independence

Relationships Topics	Brief description
Sexual Consent and the Law	Students learn what sexual consent means, why it must be freely given, and how the law protects individuals' rights and safety.
Safe Sex	Students are introduced to factual information about sexual health, including how to reduce risks and where to access help and support.
Same-Sex Relationships	Students learn that healthy relationships can take many forms and that same-sex relationships should be treated with respect and equality.
Domestic Violence	Students explore what domestic abuse is, how it affects individuals and families, and how to seek help or support safely.
Challenging Misogyny	Students learn to recognise misogynistic attitudes and behaviours and understand the importance of challenging sexism and promoting respect.
Sextortion	Students learn what sextortion is, why it is a form of abuse, and how to protect themselves and get help if they are concerned.

What do students learn in year 10?

In Year 10 RSHE, students explore topics that prepare them for adult life and increased responsibility. They learn about healthy and respectful intimate relationships, consent, sexual health knowledge and personal safety, alongside understanding the impact of substances such as drugs and alcohol. Lessons also address mental health, coping with stress and making safe decisions, empowering students with the knowledge and skills needed to manage real-life situations confidently.

Relationships Topics	Brief description
What is Incel?	Students learn what the term “incel” means, how online communities can influence beliefs, and why harmful attitudes should be challenged.
What is Toxic Culture?	Students explore how toxic culture can normalise harmful behaviours and language, particularly online, and why respectful attitudes matter.
What Are Sexual Offences?	Students are taught what the law defines as sexual offences and how these laws exist to protect people and keep them safe.
Harassment	Students learn to recognise different forms of harassment, understand its impact, and know how to report concerns or seek support.
Positive Sexual Relationships and Consent	Students explore what healthy relationships look like, including mutual respect, clear consent and personal boundaries.
Teenage Pregnancies	Students learn about the physical, emotional and life impacts of teenage pregnancy and where young people can access advice and support.
The Dangers of Pornography and Revenge Porn	Students learn about the risks and harms linked to pornography and image-based abuse, including the serious legal consequences.

What do students learn in year 11?

In Year 11 RSHE, students consolidate their learning as they prepare for life beyond school. The curriculum supports them in understanding long-term health and wellbeing, maintaining respectful relationships, and recognising the emotional and practical challenges of adulthood. Students reflect on values, responsibility and personal safety, developing resilience and decision-making skills that will support them as they move into further education, employment or training.

Relationships Topics	Brief description
Emotional Abuse	Students learn to recognise emotional abuse, understand its impact on wellbeing, and know how to seek help or support.
Forced Marriage	Students are taught what forced marriage is, why it is illegal, and how individuals can get support and protection.
Peer-on-Peer Abuse	Students learn what peer-on-peer abuse is, including different forms it can take, and why reporting concerns is important.
Sexual Offences	Students develop a clear understanding of what the law defines as sexual offences and how the law protects individuals.
Consent, Rape and Sexual Abuse	Students learn about the meaning of consent, the seriousness of sexual abuse offences, and how to access support safely.

SEND support in RSHE at Benton Park

At Benton Park School, students with Special Educational Needs and Disabilities (SEND) are supported in RSHE through carefully adapted teaching that meets their individual needs and ensures all students can access the curriculum. Lessons are planned to be inclusive, using clear language, structured activities and appropriate resources, with additional support or alternative approaches provided where needed. Staff work closely with pastoral teams, the SEND department and safeguarding leads to ensure students feel safe, supported and able to ask questions, and clear signposting to trusted adults and support services is regularly reinforced.

SEND support in RSHE at Benton Park

Use Explicit, Structured Teaching of Key Concepts	Resources are broken down into key PD topics RSE, Living in the wider world, healthy living and Personal Development. These are signposted and visible in students workbooks, and on every PowerPoint. These are also clear on staff bulletins and the curriculum map for clarity and consistency for PD teaching staff. This supports SEND and disadvantaged learners with processing difficulties and can prepare them for future lessons that could relate to sensitive issues.
Build Vocabulary and Cultural Capital Into Every Lesson	Keys words and vocabulary in quick six, and on introduction pages of all lessons. Students are encouraged to model language aloud, use retrieval, and revisit terms over time and write them in to the back of their workbooks.
Personalised Scaffolding and Adapted Materials	Offer visuals, simplified text, writing frames, dual coding, now/next boards, and chunked instructions.
Strengthen Social & Emotional Learning	Embed self-regulation, emotional literacy, resilience, confidence-building, and coping strategies. SEND and disadvantaged students often benefit from explicit teaching of social understanding and emotional expression.
Representation and Inclusive Content	Ensure examples reflect a range of backgrounds, family structures, identities, neurotypes, and lived experiences. This helps students feel seen and reduces barriers linked to belonging and self-esteem.
Build Strong Oracy and Communication Opportunities	Lesson modes on every slide in every lesson to encourage paired talk, whole class discussions, structured debates, and alternative communication methods (e.g., visual cards, writing-first responses).This supports spoken language development for all learners.
Create Trauma-Informed, Safe, Predictable Lessons	Use of consistent routines, safe spaces for discussion, opt-out options, and predictable lesson structures. This helps students who have experienced instability, anxiety, or adverse childhood experiences feel secure enough to learn.
Design, Layout	The entire PD curriculum is designed to be connected by branding, colour and layout to provide consistent, predictable, and easy to access content. Light blue slides, SEND friendly fonts (Calibri), non cluttered and clear presentation.

RSHE support at Benton Park

At our school, students are supported in RSHE through a safe, respectful and inclusive learning environment where sensitive topics are taught carefully and age-appropriately by trained staff. We ensure that students are regularly reminded where they can access support, both within school and externally, through RSHE lessons, assemblies, tutor time and clear signposting around school. Students are encouraged to speak to trusted adults such as form tutors, pastoral staff, safeguarding leads, and they are also informed about confidential external support services and helplines. The support services that we signpost are shown below;

Time for young people

The Children's Society

FORWARD LEEDS INSPIRING CHANGE

WELL WAVE Youth Sexual Wellness

Leeds Sexual Health

UKFEMINISTA ACTION AWARD

ChildLine 0800 1111

MindMate

kooth

YOUNGMiNDS

STOP HATE UK STOP HATE. START HERE

WINSTON'S WISH Giving hope to grieving children

mind for better mental health

WHITE RIBBON .ORG.UK