

RSHE guidance on supporting Year 7 pupils



At Educator Solutions we want to support you in welcoming back new and current pupils for a 'new normal' academic year.

On 4 June, the DfE provided confirmation to schools that RSHE will still become compulsory on 1 September 2020. They propose 'Schools should consider prioritising curriculum content on mental health and wellbeing, as knowledge on supporting your own and others' wellbeing will be important as pupils return to schools'. The DfE have launched a suite of practical tools, guidance and CPD for primary and secondary schools to support this: <https://www.gov.uk/guidance/teaching-about-mental-wellbeing>.

We do not want to detract from this statement. However, many of you have contacted us to seek guidance about how to effectively support the teaching and learning of pupils in relation to RSHE with a focus on puberty, periods and sex education for YR7 pupils. Many YR7 pupils will have missed the opportunity to develop their knowledge, values and interpersonal skills in relation to this before leaving KS2. With 25% of young people reporting that they commence menstruation prior to any teaching of this, and the risk of young people accessing adult content to satisfy their curiosity for knowledge, we recognise the need to deliver this education. We also recognise the importance of learning about these key topics through safe, effective approaches.

Our recommendation is that where schools can reassure themselves that safe learning environments can be established and guarantee effective approaches, then this teaching may be beneficial to take place as soon as practicably identified possible but remains firmly at the discretion of the school. The [RSE Solution Resource](#) contains effective teaching strategies alongside guidance on creating a working agreement, safe learning environments and how to approach responding to 'tricky' questions. YR 7, lesson 1: The Body and How it works will provide an appropriate approach. [Lilets](#) and [Betty](#) also have useful teaching resources on menstruation. For pupils with SEND, you may wish to adapt parts of the RSE Solution, or use elements from the free [Puberty and Sexuality for children and young people with a disability](#) resource. If you have not already, it would be timely to sign your school up to the government's new [free period products](#) scheme.

RSHE is most effective when taught in collaboration with parents. Our module on effective parental engagement provides a toolkit to support with this. If you feel appropriate, signposting parents to the following websites will provide helpful, accessible guidance for them to talk with their children about these topics, building good channels of communication both for now and the future. The RSE Solution Top Tips for talking to your child can be sent as an accompaniment.

- NHS: <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>
- FPA: <https://www.fpa.org.uk/relationships-and-sex-education/parents-and-carers>
- Outspoken Education: <https://www.outspokeneducation.com/>
- Lilets: <https://www.lil-lets.com/uk/teens/advice-for-parents/>
- Betty: <https://wearebetty.com/pages/parent-hub-landing-page>

We recommend that you work with feeder schools to establish what potential RSHE learning gaps are likely to be. We also recommend that you complete pupil participation work to identify need and relevance as you plan a responsive RSHE curriculum. Our module on promoting pupil participation provides a toolkit to support this.

Further RSHE support for Norfolk schools

We want to ensure we are supporting all Norfolk schools on their RSHE journey into the new academic year. Schools have told us that our tools and training have been invaluable in preparing for statutory RSHE:

Fully subsidised:

- Compliance Calculator
- Whole School Action Plan
- RSHE briefing
- RSHE Governor briefing
- RSHE SEND briefing
- RSHE Solution Bulletins

Subsidised:

- RSE Solution Resources
- Embedding Effective Statutory RSHE Support Package
- Online and classroom training

All available at: www.educatorsolutions.org.uk/rse

I've got some questions... No problem, we're here to help.

Josie Rayner-Wells, National RSHE Adviser and our experienced team are here to help you provide the best RSHE education possible. We will be happy to answer your questions and/or discuss your bespoke needs. Please contact us:

Email: rseenquiry@educatorsolutions.org.uk

Call: **01603 307710**