

# RSHE statement



Hollywater  
School

Inspire. Believe. Achieve.

We are committed to our statutory duties in relation to safeguarding our pupils and students. We believe that Relationship, Sex and Health Education underpins this commitment.

Our aim is to promote pupils and students Spiritual, Moral, Social and Cultural development through our RSHE provision and prepare all pupils and students for the opportunities, responsibilities, and experiences of life.

Our RSHE curriculum covers 6 strands over the academic year and includes all the statutory requirements of the RSE curriculum.

## Self-Awareness

- Things we are good at; Kind and unkind behaviours; Playing and working together; People who are special to us; Getting on with others; Personal strengths; Skills for self-learning; Prejudice and discrimination; Managing pressure.

## Self-care, Support and Safety

- Taking care of ourselves; Keeping safe; Trust; Keeping safe online; Public and private; Feeling unwell; Feeling frightened/worried; Accidents and risk; Emergency situations; Gambling

## Managing Feelings

- Identifying and expressing feelings; Managing strong feelings; Self-esteem and unkind comments; Strong feelings; Romantic feelings and sexual attraction; Expectations of relationships/abuse.

## Changing and Growing

- Baby to adult; Changes at puberty; Dealing with touch; Different types of relationships; Positive/unhealthy relationships; Friendships; Intimate relationships; Consent ; Contraception; Long term relationships/parenthood.

## Healthy Lifestyles

- Healthy eating; taking care of physical health; Keeping well; Elements of a healthy lifestyle; Mental wellbeing; Physical activity; Body image; Medicinal drugs; Drugs, alcohol and tobacco.

## The World I Live In

- Respecting differences between people; Jobs people do; Rules and laws; taking care of the environment; Belonging to a community; Money; Human diversity; Rights and responsibilities; Managing online information; Preparing for adulthood; Managing finances.