



Relationship and Sex Education (RSE)

Guide for Parents

What is RSE?

Relationship and sex education (RSE) is the process of lifelong learning about physical, moral and emotional development.

What is covered in RSE?

It is about the importance of family life, stable and loving relationships, respect, love and care. It is about the teaching of sex, sexuality and sexual health.

What RSE means to LMS?

Our RSE provision will give students the information they need to **help them develop healthy, nurturing relationships** of all kinds, not just intimate ones.

It will enable them to know what a healthy relationship looks like and what makes a good friend. It will teach about what is acceptable and unacceptable behaviour in a relationship, including how to construct an intimate relationship positively. It will teach students to understand human sexuality and to respect themselves and others.

As a school we believe that knowledge about safer sex and sexual health is important to **ensure that young people are equipped to make safe, informed, and healthy choices** as they progress through their adult life. This should be delivered in a non-judgemental, factual way to allow scope for students to ask questions in a safe environment.

How is it delivered?

The RSE curriculum is delivered through a combination of our timetabled PSHE lessons and within form times. There are also **opportunities for our students to receive lessons from external specialists** in the form of drop down days.

Can I withdraw my child from RSE?

You can't withdraw your child from any part of the relationships education element of RSE, such as lessons that teach about families, friendships, general health, risky activities and how to stay safe online or offline.

However, you do have the right to withdraw your child from some or all of the sex education elements within RSE after formal consultation with the Head of Personal Development and the Headteacher.

Why parents are so important?

Parents are a very important influence on their child's decisions about relationships and sex. **When parents communicate frequently and openly, teenage children feel closer to them and more able to communicate.**

By regularly talking about RSE topics at home you will help to take away some of the stigma by making it part of the everyday. You will also help your child understand the differences between what they may see online versus what they experience in real life.

