



RSHE statements for assessment, recording, reporting: Secondary

These statements are designed to be adapted used in a range of contexts. They are therefore intentionally general, reflecting the breadth of the learning opportunities in RSHE.

RSHE Values

Actively listens to the views of others and takes these into consideration when considering individual perspectives.

Demonstrates maturity and sensitively when discussing topics that can feel challenging.

Is an active participant in group tasks and works with confidence.

Supports others who are experiencing personal problems.

Health and Wellbeing

Can manage transitions between important stages in life, including physical, emotional, and practical changes.

Can explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem.

Can describe ways to promote physical, sexual, mental, and emotional health.

Can describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed.

Can identify choices for health and wellbeing that are safe or unsafe/risky and explain why.

Can explain the personal and social risks associated with substance misuse.

Can explain how different contraceptives work, factors that can affect their efficacy and how to negotiate use of contraceptives with a partner.

Can explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services.

Can explain how to respond in emergency situations, including how to perform first aid techniques.

Can explain the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. They can explain and demonstrate ways to support others to make healthy choices and promote their wellbeing.

Can explain how to be ambitious and enterprising and challenge career stereotypes.

Can demonstrate a range of skills and attributes for employability.

Can reflect effectively on personal strengths and areas for development, and take account of feedback, to improve.

Relationships

Can describe different types of relationship and explain how to develop and maintain healthy, positive relationships.

Can explain common causes of conflict and conflict resolution strategies.

Can recognise and explain how to challenge unhealthy/negative relationship behaviours.

Can describe features of parenthood and explain the options available if someone becomes pregnant.

Can explain how to respond to unhealthy/negative relationship behaviours, including bullying, discrimination, abuse, and online encounters.

Can justify their views and values on moral issues and effectively assess others' arguments, including critique of online content.

Can explain strategies to manage peer influence and pressure.

Can explain the concept of consent in a variety of contexts; the legal and moral responsibility on the seeker of consent to ensure consent has been given; and the importance of respecting others' feelings about readiness for intimacy. They can describe how to recognise, ask for, give, not give, and withdraw consent.

Can describe ways to manage changing relationships, loss, and bereavement, when and how to seek support and suggest ways to support others.

Can demonstrate how to show respect to others and promote equality and inclusion.

Can describe appropriate sources of advice and support for relationships, sexual health, and pregnancy and explain why, when, and how to access them.

Rights and Responsibilities

Can explain rights and responsibilities that promote inclusion for all, and the benefits of living in a diverse community.

Asking for Help

Understands how problems can impact on wellbeing, and affect both myself and other people in achieving our full potential and I know what support services are available to help me to deal with a range of problems.

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