

RSE in the Sixth Form

As Year 11 pupils make the transition into Sixth Form students, Harrodian endeavours to deliver a PSHE and RSE curriculum that accommodates all aspects of their lives as young adults. Thus, areas of focus include the following:

- Skills and strategies to confidently manage transitional life phases
- Coping with the pressures of being a teenager in the modern world
- Consideration of others. Developing and harnessing compassion, empathy and sensitivity.
- Leading by example
- Maintaining a work-life balance including the importance of regular exercise, a balanced diet and sleep.
- Managing personal safety in new relationships including online activity.
- Respecting people's right to give, not give, or withdraw their consent in all contexts.
- Understanding the emotional, physical, social and legal consequences of failing to respect the decisions of others.
- Recognising and seeking help in cases of sexual abuse, exploitation, assault or rape and the process of reporting to wider authorities.
- Drug and Alcohol awareness: personal safety and the safety of others.
- Self-esteem: idealisation of the female form online and pressures to conform.
- Sexualisation and objectification of the female form in the media and online generally.
- Accessing guidance and support in relation to sexual health, including contraception and sexually transmitted diseases.
- Making friends in new places.
- Understanding legal rights and responsibilities when travelling abroad.