

## Relationship, Sex and Health Education

RSHE is taught in the following ways:

- as part of the PSHE/Citizenship curriculum (see below)
- RE Curriculum (see RE Curriculum journey)
- . RSE is also taught across the Curriculum – a map of this can be found under Policies ‘Relationship and Sex Education Curriculum Map’.
- Focus Days in Year 11 and Year 7.

All lessons use Ten Ten resources which parents can access for the Parent Portal.

Below is an outline of the RSE lessons taught in PSHE/Citizenship:

|         |                   |                                                                                                                                                                                                                                                       |
|---------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 7  | Term 6 (Summer 2) | <b>Who</b> am I? (session 1)<br><b>Changing</b> bodies (session 2)<br><b>Healthy</b> inside and out (session 3)<br><b>Where</b> we come from (session 4)<br><b>Family</b> and friends (session 5)                                                     |
| Year 8  | Term 2 (Autumn 2) | <b>Created</b> and chosen (session 1)<br><b>Appreciating</b> differences (session 2)<br><b>Feelings</b> (session 3)<br><b>Before</b> I was born (session 4)<br><b>Tough</b> relationships (session 5)                                                 |
| Year 9  | Term 3 (Spring 1) | <b>The search</b> for love (session 1)<br><b>Love</b> people, use things (session 2)<br><b>In control</b> of my choices (session 3)<br><b>Fertility</b> and contraception (session 4)<br><b>One</b> hundred percent (session 6)                       |
| Year 10 | Term 5 (Summer 1) | <b>Authentic</b> freedom (session 1)<br><b>Self</b> image (session 2)<br><b>Values</b> , attitudes, beliefs (session 3)<br><b>Parenthood</b> (session 4)<br><b>Fertility</b><br><b>Pregnancy</b> and abortion (session 5)<br><b>Abuse</b> (session 6) |
| Year 11 | Term 3 (Spring 1) | <b>Self</b> worth (session 1)<br><b>Birth</b> control (session 4)<br><b>Pornography</b> (session 5)<br><b>STI's</b> (session 6)<br><b>Coercive</b> control (session 7)                                                                                |
| Year 12 | Term 5 (Summer 1) | <b>Love</b> or lust?<br><b>Respectful</b> and assertive communication<br><b>Ending</b> an intimate relationship<br><b>Positives</b> and negatives of online dating<br><b>Personal</b> safety in a relationship<br><b>Rape</b> and sexual assault      |

|  |  |                                      |
|--|--|--------------------------------------|
|  |  | <b>Sexual</b> exploitation and abuse |
|--|--|--------------------------------------|