

Relationships, Sex and Health Education

Relationships, Sex and Health Education (RSHE) is delivered to all students during their PDS sessions and Head of Year assemblies throughout the academic year and are linked to Relationships, Physical Health, and Mental Wellbeing.

The DfE outline the aim of RSHE is “to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.”

The RSHE sessions are delivered by advisors, Heads of Year, SLT or visiting speakers. Assemblies also support the key RSHE themes and are delivered to whole year groups by a member of the pastoral team, a visiting speaker or an SLT member.

The curriculum is sequentially planned with the end in mind and all resources are quality assured by SLT. Our curriculum is planned to ensure that it is compliant with all aspects of the new DfE Relationships Education, Relationships and Sex Education and Health Education guidance.

Please see more information at this link: <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Our RSHE Curriculum is planned to meet the needs of all students including those with SEND. Our RSHE Curriculum is compliant with the guidance outlined in The Equality Act 2010; and is reviewed and approved on a yearly basis by the Local Governing Body.

Parents have the right to withdraw their child from certain aspects of the RSHE Curriculum. If you would like to discuss this or if you like more information about our RSHE Curriculum, please email Mr Ashcroft, Assistant Principal, at AshcroftB@fazakerleyhigh.org.

The table below outlines the plan for each year group as per the new guidance from the DfE.

	Knowledge, skills and understanding to be gained at each stage		
	Cycle 1	Cycle 2	Cycle 3
Year 7	Transition to secondary school Relationships and diversity Healthy and unhealthy relationships Personal safety: road, cycling, public transport First aid, personal safety, physical health and personal hygiene	Healthy sleeping patterns, caffeine and energy drinks Smoking: causes and effects Alcohol and Drugs: causes and effects Celebrating diversity, human rights and British values Digital footprints and cyber bullying	University and apprenticeships, challenging employment stereotypes Sixth forms and colleges Personal finances, budgeting skills, mortgages and credit cards
Year 8	Smoking and drugs - the law and negative peer influences Challenging stereotypes, group thinking LGBTQ+, celebrating diversity, protective characteristics Media stereotypes and body image; looking after mental health	Rights and responsibilities of being a British citizen Gender identity, sexual orientation, sexual harassment, peer on peer abuse Consent and the law Staying safe online	Media reliability and trusting online content Online gambling and gambling addiction Employability skills: punctuality, organisation, equipment Interview technique and career progression
Year 9	Gangs and gang culture, legal risks of carrying a weapon LGBTQ+, active listening, conflict management skills and managing relationship breakdowns Work life balance, healthy eating, physical and mental health	University and apprenticeships, sixth forms and colleges Relationships, sexual readiness and peer pressure Contraception and STIs, pornography, risks of sharing sexualised images	Growth vs fixed mindset Interview practice, professionalism in the workplace Media bias and data protection Signs of political extremism and the process of radicalisation
Year 10	Substance abuse and exit strategies Communities, inclusion and belonging Extremism and political radicalisation	Work experience preparation Relationships and sexual intercourse Sexual harassment, consent and the law How drugs and alcohol can affect sexual activity	Career focus: lawyer, musician, dentist, doctor, animation, banking, media, engineering, performing arts, journalism, civil service Revision techniques - being Year 11 ready



Year 11

University and apprenticeships,
sixth form and colleges
Post-16 application support
Stress and coping strategies
Healthy sleeping habits

Drugs, exploitation and county lines
Vaccinations and immunisations
LGBTQ+, sexual harassment, peer on
peer abuse, consent and the law
Contraception

Online safety
Being an active British citizen
Media reliability and trusting online
content

