

## 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 Mrs Kokosalakis, Vice Principal, at [skokosalakis@dixonsfa.com](mailto:skokosalakis@dixonsfa.com).

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
<b>Year 7</b>	Transition to secondary school. Respectful relationships Understanding protected characteristics Celebrating diversity Harmful sexual behaviour Substance abuse - smoking, vaping and alcohol Personal hygiene Relationships and diversity	Staying safe on the roads and public transport Healthy diet lifestyle and sleeping patterns Puberty and changes in the adolescent body Healthy and unhealthy family relationships Parenting and raising children Citizenship - British values in our society Prejudice and discrimination Online safety Basic first aid	University and apprenticeships Challenging employment stereotypes Potential career pathways Linking subject strengths and careers Mental wellbeing - talking about emotions Mental wellbeing concerns Supporting positive mental wellbeing Democracy and political systems Operation of parliament The UK justice system Personal finances, saving and spending
<b>Year 8</b>	Positive relationships, boundaries and privacy Protected characteristics - challenging stereotypes Challenging racism Sexual harassment and abuse Smoking and drugs - the law and negative peer influences Rights and responsibilities online Safe use of social media Organ and blood donation Preventative health treatment	Personal safety including roads, rail and public transport Personal hygiene, immunisation and vaccination Marriage and families contribution to human happiness Implications of changes during puberty to emotional and physical health Contraception, pregnancy and miscarriage Consent and the law Gender identity, sexual orientation Rights and responsibilities of being a British citizen Media reliability, trusting online content Online gambling and gambling addiction	University and apprenticeships Self-employment, employability skills Sixth form and college options Interview technique and career progression Group thinking and avoiding persuasion Mental health - identifying healthy and unhealthy coping strategies Myths and stigmas about mental health Rights and responsibilities of being a British citizen The UK justice system, including police, courts and tribunals Being an active British citizen, volunteering and community.



<p><b>Year 9</b></p>	<p>Positive relationships, active listening and communication</p> <p>Protected characteristics - gender and misogyny</p> <p>Recognising and challenging racism</p> <p>What constitutes sexual harmful behaviour, sexual harassment and sexual abuse</p> <p>Risks of alcohol and illegal drugs and effects on physical and mental health, the law</p> <p>Impact of social media and managing online behaviour, how to report, pornography, risks of sharing sexualised images</p> <p>Positive impact of organ donation</p> <p>Vaccines and preventative health</p>	<p>Work life balance, healthy eating, physical and mental health</p> <p>Positive respectful relationships, successful parenting</p> <p>Contraception and STIs</p> <p>Relationships, sexual readiness and peer pressure</p> <p>The law relating to consent, sexual exploitation, grooming, domestic abuse, forced marriage, FGM</p> <p>Gangs and gang culture</p> <p>Keeping safe from knife and gun crime</p> <p>Assessing media bias, recognising political extremism and challenging extremist viewpoints</p> <p>Giving basic first aid, administering CPR</p>	<p>Life at university or studying on an apprenticeship</p> <p>The difference between academic and vocational courses</p> <p>Growth vs fixed mindset</p> <p>Interview practice, professionalism in the workplace</p> <p>Emotional health and coping strategies, positive and negative impact on our mental health</p> <p>Conflict management skills</p> <p>Talking about our emotions</p> <p>How we as citizens can work together to improve our communities</p> <p>Finances: loans, mortgages, credit cards and buy now pay later schemes</p>
<p><b>Year 10</b></p>	<p>Communities, inclusion and belonging.</p> <p>Protected characteristics and addressing racism</p> <p>Domestic abuse, violence and coercive control</p> <p>Harmful sexual behaviour, recognising sexual harassment, sexual abuse and sexual violence</p> <p>Effects of smoking, vaping, drugs and alcohol on physical and mental health</p> <p>Drugs, possession and the law, managing influences</p> <p>Body image and stereotypes</p> <p>Impact of pornography on sexual behaviours</p> <p>What is involved in organ and blood donation</p> <p>Self-examination and screening for health</p>	<p>Healthy coping strategies</p> <p>Similarities and differences between the online and physical world</p> <p>What are healthy intimate relationships?</p> <p>Understanding contraceptive choices and pregnancy choices. Where to get help</p> <p>Relationships, consent and the law</p> <p>How drugs and alcohol affect and influence sexual activity</p> <p>Extremism and political radicalisation</p> <p>Features of loans, mortgages, credit cards and their risks</p> <p>What are insurance, savings and pensions?</p> <p>Giving basic first aid, administering CPR, purpose of defibrillators</p>	<p>Strengths and interests that could influence career development</p> <p>Early signs of mental health wellbeing concerns</p> <p>Career focus: NHS sector, engineering, media and advertising, journalism, the creative arts sector</p> <p>Democracy, power of government, role of citizens, free press</p> <p>How does the electoral system work in the UK and why does our vote matter?</p> <p>Democratic and non-democratic forms of government beyond the UK</p> <p>Human rights and international law</p> <p>Being an active British citizen</p> <p>Being Year 11 ready, personal goal setting and effective revision</p>
<p><b>Year 11</b></p>	<p>University and apprenticeships, sixth form and colleges</p> <p>Understanding protected characteristics and the law</p> <p>Recognising criminal behaviour within personal relationships</p> <p>Recognising harmful sexual behaviour</p> <p>The facts about legal and illegal drugs</p> <p>Stress and coping strategies</p> <p>Risks of online gambling</p> <p>Sexting and the law, difficulty of removing compromising material</p> <p>Negative effect of pornography on self-image and sexual behaviour</p> <p>The science relating to blood, organ and stem cell donation</p> <p>Healthy sleeping habits</p>	<p>Preparation for examinations, reducing stress and anxiety</p> <p>Drugs, exploitation and county lines</p> <p>Safe and unsafe online behaviour</p> <p>LGBTQ+, sexual harassment, child-on-child abuse, consent and the law</p>	<p>Preparing for college, 6th form or apprenticeships</p> <p>Professional behaviour in the workplace</p> <p>Online safety</p> <p>Being an active British citizen</p>

