RSE & PSHCE Curriculum Overview

Appendix 1:

Statutory RSE Topics to be delivered in Secondary schools

The following topics under 'Relationship and Sex Education' are compulsory

	A: Relationship and Sex Education
Topic A1: Families	Pupils should know that there are different types of committed, stable relationships. how these relationships might contribute to human happiness and their importance for bringing up children. what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. why marriage is an important relationship choice for many couples and why it must be freely entered into. the characteristics and legal status of other types of long-term relationships. the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.
Topic A2: Respectful relationships including friendships	 Pupils should know the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. practical steps they can take in a range of different contexts to improve or support respectful relationships. how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs. about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. that some types of behaviour within relationships are criminal, including violent behaviour and coercive control. what constitutes sexual harassment and sexual violence and why these are always unacceptable.

	• the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.
Topic A3:	Pupils should know
Online and Media	 their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
	 not to provide material to others that they would not want shared further and not to share personal material which is sent to them. what to do and where to get support to report material or manage issues online. the impact of viewing harmful content.
	that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.
	 that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.
	how information and data is generated, collected, shared and used online.
Topic A4:	Pupils should know
Being Safe	• the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced
	marriage, honour-based violence and FGM, and how these can affect current and future relationships.
	how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be
	withdrawn (in all contexts, including online).
Topic A5:	Pupils should know
Intimate and sexual	how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
relationships , including	that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
sexual health	the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.
	• that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.
	that they have a choice to delay sex or to enjoy intimacy without sex.
	the facts about the full range of contraceptive choices, efficacy and options available.
	the facts around pregnancy including miscarriage.
	• that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).
	 how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.
	 about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
	 about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. how the use of alcohol and drugs can lead to risky sexual behaviour.

The following topics under 'Health and wellbeing' are compulsory

	B: Health and wellbeing education
Topic B1: Mental wellbeing	 Pupils should know how to talk about their emotions accurately and sensitively, using appropriate vocabulary. that happiness is linked to being connected to others. how to recognise the early signs of mental wellbeing concerns. common types of mental ill health (e.g. anxiety and depression). how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health. the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
Topic B2: Internet safety and harms	 Pupils should know the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image, how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
Topic B3: Physical health and fitness Topic B4: Healthy	 Pupils should know the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health. about the science relating to blood, organ and stem cell donation. Pupils should know how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
eating Topic B5: Drugs, alcohol and tobacco	 Pupils should know the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions the law relating to the supply and possession of illegal substances. the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. the physical and psychological consequences of addiction, including alcohol dependency.

	 awareness of the dangers of drugs which are prescribed but still present serious health risks. the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.
Topic B6: Health and prevention	Pupils should know
Topic B7: Basic First aid	Pupils should know basic treatment for common injuries. life-saving skills, including how to administer CPR.15 the purpose of defibrillators and when one might be needed.
Topic B8: Changing adolescent body	Pupils should know key facts about puberty, the changing adolescent body and menstrual wellbeing. the main changes which take place in males and females, and the implications for emotional and physical health.

Appendix 2:

Staff, parents and students need to be aware of the school's procedures in the event of the following:

Confidentiality and Advice: Students who are under 16 MUST be made aware that some information cannot be held confidential, and made to understand that if certain disclosures are made certain actions will ensue. At the same time students will be offered sensitive and appropriate support. The following procedures will be adhered to by all adults. Staff are reminded (linked to safeguarding), that as with other discussions of a sensitive nature, information must only be imparted according to the safeguarding procedures seen in our safeguarding policy, and must not become common knowledge.

Disclosure or suspicion of possible abuse: The school's child protection procedures will be invoked (see relevant policy).

Disclosure of pregnancy or advice on contraception: It is hoped that the following procedures will ensure that students who are in difficulty, know that they can talk to an adult in the school and that they will be supported. Disclosure of pregnancy Students must be asked whether they can tell their parents(s) and whether they want help in doing so. If the student agrees to speak to parent(s) subsequent responsibility, then lies with the parent(s). Staff must tell students that they will expect acknowledgement from parents within 48 hours that the discussion has taken place. The member of staff must report the information to the Head teacher/Designated Safeguarding Officer. If the student refuses to tell their parent(s) the Designated Safeguarding Officer will refer them to a health professional. The Designated Safeguarding Officer who will then liaise with the student welfare team and Health professionals, as appropriate about informing the parents. Advice on contraception/Sexual Health Professional information will be available from a health professional e.g. School Nurse or information about Family Planning Clinics. The school will always encourage students to talk with their parents first.

Complaints procedure: Any complaints about **how the school delivers** the relationships and sex education curriculum should be made using the school's complaints procedure.

Appendix 3:

PSHE covers three main areas:

'Relationships and Sex', 'Health and Wellbeing' and 'Living in the wider world' (covering careers, financial management and the world of work). The minimum requirements of what a school needs to cover under 'Relationships and Sex' and 'Health and Wellbeing' are statutory as outlined in *The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.* The minimum requirements of what a school needs to cover under 'Living in the wider world' are statutory as outlined in the 2019 *Statutory Guidance for Careers in Secondary schools.*

Relationships and Sex education (RSE) is defined as learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health, with the aim of equipping children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships, and to take responsibility for their sexual health and wellbeing.

Citizenship covers three main areas:

'Identities and Diversity', 'Rights and Responsibilities' and 'Democracy and Justice'.

Students are 'encouraged to challenge injustice, inequality and discrimination' by 'participating actively in the community, decision making and voting'.

WRL covers:

The skills and attributes for Enterprise and Employability, Careers and financial Capability.

Enterprise covers:

Developing entrepreneurial skills

Appendix 4:

PSHCE / RSE overview: The aim is to plan a 'spiral programme' which introduces new and more challenging learning, while building on what has gone before, which reflects and meets the personal developmental needs of the children and young people.

	Year 7 PSHCE	POWER DAYS	Year 8 PSHCE	POWER DAYS	Year 9 PSHCE	POWER DAYS	Year 10 PSHCE	POWER DAYS	Year 11 PSHCE	POWER DAYS	Year 12 PSHCE	POWER DAYS	Year 13 PSHCE	POWER DAYS
Autum 1	Friendship, Love & Marriage	Road safety, Sex Ed, Online safety, Drugs, Puberty	Emotion al Literacy	Alcohol, online, RSE	LGBT & Marriages	Sexting, body image, mental health	Domestic conflict	STI, Peer Pressure, Dating Violence, Mental Health	Workplace Skills	Work experience ,	Settling In & sixth form opportunities	Group 4 Project	UCAS	UCAS
Autum 2	Environme ntal Sustainabil ity	Environme ntal sustainabil ity, enterprise	Global Citizens hip	First Give	Managing Debt & Gambling addiction	STEM	Risk Taking	cragrats	Why IB and managing exam Stress	Sixth form options,	Rape & consent	EE Day	Finance	Reading Day; Day off
Spring 1	wants and needs and intro to money	languages choices	Commu nication	Europa	Self confidence & Self Managers	options	Exam skills & revision	Work experience	Persevera nce & Procrastin ation	Peer Pressure & Gangs	Well Being	CAS day; Day off	Healthy Living	CAS / TOK catch up; Day off
Spring 2	Healthy Living and Balanced diet	who we are	Consent	Resilience	<u>Growth</u> <u>Mindset</u>	Healthy Living, mindfulness	Stress Manageme nt and Smoking	Stress Managemen t, Active Lifestyle	<u>Time</u> <u>Managem</u> <u>ent</u>	English day	CV Writing	Careers Fair	Rape and abuse	Life after sixth form; post results
Summ er 1	Racism & Discriminat ion		<u>CAS</u>		Personal Developm ent & Self		Work experience and careers				British Values			

					<u>Discipline</u>					
Summ er 2	resources	Asia, Japan	British Values diversity and toleranc e	India	Extremism	Japan and European trips	Trips?	UCAS	Life after sixth form; UCAS	

HEALTH & WELLBEING	WAS-WELLBE ING AWARD FOR SCHOOLS											
KS3 H1-32	Year 7	Year 8	Year 9	The following POS core focus are studied outside of PSHCE sessions	KS4 H1-18	Year 10	Year 11	The following POS core focus are studied outside of PSHCE sessions	KS5 H1-19	Year 12	Year 13	The following POS core focus are studied outside of PSHCE sessions
SELF-ESTEEM AND IDENTITY	friends, love and relationships, P4: who we	P1: bullying or banter, P1: online bullying, Sp1:commu nication, Sp1: Gender (in)Equality, Sp2: Gender roles	in relationships , Sp1: confidence & achievement , P1: body	cover: H1, H2, H3, H4, H5, H7, H9, H13, H14,		P4: mindfulne ss, P1: trolling and healthy online relationshi ps	P3: sexual bullying, P3: gangs & peer pressure		ESTEEM	Au1: Settling In & sixth form opportunities , Sp1: Wellbeing		Science: H1, H2, H4

MENTAL HEALTH	P4: Mental health day. Mental health day October Au1, P1: Peer educators	emotional literacy, P4:character resilience, Mental health day	your mental health, P1: body image,	H12, H16, H17, H18, H19, H11 (plus done in science), H10, H21, H23, H24, H25, H26, H27, H28, H29, H3O, H31, H32. NOT COVERE D: H8,	HEALTH	Mental health day, P4: mindfulne ss, Au2: risk taking, Sp2: stress, Mental health day	P4: Mental health day, Au2 exam stress & managemen t, Sp1: perseveranc e & procrastinati on, Sp2: time managemen t, Mental health day October Au1		Mental health day Half term 3: PSHCE Wellbeing topic covered. Students also have the option to take up Wellbeing on a Wed p7 for a 6 week course with SMB. This is optional. Sp1: Wellbeing	Mental health day
HEALTHY DEVELOPMENT AND INCREASED INDEPENDENC E AROUND HEALTH CHOICES	importance of vaccination	Biology:	P4: Healthy living and eating, Su1: self discipline, Biology: purpose and importance of vaccination			looking after yourself, Biology: purpose	P4: active lifestyle, Biology: purpose and importance of vaccination	RESPONSIBI LITY FOR HEALTH	Wellbeing	Sp1: Healthy Living

HEALTHY	Sp1/2: healthy	Au2:	P4: Healthy	BODY	P4:	P4: active	BODY	Biology:		
LIFESTYLES		Exercise,	living and	IMAGE		lifestyle,		what cancer		
		Biology:	eating,		_	Biology:		is, and		
	cancer is, and	•	Biology:			what cancer		lifestyle		
	lifestyle	is, and	what cancer		1	is, and		choices		
	choices (need		is, and			lifestyle		(need for		
	· ·	choices	lifestyle			choices		healthy diet,		
		(need for	choices		and	(need for		exercise,		
	and the risks	healthy diet,	(need for		effects,	healthy diet,		and the risks	Biology:	
	associated if	exercise,	healthy diet,		Biology:	exercise,		associated if	what	
	they are not	and the risks	-			and the risks		they are not	cancer is,	
			and the risks		cancer is,	associated if			and	
	ĺ	they are not	associated if		and	they are not			lifestyle	
		followed)	they are not		lifestyle	followed)			choices	
			followed)		choices				(need for	
			,		(need for				healthy diet,	
					healthy				exercise,	
					diet,				and the	
					exercise,				risks	
					and the				associated	
					risks				if they are	
					associate				not	
					d if they				followed),	
					are not				Sp2: Rape	
					followed)				and abuse	
MANAGING	P1: road	P1: online	P1: online	RISK	P1:	P3: sexual	RISK	Au2: Rape &		
AND		grooming,	privacy and	MANAGEM		bullying, P3:	MANAGEME			
REDUCING		P1: sexting	sexual	ENT AND	and online		NT AND	CONSCIR		
RISK	P1: online	1 1. SCALING	health	SAFETY		peer	SAFETY			
Taloit .	safety		assembly,	JAI LII		pressure				
	Jaioty		P4: sun		domestic	pressure				
			cream, P1:		violence,					
			orcani, i i.		violerice,					

			catfish and online safety.		science: UV radiation and effects				
DRUG, ALCOHOL AND TOBACCO EDUCATION	P1: intro to drugs, alcohol	P1: alcohol & sex		AND TOBACCO EDUCATIO N	Sp2: smoking, P1: drugs and the law, Biology: alcohol and damage to the liver, smoking and damage to lungs etc	P3: sexual bullying, P3: gangs & peer pressure, Biology: alcohol and damage to the liver, smoking and damage to lungs etc	AND TOBACCO EDUCATION	Half term 2: Daniel Spargo Mabbs Foundation assembly on risks of drugs followed by PSHCE unit (materials from DSMF)	
SEXUAL HEALTH		P1: Peer pressure, Sp1: consent	P1: contraceptio n, Au1: relationships & marriage, Au1: LGBT+	SEXUAL HEALTH AND PREGNAN CY	P1: sexual health & making better decisions, P1: STI's, Au1: domestic conflict & peer	P3: sexual bullying, P3: gangs & peer pressure,	SEXUAL HEALTH AND PREGNANC Y	Au2: Rape & consent	

					pressure			
FGM								
Citizenship	P2: enterprise	P2: just give	P5:		P5: trips,			
	activities &	local	language		Su2:			
	sustainability,	charities,	trips, Au1:		British			
	P5: Asian day,	P5: trade	LGBT+,		values			
	Au2:	and	Su2:		and			
	sustainability,	sustainability	extremism		religion			
	Su1: racism,	Au2: global						
	Su2:	citizenship,						
	democracy	Su2: British						
		values &						
		diversity,						
		Su1: CAS,						
		P3: europa						
		town						

RELATIONSH IPS & SEX EDUCATION KS3 R1-R38	Year 7	Year 8	Year 9	The following	KS4 R1-R29	Year 10	Year 11	The following
				POS core focus are studied				POS core focus are studied
RELATIONSH IPS	P1: anti bullying, Au1: friends, love and relationships, P4: who we are,	P1: bullying or banter, P1: online bullying, Sp1:communication	P1: bullying in relationships	P1: R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14,	MANAGING HEALTHY RELATIONSHIPS	P1: domestic violence.	P3: sexual bullying, P3: gangs & peer pressure	P1: R2, R3, R4, R5, R6, R7, R8, R9, R10, R11, R12, R13, R14, R15,
OF RELATIONSH IPS	Au1: friends, love and relationships	P1: social media, P4:character resilience	Au1: relationships & marriage	R15, R16, R17, R18, R19, R20, R21, R22, R23, R24,	RELATIONSHIPS	P4: mindfulness, P1: trolling and healthy online relationships	Sp1: perseverance & procrastination	R16, R17, R18, R19, R20, R21, R22, R23, R24, R25,
FAMILY LIFE	Au1: friends, love and relationships			R25, R26, R27, R28, R29, R30,	DIFFERENT TYPES OF FAMILIES			R26, R27, R28, R29. P3: R1, R8,
FORMING AND MAINTAINING RELATIONSH IPS	Au1: friends, love and relationships		Au1: relationships & marriage	R31, R32, R33 (& ASSEMBLIE S), R34, R35, R36, R37, R38, R39. P2: R1, R2, R3, R4, P3: R5, P4:	UNHEALTHY RELATIONSHIPS	P1: dating violence		R13, R14, R15, R18, R19. P4: R1, R2.

CONSENT		P1: online grooming, P1: sexting, P1: Peer pressure, Sp1: consent	P1: online privacy, P1: catfish and online safety.	R2, R3, R9, R18, R19, R24			P3: sexual bullying, P3: gangs & peer pressure
CONTRACEP TION		P1: alcohol & sex	P1: contraception		N, CONCEPTION	P1: sexual health & making better decisions, P1: STI's,	P3: sexual bullying, P3: gangs & peer pressure
PEER PRESSURE LGBT+ INCLUSIVE CURRICULU M		P1: Peer pressure, Sp1: Gender (in)Equality, Sp2: Gender roles	Au1: relationships & marriage, Au1: LGBT+			P1: sexual health & making better decisions, P1: STI's, Au1: domestic conflict & peer pressure	
BULLYING AND ABUSE	Su1: racism, Su2: democracy, P1: anti bullying,		Au1: LGBT+, P1: bullying in relationships			_	P3: sexual bullying, P3: gangs & peer pressure,

GROUPS AND GANGS	P1: anti bullying, P1: healthy relationships, Au1: friends, love and relationships, P4: who we are,						P3: sexual bullying, P3: gangs & peer pressure,	
	P1: Bully or banter and healthy relationships	P1: online grooming, P1: sexting, P1: Peer pressure, P1: social media	P1: online privacy, P1: catfish and online safety.			P1: trolling and healthy online relationships		
Citizenship	P2: enterprise activities & sustainability, P5: Asian day, Au2: sustainability, Su1: racism, Su2: democracy, Sp1: volunteering	P2: just give local charities, P5: trade and sustainability, Au2: global citizenship, Su2: British values & diversity, Su1: CAS, P3: europa town, Su2: Debating	P5: language trips, Au1: LGBT+, Su2: extremism, The wider world		Citizenship	P5: trips, Su2: British values and religion		
LIVING IN THE WIDER WORLD								
KS3 L1-	Year 7	Year 8	Year 9	The following POS core focus are studied	KS4 R1-R29	Year 10	Year 11	The following POS core focus are

								studied
LEARNING SKILLS		Sp2: communication and teamwork skills	P2: STEM, Sp1: confidence and achievement	L4, L5, L6, L7, L8. P2:	LEARNING SKILLS		Au1: Workplace skills	P1: L2, L6, L7, L8, L11. P2:
DIVERSITY AND PREJUDICE	Su1: racism, Su2: democracy, BreXIT and EU, Au1: bullying and racism	Au2: global citizenship, Su2: British values & diversity, Su1: CAS,	Su2: extremism	L9, L10, L11, L15, L16, L17, L18, L20. P3: L1, L2, L7, L8,	_9, L10, L11, _15, L16, _17, L18, _20. P3: L1, _2, L7, L8,	Su2: British values and religion		L1, L2, L9, L10, L11, L12, L13, L14, L15, L16, L17, L18, L19.
HUMAN RIGHTS	Su1: racism, Su2: democracy	Au2: global citizenship, Su2: British values & diversity		L9, L10, L11, L12, L13, L14, L15, L16, L20. P4: L1, L2, L3,	EXTREMISM	Su2: British values and religion		P3: L1, L2, L3, L4, L5, L6, L9, L10, L11, L12, L13,
CHOICES AND PATHWAYS	P1: Language choices	P3: Europa town and careers	P2: STEM day, P3: options, P3: Fast Tomato	L5, L7, L8, L9, L12, L13, L14, L20. P5: L1, L2, L3, L13. NOT	EMPLOYMENT PATHWAYS	P3: work experience prep, CV writing, P5: trips	P1: work experience, P2: sixth form options	L14, L15, L16, L17, L18, L19. P4: L1, L10, L11.
WORK AND CAREER	P1: Volunteering	P3: careers, P3 The real game, Sp2: communication and teamwork skills	options, P3: Fast	COVERED: L19	ES AT WORK	P3: work experience prep, P2: Cragrats, Sp1: careers, Su1: work experience	P1: work experience, P2: sixth form options, Au1: work experience	P5: L20, L21, L22. DEVELOP L17, L20
	P2 & Sp2: enterprise activities & sustainability, Au2: sustainability,	P3: Europa town, P2: just give local charities, P5: trade and sustainability, Su1: CAS,	P2: STEM day, P3: options, P2: urban planning		MEDIA LITERACY AND DIGITAL RESILIENCE			

FINANCIAL CHOICES	P2: enterprise activities & sustainability, Au2: sustainability, Sp2: wants, needs and money	P3 The real game	Au2: managing money and gambling		P5: money matters budgeting	
Citizenship	& sustainability, P5: Asian day, Au2: sustainability, Su1: racism, Su2: democracy	charities, P5: trade and sustainability, Au2: global	P5: language trips, Au1: LGBT+, Su2: extremism	•	P5: trips, Su2: British values and religion	