Relationships and Sex Education

Each term, students will interleave Relationships and Sex Education with Health and Wellbeing topics. Topics may change to meet emergent needs for the year group.

YEAR 8



Personal Safety in Relationships



Personal Boundaries and Keeping Safe



Respectful Relationships



Respect and Consent



Healthy Relationships and Sexual Health



Finding Support and Trusted Adults



Staying Safe Online



Introduction to Online Safety



Families and Family Life



Different Types of Families and Marriage

YEAR 6

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Health and Well-being

YEAR 8



Preventing Health Risks



Promoting Positive Wellbeing





Values, Decision-Making and Community Safety



Healthy Habits: Sleep, Dental Health and Hygiene



Problem Solving and Building Resilience



Understanding Risk and Making Safe Choices



Understanding Thoughts and Emotions



Belonging, Friendships and Managing Worries



Making Healthy Choices



Physical Changes During Puberty



Keeping Safe and Managing Life's Challenges



Emotional Changes During Puberty

YEAR 6

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Relationships and Sex Education

Each term, students will interleave Relationships and Sex Education with Health and Wellbeing topics. Topics may change to meet emergent needs for the year group.

YEAR 9



Personal Safety in Relationships



RSE: Personal Boundaries and Respectful Behaviour



Respectful Relationships



RSE: Self-Esteem, Values and Personal Integrity



Healthy Relationships and Sexual Health



RSE: Consent, Contraception and Healthy Relationships



Staying Safe Online



Families and Family Life



RSE: Understanding Online Influences and Explicit Content



RSE: Family Relationships and Change

YEAR 7

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Health and Well-being

YEAR 9



Promoting Positive Wellbeing



HW: Responsible Online Behaviour and Digital Citizenship



Preventing Health Risks



HW: Understanding Mental Health and Wellbeing



Problem Solving and Building Resilience



HW: Managing Peer Influence and Building Confidence



Understanding Thoughts and Emotions



HW: Managing Conflict and Understanding Risk-Taking Behaviours



Making Healthy Choices



HW: Healthy Choices: Oral Health, Nutrition and Vaping Awareness



Keeping Safe and Managing Life's Challenges



HW: Managing Stress in the Online World

YEAR 7

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Relationships and Sex Education

Each term, students will interleave Relationships and Sex Education with Health and Wellbeing topics. Topics may change to meet emergent needs for the year group.

YEAR 10



Personal Safety in Relationships



RSE: Personal Safety, Healthy Relationships and Support Services



Respectful Relationships



RSE: Recognising Harmful Influences and Exploitation



Healthy Relationships and Sexual Health



RSE: Pregnancy Choices and Sexual Health



Staying Safe Online



RSE: Privacy, Digital Safety and Online Bullying



Families and Family Life



RSE: Identity, Rights and Choices in Relationships

YEAR 8

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Health and Well-being

YEAR 10



Promoting Positive Wellbeing



HW: Responsibility, Relationships and Personal Decision-Making



Preventing Health Risks



HW: Essential First Aid Skills



Problem Solving and Building Resilience



HW: The Impact of Substance Use on Lifestyle and Wellbeing



Understanding Thoughts and Emotions



HW: The Impact of Drugs on Mental Health



Making Healthy Choices



HW: Menstrual Health and Wellbeing



Keeping Safe and Managing Life's Challenges



HW: Understanding Life Changes and Physical Health

YEAR 8

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Relationships and Sex Education

Each term, students will interleave Relationships and Sex Education with Health and Wellbeing topics. Topics may change to meet emergent needs for the year group.

YEAR 11



Personal Safety in Relationships



RSE: Recognising Harmful Sexual Behaviour and Seeking Support



Respectful Relationships



RSE: Respect, Equality and Power in Relationships



Healthy Relationships and Sexual Health



RSE: Consent, the Law and Relationship Choices



Staying Safe Online



RSE: Staying Safe Online and Managing Digital Risks



Families and Family Life



RSE: Diversity in Families and Parenting

YEAR 9

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Health and Well-being

YEAR 11



Promoting Positive Wellbeing



HW: Fertility, Pregnancy and Reproductive Health



Problem Solving and Building Resilience



HW: Alcohol and Lifestyle Choices



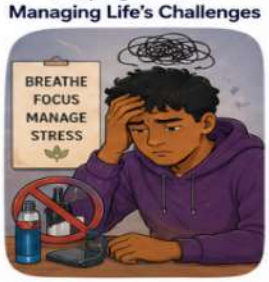
Making Healthy Choices



HW: Physical Activity and Long-Term Health



Keeping Safe and Managing Life's Challenges



HW: Stress Management and Vaping Awareness



Understanding Thoughts and Emotions



HW: Alcohol and Mental Health



HW: Sleep, Screen Time and Wellbeing



Preventing Health Risks

YEAR 9

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Relationships and Sex Education

Each term, students will interleave Relationships and Sex Education with Health and Wellbeing topics. Topics may change to meet emergent needs for the year group.

YEAR 12



Respectful Relationships



RSE: Understanding the Impact of Explicit Online Content



Healthy Relationships and Sexual Health



RSE: Pregnancy Choices and Sexual Health



Staying Safe Online



RSE: Artificial Intelligence, Deepfakes and Online Relationships



Families and Family Life



RSE: Child Development and Early Years

YEAR 10

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.

Health and Well-being

YEAR 12



Preventing Health Risks



HW: Preparing for Exams and Managing Stress



Problem Solving and Building Resilience



HW: Developing Independence and Positive Decision-Making



Understanding Thoughts and Emotions



HW: Social Media, Identity and Wellbeing



Making Healthy Choices



Keeping Safe and Managing Life's Challenges



HW: Healthy Eating and Managing Stress



HW: Understanding Pregnancy Loss and Bereavement

YEAR 10

What you'll gain from your learning

Knowledge

You will learn about the law, important vocabulary, and how to understand your rights, responsibilities, and self-worth.

Skills

You will develop your own values and beliefs, learn to think critically, question information, and make safe, informed decisions.

Experience

You will take part in engaging lessons that help you feel confident, included, and ready to achieve your full potential.