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| Subject | RSHE |
| Curriculum intent | The RSE curriculum uses high quality and regularly reviewed resources, through quality first teaching. Lessons are designed to deliver an inclusive RSE curriculum, ensuring that students are supported to navigate puberty and young adulthood in a safe, healthy and responsible way. Our aim is to generate discussion amongst young people about health and wellbeing, relationships and living in the wider world. Through this students will be able to 'develop healthy, nurturing relationships of all kinds, not just intimate relationships. It [will] enable them to know what a healthy relationship looks like and what makes a good friend.' (Government Guidance). The curriculum is planned using the DfE RSE Statutory Guidance, delivered through ASPIRE 4 Life days, tutor time and subject lessons. The curriculum covers all areas of the guidance. |
| Key Stage 3 | <p>Students are taught in mixed ability tutor groups. Students follow the DfE statutory curriculum and cover the content throughout the academic year on Aspire for Life days and within tutor time activities. There are certain topics that are delivered cross curricular for example science (puberty and development). PE may cover aspects of healthy eating and exercise.</p> <p>In Key stage 3 students learn about respectful relationships including friendships, online safety and social media, mental health, physical health and fitness including healthy eating, puberty and personal hygiene. In year 9 students will learn about sexual health and contraception.</p> |
| Key Stage 4 | Students are taught in mixed ability tutor groups but sometimes they may be in year halves or pre-arranged selected groups. Students follow the DfE statutory curriculum and cover the content throughout the academic year on Aspire for Life days and within tutor time activities. There are certain topics that are delivered cross curricular for example science (contraception and sexual health). Topics covered include healthy relationships, intimate and sexual health, mental health and internet safety. |
| Key Stage 5 | Students are taught in sixth form tutor groups and on occasions as a year group. Students follow the DfE statutory curriculum and cover the content throughout the academic year on Aspire for Life days and within tutor time activities. |

See below for a further breakdown of the topics

Y7 will complete the topics below areas during assemblies, lessons and ASPIRE 4 Life days.

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| <p>Respectful relationships, including friendships</p> <p>The characteristics of positive and healthy friendships (in all contexts, including online)</p> <p>Respectful relationships, including friendships</p> <p>Bullying</p> | <p>Online and Social media</p> <p>Sharing and viewing indecent images</p> <p>How information and data is generated, collected, shared and used online.</p> | <p>Mental health</p> <p>Happiness</p> <p>Recognising early signs of mental health concerns</p> <p>Types of mental health</p> <p>Positive/negative effects of mental health</p> <p>Benefits and importance of physical exercise</p> | <p>Internet safety and harms</p> <p>Identifying and reporting harmful behaviours</p> |
| <p>Physical health and fitness</p> <p>Positive associations between the two</p> <p>Healthy lifestyle</p> | <p>Healthy eating</p> <p>Maintaining healthy eating, tooth decay and cancer.</p> | <p>Health and prevention</p> <p>Personal hygiene</p> <p>Dental health</p> <p>Importance of sleep</p> | <p>Changing adolescent bodies</p> <p>Puberty</p> |

Y8 will complete the topics below areas during assemblies, lessons and ASPIRE 4 Life days.

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| <p>Respectful relationships, including friendships</p> <p>Bullying</p> | <p>Online and Social media</p> <p>Sharing and viewing indecent images</p> | <p>Being safe</p> <p>Honour based violence and FGM</p> | <p>Mental health</p> <p>Healthy diets</p> <p>Happiness</p> <p>Early sign of mental health concerns</p> <p>Common types of mental health</p> <p>Positive/negative effects of mental health</p> <p>Benefits and importance of physical exercise</p> |
| <p>Internet safety and harms</p> <p>Online vs Real world</p> <p>Identifying and reporting harmful behaviours</p> | <p>Physical health and fitness</p> <p>Positive associations between the two</p> <p>Healthy lifestyle</p> <p>Blood, organ and stem cell donation.</p> | <p>Health and prevention</p> <p>Basic first aid</p> <p>CPR</p> <p>Defibrillators</p> | |

Y9 will complete the topics below areas during assemblies, lessons and ASPIRE 4 Life days.

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| <p>Respectful relationships, including friendships</p> <p>Positive and healthy friendships and relationships Respectful relationships, including friendships Stereotyping Respect and tolerance Bullying The Equality Act</p> | <p>Online and Social media</p> <p>Sharing and viewing indecent images</p> | <p>Intimate and sexual relationships, including sexual health</p> <p>Characteristics and positive aspects of healthy one-to-one intimate relationships How health can be affected by choices they make in sex and relationships, positively or negatively Sexual pressures That they have a choice to delay sex or to enjoy intimacy without sex</p> | <p>Mental health</p> <p>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). Positive/negative effects of mental health Benefits and importance of physical exercise</p> |
| <p>Internet safety and harms</p> <p>Identifying and reporting harmful behaviours</p> | <p>Physical health and fitness</p> <p>Positive associations between the two Healthy lifestyle</p> | <p>Healthy eating</p> <p>Maintaining healthy eating, tooth decay and cancer.</p> | <p>Drugs, alcohol and tobacco</p> <p>Alcohol risks Alcohol consequences Dangers of drugs</p> |

Y10 will complete the topics below during assemblies, lessons and ASPIRE 4 Life days.

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| <p>Families</p> <p>Types of relationships How these relationships might contribute to human happiness and their importance for bringing up children Marriage Importance of marriage Parenting Healthy and safe family relationships</p> | <p>Respectful relationships, including friendships</p> <p>Bullying Violent behaviour and coercive control Sexual harrassment and sexual violence</p> | <p>Online and Social media</p> <p>The impact of viewing harmful content Sharing and viewing indecent images</p> | <p>Being safe</p> <p>Forced marriage Harassment, rape, domestic abuse and how these can affect current and future relationships Grooming and Sexual Exploitation</p> |
| <p>Intimate and sexual relationships, including sexual health</p> | <p>Mental health</p> <p>That happiness is linked to being connected to others.</p> | <p>Internet safety and harms</p> <p>Identifying and reporting</p> | <p>Physical health and fitness</p> <p>Positive associations</p> |

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| STI's/STD's Pregnancy choices Risky sexual behaviours caused by alcohol | How to recognise the early signs of mental wellbeing concerns. Common types of mental ill health (e.g. anxiety and depression). Positive/negative effects of mental health Benefits and importance of physical exercise | harmful behaviours | between the two Healthy lifestyle |
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Drugs, alcohol and tobacco

Drugs and the law

Y11 will complete the topics below during assemblies, lessons and ASPIRE 4 Life days.

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| <i>Respectful relationships, including friendships</i> Bullying | <i>Online and Social media</i> The impact of viewing harmful content Sharing and viewing indecent images Pornography | <i>Being safe</i> Consent | <i>Intimate and sexual relationships, including sexual health</i> Sexual pressure Contraception Pregnancy and Miscarriage STI transmission Sexual and reproductive help and advice services |
| <i>Mental health</i> 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). Positive/negative effects of mental health | <i>Internet safety and harms</i> Over-reliance on online relationships Online gambling and debt Harmful behaviours online | <i>Physical health and fitness</i> Positive associations between the two Healthy lifestyle | <i>Health and prevention</i> The benefits of regular self-examination and screening Immunisation and vaccination Importance of sleep |

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| Benefits and importance of physical exercise | | | |
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