

## Sex and Relationships Education

Relationships, Sex and Health Education (RSHE) is delivered to all students during their PDS sessions throughout the academic year and are theme 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 form tutors, SLT or guest speakers. Assemblies also support the key RSHE themes and are delivered to whole year groups by a member of the pastoral team, a guest 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 Crolla, Assistant Principal, at [jcrolla@dixonsco.com](mailto:jcrolla@dixonsco.com). The table below outlines the plan for each year group as per the new guidance from the DfE.

	Cycle 1	Cycle 2	Cycle 3
<b>Year 7</b>	<b>Health and Wellbeing</b> Emotional wellbeing Healthy lifestyles Personal hygiene Puberty and sexual health	<b>Health and Wellbeing</b> Drugs, alcohol and tobacco Relationships Positive relationships Peer pressure Bullying; Prejudice and discrimination	<b>Online Safety</b> Media and social media Cyber bullying Personal information sharing
<b>Year 8</b>	<b>Health and Wellbeing</b> Emergency and first aid Mental Health Healthy lifestyles	<b>Relationships</b> Marriage Gender expectations Healthy relationships Domestic abuse Forced marriage	<b>Relationships</b> Consent Contraception/ STIs Gang crime Weapons
<b>Year 9</b>	<b>Health and Wellbeing</b> Mental health Personal hygiene Dependency and addiction Gambling	<b>Intimate relationships</b> Consent Relationships and expectations Contraception Relationships Grooming Online safety Sexual harassment and violence	<b>Relationships</b> Gang culture Weapons
<b>Year 10</b>	<b>Health and Wellbeing</b> Mental health Emotional health Medical donations Cosmetic/ aesthetic procedures	<b>Health and Wellbeing</b> Substance abuse Relationships Serious organised crime Adverse influences Extremism	<b>Intimate relationships</b> Healthy and respectful relationships STIs/ sexual health services Consent Contraception Relationships and social media
<b>Year 11</b>	<b>Health and Wellbeing</b> Cognitive and practical approach to wellbeing Mental health Managing risk online	<b>Health</b> Sexual health and services Pregnancy and miscarriage <b>Relationships</b> Positive sexual relationships Abusive relationships and support	