

Relationships and Sex Education

Relationships, Sex and Health Education (RSHE) is delivered to all students during their PSHE 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 lectures delivered by the Director phase team, SLT or guest speakers. Seminars also support the key RSHE themes and are delivered to form groups by their form tutors or director phase team. 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, Vice Principal - 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
Year 7	Health and Wellbeing Emotional wellbeing Positive relationships Personal hygiene Puberty and sexual health Transition and safety Living in the wider world Developing skills and aspirations	Health and Wellbeing Relationships Positive relationships Peer pressure Bullying; Prejudice and discrimination Living in the wider world Financial decision making	Health and Wellbeing Media and social media Cyber bullying Personal information sharing Drugs and tobacco Relationships Unhealthy relationships Building relationships
Year 8	Health and Wellbeing Mental Health Healthy lifestyles Drugs, alcohol and tobacco Living in the wider world Community and careers	Relationships Discrimination Gender expectations Healthy relationships Domestic abuse Protected characteristics	Relationships Consent Contraception/ STIs Gang crime Weapons Online safety Living in the wider world Digital literacy
Year 9	Health and Wellbeing Mental health Dependency and addiction Peer influence, substance use and gangs Weapons	Relationships Respectful relationships Conflict Online safety Sexual harassment and violence Health and Wellbeing Healthy lifestyle	Intimate relationships Consent Contraception STIs Intimate relationships Living in the wider world Employability skills
Year 10	Health and Wellbeing Mental and emotional health Living in the wider world Financial decision making Gambling	Intimate relationships Healthy and respectful relationships STIs/ sexual health services Consent Contraception Relationships and social media Living in the wider world Work experience	Health and Wellbeing/ Relationships Substance abuse Serious organised crime Adverse influences Extremism and radicalisation Exploring influence
Year 11	Health and Wellbeing Cognitive and practical approach to wellbeing Mental health Managing risk online Living in the wider world Next Steps Target setting	Health and Wellbeing Sexual health and services Pregnancy and miscarriage Relationships Communication in relationships Abusive relationships and support	