

## Relationships, Sex and Health 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 Mr Sanderson, Vice Principal, at [m.sanderson@dixonsca.com](mailto:m.sanderson@dixonsca.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>	<ul style="list-style-type: none"> <li>• <b>Healthy relationships</b></li> <li>• <b>Changing adolescent bodies; puberty and menstruation</b></li> <li>• <b>Physical and psychological risks of alcohol</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Internet safety</b></li> <li>• <b>Online vs reality</b></li> <li>• <b>Cyberbullying</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mental wellbeing</b></li> <li>• <b>Managing anxiety, stress and depression</b></li> </ul>
<b>Year 8</b>	<ul style="list-style-type: none"> <li>• <b>Physical Health and fitness: Year 8 Camp prep</b></li> <li>• <b>Mental health awareness</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mental Wellbeing</b></li> <li>• <b>Identifying stress and anxiety and dealing with triggers</b></li> <li>• <b>Online media, stigma and safe internet use</b></li> <li>• <b>Internet safety and cyberbullying</b></li> <li>• <b>Physical health: residential</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Healthy relationships</b></li> <li>• <b>Romantic/intimate relationships</b></li> <li>• <b>Healthy eating</b></li> <li>• <b>Impact of drugs and alcohol on the body and mind</b></li> <li>• <b>Laws around drugs and alcohol</b></li> </ul>
<b>Year 9</b>	<ul style="list-style-type: none"> <li>• <b>Healthy minds wellbeing</b></li> <li>• <b>Motivation, resilience and growth mindset.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Healthy relationships</b></li> <li>• <b>Sex and relationships</b></li> <li>• <b>Contraception and consent</b></li> <li>• <b>Sexting and online safety</b></li> <li>• <b>STIs</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mental wellbeing</b></li> <li>• <b>Managing stress - dealing with exam pressure</b></li> </ul>
<b>Year 10</b>	<ul style="list-style-type: none"> <li>• <b>Managing stress - dealing with exam pressure</b></li> <li>• <b>Drugs education - physiological and social effects of using drugs and alcohol</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Healthy relationships</b></li> <li>• <b>Sex and relationships</b></li> <li>• <b>Body confidence</b></li> <li>• <b>Conflict resolution</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Diversity and relationships</b></li> <li>• <b>Religious tolerance and respect</b></li> <li>• <b>Discrimination</b></li> <li>• <b>LGBT and antibullying</b></li> </ul>
<b>Year 11</b>	<ul style="list-style-type: none"> <li>• <b>Mental wellbeing</b></li> <li>• <b>Managing stress - dealing with exam pressure</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mental wellbeing</b></li> <li>• <b>Healthy bodies - the importance of diet and exercise</b></li> <li>• <b>Healthy relationships - friendship and intimate relationships</b></li> </ul>	



• **Understand the signs of an abusive relationship**

Healthy relationships are essential for everybody in our school community. This includes students, staff and families. If you would like further information about healthy relationships please contact school on 01274 776 777 or visit the following links:

- Department for Education guidance - <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>
- NSPCC - <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>
- Childline - <https://www.childline.org.uk/info-advice/home-families/family-relationships/domestic-abuse>

