



Reach Schools

Relationships and Sex Education Policy

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We must provide relationships and sex education to all students as per section 34 of the Children and Social Work Act 2017 and in line with the DfE's Statutory Guidance on relationships education, relationships and sex education and health education.

Relationships Education is compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools. Health Education is also compulsory in all state-funded Secondary Schools.

In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996. This guidance informs us what we should and must comply with when teaching relationships, RSE and health education.

We are aware of the new Relationships, Sex and Health Education (RSHE) statutory guidance that will come into effect from September 2026. This document outlines the updated expectations for what schools must teach in relation to relationships, health, and (for secondary) sex education.

We recognise that these changes are significant, and over the coming months we will be:

- Reviewing and updating our RSHE policy.
- Planning and sequencing the curriculum so pupils are prepared at the right time and in the right way.
- Ensuring staff are trained and confident to deliver lessons sensitively and effectively.
- Consulting with parents and carers, sharing resources, and listening to your feedback.
- Embedding RSHE into our wider curriculum and safeguarding approach.

This preparation will ensure we are fully ready for September 2026, while continuing to put pupils' wellbeing, safety and personal development at the heart of our teaching.



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1. Aims

The aims of Relationships and Sex Education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place;
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene;
- Help students develop feelings of self-respect, confidence and empathy;
- Create a positive culture around issues of sexuality and relationships;
- Educate students on sexual harassment and abuse within and external to school;
- Teach students the correct vocabulary to describe themselves and their bodies;
- Make reasonable adjustments to alleviate disadvantage and be mindful of the SEND Code of Practice when planning for these subjects.

The objectives of the relationship and sex education (RSE) at our school are to:

- To provide the knowledge and information to which all students are entitled;
- To clarify/reinforce existing knowledge;
- To raise students' self-esteem and confidence, especially in their relationships with others;
- To help students understand their sexual feelings and behaviour, so they can lead fulfilling and enjoyable lives;
- To help students develop skills (language, decision making, choice, assertiveness) and make the most of their abilities;
- To provide the confidence to be participating members of society and to value themselves and others;
- To help gain access to information and support;
- To develop skills for a healthier, safer lifestyle;



- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media;
- To respect and care for their bodies;
- To be prepared for puberty and adulthood (including parenthood).

2. Statutory requirements

As an all-through school we must provide relationships and sex education to all students as per section 34 of the Children and Social Work Act 2017 and in line with the DfE's statutory guidance on relationships education, relationships and sex education and health education.

Relationships Education is compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools. Health Education is also compulsory in all state-funded Secondary Schools.

In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996. This guidance informs us what we should and must comply with when teaching relationships, RSE and health education.

3. Policy development

This policy has been developed in consultation with staff, students and families. The consultation and policy development process involved the following steps:

1. Review – a working group pulled together all relevant information including relevant national and local guidance;
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations;
3. Student consultation – we investigated what exactly students want from their RSE;



4. Families have been invited to review this policy on the website and provide feedback if they so wish;
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

4. Definition

Relationships and sex education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of loving and caring relationships. It is about the teaching of sex, sexuality and sexual health.

Research demonstrates that good, comprehensive sex and relationship education does not make young people more likely to become sexually active at a younger age.

At our school, we see RSE as a core component of our responsibility towards the well-being of our students. We aim to foster an open dialogue, grounding in the values outlined below.

As an all-through school in an area of high multiple deprivation we have a particular need to tackle issues such as emotional well-being, healthy relationships, sexual health and pregnancy, as well as sexuality and the biology of sex. We have a mixed religious and cultural heritage within the student body and therefore need to bear this in mind during delivery. Within the borough there is a reasonably high incidence of FGM and arranged marriage. This is something that we need to be aware of and will seek expert advice on.

RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information and exploring issues and values.

RSE is not about the promotion of sexual activity.



5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

At our school, we deem it critical to teach age and stage appropriate RSE throughout the school.

Our curriculum is designed in line with the Programme of Study from the PSHE Association <https://pshe-association.org.uk/> and [Wellio](#), which identify the key age appropriate content that should be covered in PSHE from Key Stage 1-5 (PSHE association) and Key Stage 3-5 (Wellio). Content is revisited in a 'spiral' curriculum. We teach PSHE weekly across the school and each half-term (Primary) and each cycle (Secondary) has a different theme.

In primary, RSE content is taught across the school year and falls under 'Relationships' and 'Growing and Changing'.

In secondary, RSE content is taught across the school year in our Team Reach lessons and through Form and Focus. In addition, we have 3 drop down days per academic year which allows us to explore issues in depth and provides a valuable opportunity to make the most of external facilitators for some sessions.

RSE is taught within our weekly Team Reach curriculum, with some aspects also being delivered via our science curriculum, and some other aspects included in Religious Education (RE).

Students also receive stand-alone sex education sessions delivered by trained health professionals. Our ambition is to encourage positive self-esteem and healthy relationships. Our Team Reach sessions are designed to ensure young people receive consistent and age appropriate information.

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances. We recognise that families can include single parent families, LGBT families, families headed by grandparents, adoptive families, foster families amongst other structures. We also support them to reflect sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).



A range of teachers deliver Team Reach lessons. In general, these teachers will have a detailed knowledge of the needs of every student and therefore they will be able to differentiate appropriately. A range of teaching methods which involve children's full participation are used to teach Relationships and Sex Education. These include use of video, discussion, looking at case studies and drama and role play. We are able to use many high quality resources provided through our membership of the PSHE Association and partnership with Wellio.

We have developed the curriculum in consultation with families, students and staff, taking into account the age, needs and feelings of students. If students ask questions outside the scope of this policy, teachers will respond in an appropriate manner so the students are fully informed and don't seek answers online. We have also taken guidance from the latest Ofsted in which the government completed a rapid review of sexual abuse in schools, after numerous anonymous testimonials of sexual harassment and abuse were posted on the Everyone's Invited website. A key finding was that schools RSE education was not equipping students with the information and advice they needed. Many students reported that they turn to social media or their peers to educate each other. As a result of this, we have adapted this year's RSE curriculum to ensure that students understand and know what sexual violence and sexual harassment is and how to report it. We are committed to delivering a curriculum where students feel safe and secure with their fellow peers and staff members. For more information on this topic please see the Safeguarding Policy.

Staff ensure that the learning environment is always safe by setting clear and agreed ground rules with the students at the outset of every session. Staff should make it explicit that lessons will cover essential knowledge as well as the opportunity for reflection and discussion. It is important that teachers can present the course information with openness but that the opportunity for students to ask questions is there. At the end of each lesson, the names and faces of our safeguarding team are presented to remind students who they can speak to.

Staff should try to respond to students' questions providing that answers are framed in terms of the promotion of family values. The use of a question wall or question box will be frequently employed to ensure that students feel confident to seek clarification and information.

We are confident that we can deliver controversial topics in a professional and appropriate way, and we will always seek best practice guidance to do this. Sex and relationship



education is usually delivered in mixed gender groups, however there may be occasions where single gender groups are more appropriate and relevant.

6. Delivery of RSE

Relationship and sex education will reflect the values of the PSHE and Citizenship programmes, which we refer to as 'Team Reach'. RSE will be taught in the context of the 'Relationships' strand of Team Reach. Furthermore, all RSE lessons will be grounded in our school values: reflect, endeavor, aspire, show courage and have fun. Team Reach runs weekly for years 7-11 with Team Reach days running throughout the year to cover key priorities and current safeguarding topics. This will be delivered by teachers of the school.

In addition, RSE will promote self-esteem and emotional health and wellbeing and help the students form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, school, work and in the community.

There are three main elements within our RSE policy:

Attitudes and values

- Recognition of the value of family life, consistently stable and loving relationships for the nurture of children
- Respect for self and others
- Exploration of moral dilemmas
- Development of critical thinking

Personal and social skills

- Self-confidence, self-esteem and empathy for others



- Managing emotions and relationships confidently and sensitively
- Skills of choice to manage responsibility

Knowledge and understanding

- Emotions and relationships
- Physical development
- Sexuality, reproduction, sexual health
- Information on local and national contraception and sexual health services
- Reasons for delaying sexual activity
- The avoidance of unplanned pregnancy

Primary Phase

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships including on child on child abuse
- Online relationships



- Being safe
- How to report something that makes them feel unsafe

For more information about our RSE curriculum, see Appendices 1 and 2.

Secondary Phase

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Family Relationships
- Respectful relationships, including friendships
- Relationships online and their portrayal in the media
- Being safe in relationships
- Intimate and sexual relationships, including sexual health
- Child on Child abuse
- Sexual Violence and Sexual Harassment
- How to report something within a relationship that makes them feel unsafe

For more information about our RSE curriculum, see Appendices 1 and 2.

Our school provides a setting in which students can be offered appropriate teaching about Relationships and Sex Education. The purpose of RSE is to assist children and young people to prepare for adult life by supporting them through their physical, emotional and moral



development and helping them to understand themselves, respect others and form and sustain healthy relationships.

RSE is supported by our Character and PSHE Education curriculum (Team Reach education) and is inclusive of all students to ensure that they:

- Receive their sex education in the wider context of relationships.
- Are prepared for the opportunities, responsibilities and experiences of life.
- Develop positive attitudes to sexuality.

We will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal political activity, such as violent action against people, criminal damage to property, hate crime, terrorism or the illegal use of drugs.

Children with additional needs

Teaching and resources will be differentiated as appropriate to address the needs of these children in order for them to have full access to the content of sex and relationship education.

Equal opportunities

Every child is entitled to receive RSE regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language special needs, disadvantage and looked after status.

It is our intention that all children have the opportunity to experience a programme of RSE at a level which is appropriate for their age and physical development with differentiated provision if required.

6.1 Inclusivity

We will teach about these topics in a manner that:

- Considers how a diverse range of students will relate to them



- Is sensitive to all students' experiences
- During lessons, makes students feel:
 - Safe and supported
 - Able to engage with the key messages

We will also:

Make sure that students learn about these topics in an environment that's appropriate for them, for example in:

- A whole-class setting
- Small groups or targeted sessions
- 1-to-1 discussions
- Digital formats
- Give careful consideration to the level of differentiation needed

6.2 Use of resources

We will consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSE guidance
- Would support students in applying their knowledge in different contexts and settings



- Are age-appropriate, given the age, developmental stage and background of our students
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to students' experiences and won't provoke distress

7. Use of external organisations and materials

We will make sure that any external session facilitators and their materials used are appropriate and in line with our legal duties around political impartiality.

The school remains responsible for what is said to students. This includes making sure that any speakers, tools and resources used don't undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

We will:

- Ensure that all external facilitators have read and signed our Visiting Speaker Policy & Agreement.
- Make appropriate checks and engage with external agencies to make sure that their approach to teaching about RSE is balanced, and the resources they intend to use:



- Are age-appropriate
- Are in line with students' developmental stage
- Comply with:
 - This policy
 - The [Teachers' Standards](#)
 - The [Equality Act 2010](#)
 - The [Human Rights Act 1998](#)
 - The [Education Act 1996](#)
- Only work with external agencies where we have full confidence in the agency, its approach and the resources it uses
- Make sure that any speakers and resources meet the intended outcome of the relevant part of the curriculum
- Review any case study materials and look for feedback from other people the agency has worked with
- Be clear on:
 - What they're going to say
 - Their position on the issues to be discussed
- Ask to see in advance any materials that the agency may use



- Know the named individuals who will be there, and follow our usual safeguarding procedures for these people
- Conduct a basic online search and address anything that may be of concern to us, or to families
- Check the agency's protocol for taking pictures or using any personal data they might get from a session
- Remind teachers that they can say "no" or, in extreme cases, stop a session
- Make sure that a teacher from Reach Academy is in the room during any sessions with external speakers
- Share all external materials with families should this be requested in advance

We won't, under any circumstances:

- Work with external agencies that take or promote extreme political positions
- Use materials produced by such agencies, even if the material itself is not extreme

8. Roles and responsibilities

8.1 The Board of Trustees and Local Governing Body (LGB)

The Board of Trustees has delegated approval of this policy to the Co-headteachers, and will hold the Executive Headteacher to account for its implementation across the schools.

The LGB will monitor the implementation of this policy within the school, providing advice, challenge and support to the co-headteachers and receiving regular updates at its meetings..



8.2 The Co-headteachers

Co-headteachers are responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw students from non-statutory/non-science components of RSE (see section 8).

8.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modeling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual students
- Responding appropriately to students whose families wish them to be withdrawn from the non-statutory/non-science components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the co-headteachers.

The whole school RSE programme will be led by Kirsty Simkin & Frankie Reid at Primary Phase and Elly Grantham at Secondary phase.

Staff are regularly trained and briefed so that they are prepared to deliver this content. The safeguarding and inclusion team are also involved in planning and delivery to ensure that RSE especially meets the needs of the vulnerable and reflects any current issues of themes.



This document should be read alongside the [Sex and Relationship Education Guidance](#) which is statutory guidance for schools:

8.4 Students

Students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Staff are aware that teaching RSE can lead to related disclosures from students and know that they need to follow the school safeguarding policy should this arise. Staff are also able to consult with the Designated Safeguarding Leads with regards to advice on delivering sensitive content to some student groups. A member of staff cannot promise confidentiality if concerns exist.

9. Families' right to withdraw

Families do not have the right to withdraw their children from relationships or health education.

Families have the right to withdraw their children from the non-statutory/non-science components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing and addressed to one of the Co-headteachers. A member of the senior team will discuss the request with families and take appropriate action. A copy of withdrawal requests will be placed in the student's educational record.

Alternative work will be given to students who are withdrawn from sex education.

10. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.



The Designated Safeguarding Lead will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

When appropriate, visitors such as the school nurse may be involved in the delivery of RSE education, particularly in Key Stage 2 and above. We also make use of national charities and local networks to further enhance the quality of our provision.

11. Monitoring arrangements

The delivery of RSE is monitored by the Team Reach Lead.

Documents that inform the school's RSE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006) of Equality Act (2010),
- Supplementary Guidance RSE for the 21st century (2014)
- Keeping children safe in education – Statutory safeguarding guidance (2021)
- Children and Social Work Act (2017)

RSE is monitored and evaluated regularly. As a result of this process, changes will be made to the Relationships and Sex Education programmes as appropriate. Furthermore, staff, students and parents/carers will be asked to complete surveys to ascertain their views on the RSE provision annually to help inform future planning.



The school will assess the effectiveness of the aims, content and methods in promoting students' learning by lesson observation, sampling teachers planning, questionnaires to teachers and children and feedback from families.

The effectiveness of the RSE programme will be evaluated by assessing children's learning and implementing change if required.

This policy will be reviewed by the Designated Safeguarding Lead annually. At every review, the policy will be approved by the LGB. During the annual review, families will have an opportunity to provide any feedback and recommendations.

Relationships and Sex Education curriculum map

Below is an overview of the content taught at Reach Schools from Reception to Year 13. It demonstrates the alignment to the National Curriculum. Team Reach Curriculum content that falls under the theme of Sex Education has been highlighted in yellow. It also outlines where the Team Reach curriculum goes beyond the Science National Curriculum in regards to Sex Education.



Relationship and Sex Education Statements in the Team Reach Curriculum	Sex Education Statements in the Science National Curriculum
<p>Reception:</p> <p>Learn what healthy vs. unhealthy friendships look like.</p> <p>Learn about the concept of privacy and understand the difference between public vs. private spaces.</p> <p>Understand that your body belongs to you and understand which parts of your body are private.</p> <p>Know the difference between good and bad touch.</p> <p>Know the adults you can trust in and out of school.</p> <p>Understand that there are similarities and differences in families.</p> <p>Learn about the process of growing from a baby to an adult and how people's needs (for example the food they eat, the clothes they wear and how much support they require from others) change.</p> <p>Learn the correct names for the main parts of the body, including external genitalia, and the bodily similarities and differences between boys and girls.</p>	<p>Reception:</p> <ul style="list-style-type: none">● Learning about growing and changing and new opportunities and responsibilities that increasing independence may bring.● Learn the correct names for the main parts of the body and the bodily similarities and differences between boys and girls.



Year 1:

Learn what healthy vs. unhealthy friendships look like.

Learn about the concept of privacy and understand the difference between public vs. private spaces.

Understand that your body belongs to you and understand which parts of your body are private.

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

To manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Know the difference between good and bad touch.

Know the adults you can trust in and out of school.

Understand that there are similarities and differences in families.

Learn about the process of growing from a baby to an older person and how people's needs (for example the food they eat, the

Year 1:

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.



clothes they wear and how much support they require from others) change.

Learning about growing and changing and new opportunities and responsibilities that increasing independence may bring.

Recap the correct names for the main parts of the body, including external genitalia, and the bodily similarities and differences between boys and girls.



<p>Year 2:</p> <p>Learn what healthy vs. unhealthy friendships look like.</p> <p>Learn about the concept of privacy</p> <p>The difference between public vs. private spaces.</p> <p>Understand that your body belongs to you</p> <p>Understand which parts of your body are private.</p> <p>Know the difference between good and bad touch.</p> <p>Know the adults you can trust in and out of school.</p> <p>Notice that animals, including humans, have offspring which grow into adults</p> <p>Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene.</p> <p>Recap the correct names for the main parts of the body, including external genitalia, and the bodily similarities and differences between boys and girls.</p>	<p>Year 2:</p> <p>Notice that animals, including humans, have offspring which grow into adults .</p> <p>Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.</p>
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Year 3:

Learn what healthy vs. Unhealthy friendships look like.

Learn about the concept of privacy and understand the difference between public vs. private spaces.

Understand that your body belongs to you and understand which parts of your body are private.

Know the difference between good and bad touch.

Know the adults you can trust in and out of school.

Recap the correct names for the main parts of the body, including external genitalia, and the bodily similarities and differences between boys and girls.

Understand that there are different types of relationships and committed relationships can be different.

Know that marriage and civil partnership is a legal declaration of commitment.

Understand how the body will, and emotions may, change as children approach and move through puberty.

Year 3:

There are no **Sex Education Statements in the Science National Curriculum for Year 3**.



Year 4:

Learn what healthy vs. unhealthy friendships look like.

Learn about the concept of privacy and understand the difference between public vs. private spaces.

Understand that your body belongs to you and understand which parts of your body are private.

Know the difference between good and bad touch.

Know the adults you can trust in and out of school.

Know that there are different types of relationships and committed relationships can be different.

Know that there are different types of attraction.

Know that marriage and civil partnership is a legal declaration of commitment.

Recap the correct names for the main parts of the body, including external genitalia, and the bodily similarities and differences between boys and girls.

Understand how the body will, and emotions may, change as children approach and move through puberty.

Year 4:

There are no **Sex Education Statements in the Science National Curriculum for Year 4**.



Understanding what inappropriate touch is and what to do in this situation	
<p>Year 5:</p> <p>Learn about the concept of privacy and understand the difference between public vs. private spaces.</p> <p>Understand that your body belongs to you and understand which parts of your body are private.</p> <p>Know the difference between good and bad touch.</p> <p>Know the adults you can trust in and out of school.</p> <p>Know that there are different types of relationships and committed relationships can be different.</p> <p>Know that marriage and civil partnership is a legal declaration of commitment.</p> <p>Understand how the body will, and emotions may, change as children approach and move through puberty.</p> <p>Learn about human reproduction, sexual intercourse and babies.</p> <p>Know the difference between males and females, that most people are born as biologically male or female, that gender is a choice and some people identify as male or female and some people choose not to</p>	<p>Year 5:</p> <p>Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird describe the life process of reproduction in some plants and animals.</p> <p>Describe the changes as humans develop to old age.</p> <p>Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.</p>



choose either gender, that some people identify as a different gender to their biological sex.

Learn about different gender identities.

Know that there are different types of attraction.

Understanding what inappropriate touch is and what to do in this situation



Year 6:

Learn about the concept of privacy and understand the difference between public vs. private spaces.

Understand that your body belongs to you and understand which parts of your body are private.

Know the difference between good and bad touch.

Know the adults you can trust in and out of school.

Know about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them.

Know the difference between biological sex, gender identity and sexual orientation.

Learn strategies to manage the physical, emotional and mental changes that are a typical part of growing up.

Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)

Understanding gender stereotypes and sexism

Year 6:

Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their families.

recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.



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CHOICE & OPPORTUNITY
FOR EVERY CHILD

Understanding forms of sexual violence
including upskirting



Year 7:

Autumn Term 1

Getting ready for high school

Connecting with your teachers

From strangers to friends

Building a sense of belonging

Communication Styles

Asking for help

Spring Term 2

How to have healthy relationships

Building Stronger Friendships

The Changing Adolescent Body

Body Changes During Puberty

Tackling Cyberbullying

Understanding Bullying

Summer Term 2

Different types of families

Positive Parenting

Year 7:

Reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, menstrual cycle (without details of hormones), gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta

Reproduction in plants including flower structure, wind and insect pollination, fertilisation, seed and fruit formation and dispersal

Identify things that organisms compete for including mates

State that DNA contains genetic information inherited from our parents

State inherited characteristics and how they arise.



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CHOICE & OPPORTUNITY
FOR EVERY CHILD

Safe & Healthy Relationships

R U OK?

Sexual consent

Building healthy relationships



Year 8:	Year 8:
Autumn Term 1	
Managing Unhealthy & Toxic Relationships	Describe the role of organs in the reproductive system.
Repairing Relationships	Describe the stages in the menstrual cycle.
Peer Pressure Survival Guide	Explain what happens during fertilisation.
Together Against Bullying	Describe the stages in the gestation cycle.
Online Relationships	Explain how IVF can be used to assist a pregnancy.
The Many Forms of Relationships	Compare plant and human reproductive cycles.
Spring Term 2	Explain the stages in plant reproduction.
Understanding Consent	
Power Dynamics & Consent	
Contraceptive Essentials	
Discussing Pornography	
Assessing the trustworthiness of others	
Introduction to FGM	



Year 9:	Year 9:
Autumn Term 2	
Safe & Healthy Sex	Review the role of organs in the reproductive system
Sexually Transmitted Infections	Describe how random fertilisation leads to variation between organisms
Reproductive Health	Describe the stages of the menstrual cycle
Pregnancy Choices	Explain the role of hormones in the menstrual cycle
Forced Marriages	Describe different methods of contraception
Respecting Transgender Identities	Explain how hormones can be used in contraception
Summer Term 1	
Put a Ring on It	
Relationships & Their Legal Status	
Avoiding & Preventing Harassment	
Online Grooming	
Rising Above Cyberbullying	
Positive vs Negative Humour	



<p>Year 10:</p> <p>Autumn Term 1</p> <p>The spectrum of relationships</p> <p>Recognising signs of coercive control</p> <p>Sexting</p> <p>The distorted reality of pornography</p> <p>Fertility & Reproductive Health</p> <p>Self-Examination & Screening</p> <p>Spring Term 2</p> <p>Understanding sexual consent</p> <p>Different kinds of intimacy</p> <p>Gender identity and sexual orientation</p> <p>FGM</p> <p>Sharing illegal images</p> <p>The psychology of bullies</p>	<p>Year 10:</p> <p>How cells divide by mitosis</p> <p>Comparison of sexual and asexual reproduction</p> <p>Advantages and disadvantages of sexual and asexual reproduction</p> <p>Examples of sexual and asexual reproduction</p> <p>DNA and genetic information</p> <p>Sexually transmitted disease and prevention</p>
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<p>Year 11:</p> <p>Autumn Term 1</p> <p>Fertility and Pregnancy</p> <p>Navigating Pregnancy Choices</p> <p>Differences between forced & arranged marriages</p> <p>Parenting for today's world</p> <p>Navigating Sexual Safety</p> <p>Sexual Violence & Abuse</p> <p>Spring Term 1</p> <p>Will you marry me?</p> <p>Contraception Considerations</p> <p>Sex & Substances</p> <p>Safe Relationships Online</p> <p>Discovering Your Life's Purpose</p> <p>Reframing Failure</p>	<p>Year 11:</p> <p>Describe the stages of the human menstrual cycle</p> <p>Describe the role of the organs in the human reproductive system</p> <p>Role of hormones in reproduction and contraception</p> <p>Evaluate different contraceptive methods</p> <p>Role of hormones in infertility treatment</p> <p>Explain the role of DNA in inheritance and inherited disorders</p> <p>Describe methods of genetic engineering</p>
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<p>Year 12:</p> <p>Spring 1</p> <p>Attitudes towards sexualisation and pornography</p> <p>Consent and Coercion</p> <p>Examining Sexual Violence</p>	
<p>Year 13:</p> <p>Autumn 1</p> <p>Domestic Conflict</p> <p>Understanding Self-Harm</p> <p>Preventing Sexual Harassment and Gender Based Violence</p>	



Appendix 2: National Curriculum - By the end of primary school, students should know the following

Families and people who care for me

Students should know:

- that families are important for children growing up because they can give love, security and stability
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious.

Caring friendships



Students should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

Respectful relationships

Students should know:

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- practical steps they can take in a range of different contexts to improve or support respectful relationships
- the conventions of courtesy and manners



- the importance of self-respect and how this links to their own happiness
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
- what a stereotype is, and how stereotypes can be unfair, negative or destructive
- the importance of permission-seeking and giving in relationships with friends, peers and adults

Online relationships

Students should know:

- that people sometimes behave differently online, including by pretending to be someone they are not
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met



- how information and data is shared and used online

Being safe

Students should know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- how to recognise and report feelings of being unsafe or feeling bad about any adult
- how to ask for advice or help for themselves or others, and to keep trying until they are heard,
- how to report concerns or abuse, and the vocabulary and confidence needed to do so
- where to get advice, for example family, school or other sources



Appendix 3: National Curriculum - By the end of secondary school, students should know:

Families

Students should know:

- that there are different types of committed, stable relationships.
- how these relationships might contribute to human happiness and their importance for bringing up children.
- what marriage is, including their legal status – for example, that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.
- why marriage is an important relationship choice for many couples and why it must be freely entered into.
- the characteristics and legal status of other types of long-term relationships.
- the roles and responsibilities of families with respect to raising of children, including the characteristics of successful parenting.
- how to determine whether other children, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships), how to seek help or advice, including reporting concerns about others, if needed

Respectful relationships, including friendships



Students should know:

- the characteristics of positive and healthy friendships, in all contexts including online, such as:
- trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict
- reconciliation and ending relationships, this includes different (non-sexual) types of relationship
- practical steps they can take in a range of different contexts to improve or support respectful relationships
- how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice)
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help
- that some types of behaviour within relationships are criminal, including violent behaviour and coercive control
- what constitutes sexual harassment and sexual violence and why these are always unacceptable



- the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

Online and media

Students should know:

- their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online
- about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online
- not to provide material to others that they would not want shared further and not to share personal material which is sent to them
- what to do and where to get support to report material or manage issues online
- the impact of viewing harmful content
- that specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners
- that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail
- how information and data is generated, collected, shared and used online



Being safe

Students should know:

- the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships
- how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online

Intimate and sexual relationships, including sexual health

Students should know:

- how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship
- that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health and wellbeing
- the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause
- that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others
- that they have a choice to delay sex or to enjoy intimacy without sex



- the facts about the full range of contraceptive choices, efficacy and options available
- the facts around pregnancy including miscarriage
- that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)
- how the different sexually transmitted infections (STIs), including HIV and AIDS, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing
- about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment
- how the use of alcohol and drugs can lead to risky sexual behaviour
- how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment