

## Relationships, Sex and Health Education

Relationships, Sex and Health Education (RSHE) is delivered to all students during their PDS sessions and Head of Year assemblies throughout the academic year and are 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 advisors, Heads of Year, SLT or visiting speakers. Assemblies also support the key RSHE themes and are delivered to whole year groups by a member of the pastoral team, a visiting 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 Ms Wellbrook, Vice Principal, at [bwelbrook@dixonsma.com](mailto:bwelbrook@dixonsma.com).

The table below outlines the plan for each year group as per the new guidance from the DfE.

	Knowledge, skills and understanding to be gained at each stage		
	Cycle 1	Cycle 2	Cycle 3
<b>Year 7</b>	Transition & safety Transition to secondary school, personal safety and first aid	Relationships & diversity Diversity, prejudice and bullying Health & puberty Healthy routines, influences on health, puberty, unwanted contact, FGM	Building relationships Self-worth, romance & friendships (including online), relationships boundaries
<b>Year 8</b>	Drugs & alcohol Alcohol & drug misuse and pressures relating to drug use	Discrimination Racism, religious discrimination, disability, sexism, homophobia, biphobia & transphobia Emotional wellbeing Mental health, emotional wellbeing, body image and stereotypes	Identity & relationships Gender identity, sexual orientation, 'sexting' and introduction to contraception
<b>Year 9</b>	Peer influence, substance use & gangs Healthy and unhealthy friendships, assertiveness	Respectful relationships Families & parenting, healthy relationships, conflict resolutions and relationship changes Healthy lifestyle Diet, exercise, lifestyle balance, healthy choices, first aid	Intimate relationships Consent, contraception, risk of STIs and attitudes to pornography
<b>Year 10</b>	Exploring influence The impact of drugs, gangs, role models and the media	Addressing extremism & radicalisation Community cohesion and challenging extremism	Respectful relationships Relationships & sex expectations, myths, pleasure & challenges, porn & the media Mental health Mental health & ill health, stigma, safeguarding health including during transition & change



**Year 11**

Building for the future

Self-efficacy, stress management and future opportunities

Communication in relationships

Personal values, assertive communication (in relation to contraception and sexual health), relationship challenges & abuse

Independence

Healthy routines, influences on health, puberty, unwanted contact and FGM

Building relationships

Self-worth, romance & friendships (including online), relationship boundaries

