

RSHE and PSHE at Dixons McMillan Academy

- Relationships, Sex and Health Education (RSHE) and Personal, Social, Health and Economic Education (PSHE) is delivered to all students during their PDS (Personal Development Sessions) and Head of Year assemblies throughout the academic year and are linked to three key themes: Relationships, Physical Health, and Mental Wellbeing.
- The DfE outline that 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 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 Wilby, Senior Vice Principal, at kwilby@dixonsma.com
- The table on the next page outlines the plan for each year group as per the new guidance from the DfE
- 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>

Overview

	Knowledge, skills and understanding to be gained at each stage		
	Cycle 1 : Living in the wider world and Employability skills	Cycle 2: Mental wellbeing and maintaining a healthy lifestyle	Cycle 3: Relationships and sex education
Year 7	Transition & Citizenship <ul style="list-style-type: none"> Transition to secondary school, Human rights and equal rights Stereotypes Radicalisation and extremism 	Relationships and developing good mental well being <ul style="list-style-type: none"> Influences on health, risks of smoking anti-social behaviour healthy routines; exercise, healthy eating, importance of sleep 	Building relationships <ul style="list-style-type: none"> Maintain positive relationships, boundaries and peer pressure, self-worth, inappropriate online behaviour puberty: physical changes, dealing with loss and bereavement
Year 8	Employability and Citizenship <ul style="list-style-type: none"> Looking at the job market, volunteering. democracy and elections elections, legal system, refugees and modern-day slavery, looking after the environment 	Emotional wellbeing <ul style="list-style-type: none"> Mental health, emotional wellbeing, body image and stereotypes, coping with changes, refraining from negative thinking Healthy habits, eat sleep and exercise. 	Identity & relationships <ul style="list-style-type: none"> Exploring identities, Respecting identities, Abusive behaviours, and Puberty emotional changes, changing relationships. Grooming, the law: sharing nude images
Year 9	Workplace and citizenship <ul style="list-style-type: none"> Types of workplaces, work experience, Introduction to KS4 options. Community cohesion, influences and responding to fake news 	Building positive self-image and resilience <ul style="list-style-type: none"> Anti-social behaviour, peer pressure, Digital resilience, media influence gangs and organized crime Diet, exercise, lifestyle balance, healthy choices, vaping and smoking, first aid 	Intimate relationships <ul style="list-style-type: none"> Healthy committed relationships, consent, unhealthy relationships, Sexual health: STIs Honour based violence: forced marriage and FGM, pleasure and intimacy
Year 10	Active citizenship <ul style="list-style-type: none"> Managing money, Financial risk Workplace health and safety and diversity The constitution and power, voting The law: radicalisation and extremism Responding to fake news 	Positive and negative life choices <ul style="list-style-type: none"> Drug use and Addiction, cannabis, vaping Addressing extremism and radicalisation Community cohesion and challenging extremism, County lines, Knife crime 	Respectful relationships <ul style="list-style-type: none"> Communication in relationships, consent in maturing relationships. Online relationships, Media and relationships: pornography Sexual health: contraception, Unintended pregnancy Relationships & sex expectations, myths, pleasure & challenges, porn & the media
Year 11	Building for the future and Citizenship <ul style="list-style-type: none"> Learning habits = transferable skills, Understanding CV, writing a CV, Interview skills Money management Developing a professional identity online, the law and online presence 	Developing a healthy mind <ul style="list-style-type: none"> Work life balance ,Exam stress, Basic first aid Organ and blood donation, Cancer Maturing body Healthy routines, influences on health, Mental health and stigma 	Building relationships <ul style="list-style-type: none"> Self-worth, romance & friendships (including online), relationship boundaries Self-efficacy, stress management and future opportunities assertive communication

