

Coombeshead Academy

Together we grow, together we achieve



Relationships, Sex/Health Education Policy

2025-2026

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This policy has been written with regard to the Department for Education's guidance 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' published in June 2019. This is statutory guidance issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996. These regulations are made under sections 34 and 35 of the Children and Social Work Act 2017 and provide that pupils receiving primary education must be taught Relationships Education and Health Education. The policy is also influenced by a number of other statutory legislation and non-statutory guidance including the Equality Act 2010 and Keeping Children Safe in Education.

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1. Aims

We aim to ensure that our high-quality Relationships and Sex Education/Health Education (RSHE) will provide our students with the information they need both now and into their futures.

RSE is **not** about encouraging teenagers to become sexually active nor is it about promoting any particular lifestyle of relationship choice.

At Coombeshead Academy we will:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Equip our young people with the knowledge and resilience to adapt to future challenge and change in their relationships

RSE is about providing students with the knowledge, skills and confidence to make safe, healthy and informed relationship choices as young people and in the future as adults. We believe in empowering our students to understand their bodies, to reflect on their relationship values and to be able to discuss relationships and sex. We believe that this approach will reduce the risk of unhealthy and abusive relationships.

At Coombeshead Academy our RSE program will:

- Be age appropriate and differentiated to the needs of ALL students
- Present information in an objective, balanced and sensitive manner
- Encourage the development of social skills and strategies, which will reduce the risk of exploitation, misunderstanding and abuse.
- Be fully inclusive of all genders, sexual orientations and all types of families (LGBT inclusive)
- Develop a clear understanding of the importance of **consent**; how to give, withdraw, ask for and recognise consent
- Reinforce the importance of loving relationships, rooted in mutual respect
- Explore the skills needed for effective parenting and how to assess one's readiness to be a parent
- Represent all types of families and to explore the different methods for starting a family
- Ensure that BAME, LGBT and people with disabilities are positively represented in our curriculum
- Ensure students can identify the features of healthy and unhealthy relationships
- Allow students to examine the physical and emotional implications of sexual behaviour and to explore the arguments for delaying sexual activity
- Ensure students develop a clear understanding of the law relating to sex. This includes the age of consent, what consent is and is not, the definitions and recognition of rape, sexual assault and sexual harassment
- Make students aware how and where to seek help if they are in an unhealthy or abusive relationship
- Prepare students for the journey from adolescence to adulthood
- Provide students with a safe environment to learn about sexual orientation and gender identity, reinforcing the importance of mutual respect and tackling everyday sexism, misogyny, LGBT misconceptions, homophobia, transphobia, bi-phobia and gender stereotypes
- Ensure that students have a clear understanding of sexual and reproductive biology, including knowledge of HIV and other sexually transmitted diseases
- Ensure students understand the different risks associated with various types of sexual activity and understand how to engage in safe sexual activity by exploring a range of contraception and that they understand the choices permitted by law around pregnancy
- Place paramount importance on online safety and the risks of using social media and the internet for sexual purposes
- Develop students' understanding of the dangers of viewing harmful content pornographic material

2. Statutory requirements

As a secondary academy we must provide RSHE to all pupils as per section 34 of the [Children and Social work act 2017](#).

In teaching RSHE, 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](#).

From September 2020 the guidance document '***Relationships Education, Relationships and Sex Education and Health Education (RSHE): statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers***' will become statutory.

This document clearly sets out the curriculum content that secondary schools must deliver on RSE and Health Education. This document contains information on what schools should do and sets out the legal duties with which schools must comply when teaching Relationships Education, Relationships and Sex Education and Health Education (RSHE).

Unless otherwise specified, 'school' means all schools, whether maintained, non-maintained or independent schools, including academies and free schools, non-maintained special schools, maintained special schools and alternative provision, including pupil referral units. ***See appendix 1 for further information on curriculum content.***

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

At Coombeshead Academy we teach RSHE as set out in this policy.

3. Policy development

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

1. Review – a member of staff or 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. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy via parent focus group
4. Pupil consultation – we investigated what exactly pupils want from their RSHE via student consultation
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Definition

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

RSHE involves a combination of sharing information, and exploring issues and values.

RSHE 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.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

Our RSE programme will include a varied range of teaching methods and interactive activities, including; group and class discussion, online programs, student led research, developing understanding of term terms through regular quizzes and specialist workshops.

RSE lessons will be differentiated by Life Skills teaching staff to ensure that all learners can access and benefit from the RSE curriculum. Advice and guidance will be taken by the CTL for Life Skills from the SENCO on how best to ensure SEND students are able to access the curriculum.

A strong emphasis is placed on the development of social and communication skills, this often allows students with literacy needs to be successful through verbal input.

Selected resources, such as books and film clips, will be used which support and promote understanding within a moral/values context and underpin our school values.

Knowledge Organisers are used to embed knowledge of key terms and concepts and create opportunities for spaced retrieval practices.

6. Delivery of RSHE

RSHE is taught within the Life Skills education curriculum. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in RPE (religion, philosophy and ethics).

For Y10 students RSHE is also delivered during our collapsed curriculum 'Enrichment Day'.

RSE is delivered alongside other health education across the whole school curriculum, including: -

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health & prevention
- Basic first aid
- Changing adolescent bodies.

Pupils also receive stand-alone sex education sessions delivered by a trained health professional.

Delivery of RSHE sessions will be appropriate to the needs of individuals within the class, including students with special education needs.

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

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

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

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 (families can include single parent families, LGBTQ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other

structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7. Safe and effective practice

We will ensure a safe learning environment by consistently applying the Ground Rules established in collaboration with students in Life Skills lessons. These will be underpinned by our commitment to upholding the UNCRC articles as befits a RRS school.

Distancing techniques such as; case studies and examples, are used to limit the distress that may be caused to students who are personally affected by the topics covered.

Students' questions will be answered by Life Skills teachers in a sensitive and honest manner. Where the teacher feels unable to answer the question, they will refer the student to the CTL for Life Skills or to signposted to an appropriate source of support.

Students are signposted to areas for support at the end of every lesson this includes where to seek further support in school and online.

Students can report concerns and pose questions online via WHISPER.

During Relationships & Sex Education lessons (and at other times) controversial topics may arise. The judgement of individual teachers will decide as to whether the subjects are suitable for class discussion.

Teachers will try to answer students' questions honestly, sensitively and in such a way that takes the context into account. In all circumstances, the professional judgement of the teacher must come in to play.

All staff teaching RSE will be given training and will be supported by the CTL for Life Skills and the DSL.

Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue.

All Life Skills teaching staff will receive training and support for the delivery of RSE. Teachers will consult with the designated safeguarding lead, or in their absence, another member of the safeguarding team.

Visitors/external agencies who support the delivery of RSE will be required to sign in have an up-to-date DBS, will not be left alone with students and report any disclosures to the DSL or CTL for Life Skills.

8. Roles and responsibilities

8.1 The governing board

The local governing body will approve the RSHE policy, and hold the headteacher to account for its implementation.

8.2 The headteacher

The headteacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSHE (see section 8).

8.3 Staff

Staff are responsible for:

- › Delivering RSHE in a sensitive way
- › Modelling positive attitudes to RSHE
- › Monitoring progress
- › Responding to the needs of individual pupils
- › Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory/non-science components of RSHE

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher.

The delivery of RSHE is overseen and quality assured by the assistant head teacher (Jo Chappell) and CTL for Life Skills (Anna Salmons).

8.4 Pupils

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

9. Parents' right to withdraw

Parents' have the right to withdraw their children from the non-statutory/non-science components of sex education within RSHE 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 using the form found in Appendix 3 of this policy and addressed to the headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The headteacher will discuss the request with parents and take appropriate action.

The headteacher will discuss requests for withdrawal from RSHE with the assistant head teacher.

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

10. Training

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

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

11. Monitoring arrangements

The delivery of RSHE is monitored by Jo Chappell, assistant head teacher and CTL for Life Skills (Anna Salmons) through:

Half termly monitoring of delivery in RSHE sessions, updates on resources provided by CTL Life Skills and learning walks.

Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems as well as the CTL Life Skills.

This policy will be reviewed by Jo Chappell, assistant head teacher, annually. At every review, the policy will be approved by the head teacher.

Appendix 1: Curriculum map

YEAR 7 LIFE SKILLS						
Theme/ Time	Key Concepts	Enquiry Questions	Substantive Knowledge	Disciplinary Knowledge (the way the subject accumulates the knowledge)	Justification/ Hinterland Knowledge (Embellish / Enrich / Cultural Capital)	Assessment
Cycle 1 Health and Well-being	<ul style="list-style-type: none"> -Health and Wellbeing -Relationships -Our society -Responsibilities -Making choices -Identity 	<p>How do I feel about starting secondary school?</p> <p>How can I look after myself?</p> <p>How can I stay safe?</p>	<ul style="list-style-type: none"> -Mental Health & Wellbeing -Healthy Diet -Exercise -Social Media -Equality Act -Puberty 	<ul style="list-style-type: none"> Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions 	<p>Managing transition to secondary, the importance of managing physical, mental and emotional health and wellbeing. How to communicate effectively with peers in order to manage friendships effectively, including online safety, using social media appropriately, and consequences of risky behaviour.</p> <p>Preparing students for the physical and emotional effects of puberty.</p>	End of cycle assessment: <ul style="list-style-type: none"> -Diet -Exercise -Sleep -Puberty -Managing friendships -Using social media
Cycle 2 Relationships	<ul style="list-style-type: none"> -Relationships -Health and Wellbeing -Responsibilities - Our society -Making choices 	<p>What are the different types of relationship?</p> <p>What is a healthy relationship?</p> <p>What is bullying?</p> <p>How can I communicate effectively?</p> <p>What is peer pressure?</p>	<ul style="list-style-type: none"> -Different types of relationships (families, friends, school) -Effective communication -Types of long-term relationship including marriage 	<ul style="list-style-type: none"> Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions 	<p>Types of relationship (platonic, familial, intimate, toxic)</p> <p>The qualities of healthy/ unhealthy relationships and how this can contribute towards happiness.</p> <p>How to recognise the different types of bullying, the impact of bullying and how to report it/ get help</p> <p>Dealing with peer pressure.</p> <p>Effective communication- how to reconcile after an argument.</p> <p>Marriage and other types of long-term relationships (including legal status) Real -life case studies.</p>	End of cycle assessment: <ul style="list-style-type: none"> -Different types of relationships (families, friends, school) -Healthy and Unhealthy relationships -Effective communication and handling peer pressure -Types of long-term relationship including marriage
Cycle 3 Living in the Wider World	<ul style="list-style-type: none"> - My future -Making choices - Responsibilities - Our society - Identity 	<p>What am I good at?</p> <p>What helps me to succeed?</p> <p>What is a career?</p> <p>How can I manage money?</p>	<ul style="list-style-type: none"> -Careers -Teamwork and enterprise -Challenging stereotypes -Raising aspirations -Managing money 	<ul style="list-style-type: none"> Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions Team work 	<p>How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity.</p> <p>Careers- the broad range and the abilities and qualities required for different careers about equality of opportunity</p> <p>Challenging stereotypes, broadening horizons and how to identify future career aspirations about the link between values and career choices. Real-life case studies.</p> <p>Making safe financial choices including saving, spending and budgeting. How to manage risk-taking behaviour.</p>	End of cycle assessment: <ul style="list-style-type: none"> -Types of careers - Career stereotypes - Enterprising skills - Managing money

YEAR 8 LIFE SKILLS

Theme/ Time	Key Concepts	Enquiry Questions	Substantive Knowledge	Disciplinary Knowledge (the way the subject accumulates the knowledge)	Justification/ Hinterland Knowledge (Embellish / Enrich / Cultural Capital)	Assessment
Cycle 1 Relationships	-Relationships -Health and Wellbeing -Our society -Responsibilities -Making choices -Identity	What affects my identity? What are relationships? How should I deal with relationships? What is consent and how does it affect me?	- Gender Identity - The Equality Act 2010 -Consent -Sharing images online/ Sexting -Sex and Contraception	Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions	- Understanding gender identity and relevant case studies. - Challenging stereotypes, prejudice and discrimination- The Equality Act 2010. - Managing my feelings (jealousy, anger, resentment) and dealing with conflict effectively. - Consent and strategies for being assertive in relationships. - Sharing images online/ Sexting. - Sex and the law. - Contraception- different options available and where to get further support and help.	End of cycle assessment: - Gender Identity - Stereotypes and discrimination - The Equality Act 2010 -Consent -Sharing images online/ Sexting -Sex and Contraception
Cycle 2 Living in the Wider World	- My future -Making choices - Responsibilities - Our society - Identity	What are the options at the end of KS3? What are the different types of work? What is digital literacy?	-Contributing to society, qualities and skills -Careers and life choices -Employment types - Media literacy and digital resilience -Financial choices	Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions	- Contributing to society- qualities and skills - Equality of opportunity in life and work- how to challenge stereotypes and discrimination in relation to work and pay - Employment, self-employment and voluntary work - How to set aspirational goals for future careers and challenge expectations that limit choices. - Accessing careers information, advice and guidance - Online safety, digital literacy, media reliability, and gambling hooks- modern day examples and case studies	End of cycle assessment: -Contributing to society qualities and skills Employment, self-employment and voluntary work -Media literacy and digital resilience -Managing money
Cycle 3 Health and Wellbeing	-Health and Wellbeing -Making choices - Responsibilities - Our society - Identity	How can I make good choices? What can I do when life is difficult? How can I live a healthy lifestyle?	- Mental Health - First Aid - Personal hygiene - Social media - Smoking - Vaping - Alcohol	Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions Team work	- Understanding mental health triggers and how to identify early signs of ill mental health- Building resilience & dealing with change -First Aid- how to get help in an emergency and perform basic first aid - Personal hygiene and looking after ourselves - Body Image and Social Media- impact on health and real-life case studies - Smoking and Vaping- the law, health risks and case studies - Alcohol	End of cycle assessment: -Mental Health -Building resilience - Personal hygiene Social media and body image Smoking and vaping -Alcohol

YEAR 9 LIFE SKILLS

Theme/ Time	Key Concepts	Enquiry Questions	Substantive Knowledge	Disciplinary Knowledge (the way the subject accumulates the knowledge)	Justification/ Hinterland Knowledge (Embellish / Enrich / Cultural Capital)	Assessment
Cycle 1 Relationships	<ul style="list-style-type: none"> -Relationships -Health and Wellbeing -Our society -Responsibilities -Making choices -Identity 	<p>What constitutes a family?</p> <p>What is parental responsibility?</p> <p>What is a respectful relationship?</p> <p>How can I prepare myself for relationships?</p>	<p>Types of family</p> <p>Parental responsibilities (legal)</p> <p>Homophobia, transphobia and sexism</p> <p>Consent and sex</p> <p>Contraception</p> <p>Gangs and the law</p>	<p>Actively listening</p> <p>Debate</p> <p>Reasoning</p> <p>Self-reflection</p> <p>Discussion</p> <p>Teamwork</p> <p>Communication</p> <p>Making decisions</p> <p>Independence</p>	<p>Different types of families and parental responsibilities.</p> <p>Discrimination and relationships including homophobia, transphobia and sexism.</p> <p>Relationships, social media and pornography.</p> <p>Consent, Sex and Intimate relationships.</p> <p>Contraception- choices available and where to go for further guidance.</p> <p>Gangs, grooming and County Lines.</p>	<p>End of cycle assessment:</p> <ul style="list-style-type: none"> -Types of family -Parental responsibilities <ul style="list-style-type: none"> - Homophobia, transphobia and sexism - Consent and sex -Pornography - Contraception - Gangs and Grooming
Cycle 2 Living in the Wider World	<ul style="list-style-type: none"> - My future -Making choices - Responsibilities - Our society - Identity 	<p>Which career might be right for me?</p> <p>How can I find out about careers?</p> <p>Which GCSE options should I choose?</p> <p>What are money risks?</p>	<p>Career pathways</p> <p>Employment rights</p> <p>Careers guidance</p> <p>Financial exploitation</p>	<p>Communication</p> <p>Independence</p> <p>Self-reflection</p> <p>Actively listening</p> <p>Discussion</p> <p>Making decisions</p> <p>Independence</p>	<p>Routes into work, training and other vocational and academic opportunities</p> <p>Employment rights and responsibilities- contract terms</p> <p>Learning strengths, Setting goals and transition to KS4</p> <p>How to identify and explore the options open to you at a decision point (GCSE options choices)</p> <p>Show that you can be positive, flexible and well-prepared for transition into KS4</p> <p>Financial exploitation e.g drug and money mules, online scams</p>	<p>End of cycle assessment:</p> <ul style="list-style-type: none"> Employment rights and responsibilities Identifying own strengths and setting goals Skills needed for transition Financial exploitation Online scams
Cycle 3 Health and Wellbeing	<ul style="list-style-type: none"> -Health and Wellbeing -Making choices - Responsibilities - Our society - Identity 	<p>What is mental ill health?</p> <p>What impact can social media and advertising have on my mental health?</p> <p>What are drugs?</p>	<p>Mental Health</p> <p>Online Media</p> <p>Social media</p> <p>STIs</p> <p>Drugs</p> <p>FGM</p>	<p>Self-reflection</p> <p>Actively listening</p> <p>Discussion</p> <p>Making decisions</p> <p>Team work</p> <p>Communication</p> <p>Independence</p>	<p>Mental Health- anxiety and depression, including stigmas and misconceptions</p> <p>Healthy/ unhealthy coping strategies- impact of advertising and social media- real life case studies</p> <p>STIs</p> <p>Online Dangers- Gambling, appropriate content, advertising, extreme views and reporting platforms</p> <p>Drugs (including prescription drugs) the dangers and law relating to supply and possession</p> <p>FGM</p>	<p>End of cycle assessment:</p> <ul style="list-style-type: none"> -Mental Health - Advertising and social media -STIs -Online dangers -Drugs -FGM

YEAR 10 LIFE SKILLS

Theme/ Time	Key Concepts	Enquiry Questions	Substantive Knowledge	Disciplinary Knowledge (the way the subject accumulates the knowledge)	Justification/ Hinterland Knowledge (Embellish / Enrich / Cultural Capital)	Assessment
Beliefs and Values						
Cycle 2 Relationships and Wellbeing	<ul style="list-style-type: none"> - Health and wellbeing - Relationships <ul style="list-style-type: none"> -My future -Making choices - Responsibilities - Our society - Identity 	<p>What affects my mental health?</p> <p>What are the pleasures and challenges of an intimate relationship?</p> <p>What do I do when a relationship goes wrong?</p>	Anxiety Depression Mental Wellbeing Intimate relationships Consent and sex Sexual harassment and abuse	Communication Independence Self-reflection Actively listening Discussion Making decisions Teamwork	Managing mental wellbeing including coping with change Mental Wellbeing – being able to critically evaluate own/ others behaviour on mental health Intimate Relationships- Pleasure and challenges, including pornography Assertive communication in relationships and consent Breakdown of relationships (including online) Sexual harassment and abuse- the law and case studies	End of cycle assessment: Mental wellbeing- coping with change Anxiety and depression Consent and communication Sexual harassment, abuse and online behaviour
Cycle 3						

YEAR 11 LIFE SKILLS

Theme/ Time	Key Concepts	Enquiry Questions	Substantive Knowledge	Disciplinary Knowledge (the way the subject accumulates the knowledge)	Justification/ Hinterland Knowledge (Embellish / Enrich / Cultural Capital)	Assessment
Cycle 1 Relationships	-Relationships -Health and Wellbeing -Our society -Responsibilities -Making choices -Identity	How are relationships in adulthood different?	Sex and consent Drugs and alcohol Domestic abuse Forced marriage Arranged marriage Fertility Pregnancy Menopause	Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions Independence	Core relationships values and emotions, how to communicate wants and needs, including the effect of sexual pressure and consent (including sharing images) The difference between an arranged marriage and a forced marriage. Different types of domestic abuse, including real-life case studies and links to TV interviews. Pregnancy options, including abortion and adoption and where to get further support. Fertility and the menopause and how it effects people.	End of cycle assessment: Sex and Consent The effects of alcohol Difference between an arranged and forced marriage Fertility, pregnancy and menopause
Cycle 2 Living in the Wider World	- My future - Identity -Making choices - Responsibilities - Our society	What is the world of work like? What are employment rights? What is financial responsibility?	Application process CVs Personal statements Apprenticeships Health and safety Contracts Savings Credit cards Loans Debt	Communication Independence Self-reflection Actively listening Discussion Making decisions Research Planning	Be able to research education, training, apprenticeship, employment and volunteering options including information about the best progression pathways through to specific goals. Completion of personal statements, CVs and post 16 applications. Employments rights and responsibilities, including health and safety, patterns of work, confidentiality and harassment. How to effectively budget and evaluate savings options, how to prevent and manage debt, including understanding credit rating and pay day lending	End of cycle assessment: Employment rights and responsibilities Different types of contractual terms Budgeting Saving Credit Debt
Cycle 3 Health and Wellbeing	-Health and Wellbeing -Making choices - Responsibilities - Our society - Identity	How can I be successful in Year 11? How can I look after my wellbeing during times of stress? How can I stay safe in independent contexts?	Emergency first aid skills Blood, stem cell and organ donation Stress Diet Sleep Exercise	Self-reflection Actively listening Discussion Making decisions Team work Communication Independence Debate	First Aid- life-saving skills, including CPR and what to do in an emergency Blood, organ and stem cell donation Coping strategies for dealing with stress- sleep, diet and exercise Facing challenges and building resilience Work life balance	End of cycle assessment: First Aid skills

YEAR 12 LIFE SKILLS					
Theme/ Time	Key Concepts	Enquiry Questions	Substantive Knowledge	Disciplinary Knowledge (the way the subject accumulates the knowledge)	Justification/ Hinterland Knowledge (Embellish / Enrich / Cultural Capital)
Cycle 1 Health and Wellbeing	-Relationships -Health and Wellbeing -Our society -Responsibilities -Making choices -Identity	How can I manage the transition into sixth form? What personal risks will I face as I approach adulthood?	Self- concept Mental health Healthy Lifestyles Managing risk Personal safety Sexual health Drugs Alcohol Tobacco Road safety	Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions Independence	Self-concept- skills to manage transitional life phases. Body image and the pressure to conform- strategies to manage this pressure, real-life case studies. Mental health and emotional well-being- anxiety, depression, eating disorders and self-harm). Healthy Lifestyles- recognising illnesses that affect young adults such as 'freshers' flu' and the importance of self-examination. Healthy diet, especially on a budget. Managing risk and personal safety- young driver safety, using taxis, getting home safely Sexual Health- STIs and where to get further support Drugs, alcohol and tobacco- impacts on reputation, career and road-safety
Cycle 2 Relationships	- My future -Making choices - Responsibilities - Our society - Identity	How can I effectively deal with relationship challenges? How can I keep myself safe?	Prejudice Discrimination Sex Consent Contraception Bullying Abuse Gangs	Communication Independence Self-reflection Actively listening Discussion Making decisions Reasoning	Relationship values- articulating relationship values, recognising and challenging prejudice and discrimination. Forming and maintaining respectful relationships. Sex and consent- understanding the emotional, physical, social and legal consequences of failing to respect others' right to not give/ withdraw consent. Contraception and parenthood- how to access support including emergency contraception. Bullying, abuse and discrimination- de-escalating aggressive social situations, gangs, carrying weapons.
Cycle 3 Living in the Wider world	-Health and Wellbeing -Making choices - Responsibilities - Our society - Identity	How can I prepare myself for life after sixth form? What is tax and national insurance? What is a pension and why do I need to think about it now?	Applications Interviews CVs Employment rights Tax National Insurance Pensions Social Media	Research Planning Self-reflection Actively listening Discussion Making decisions Team work Communication Independence	Choices and pathways- higher education, further training, apprenticeships and gap year options. Work and career- Interview, CV and career possibilities. Employment rights and responsibilities- part -time jobs Financial choices- budgeting and planning for change in circumstances (moving out and university) Salary deductions including tax, national insurance and pensions Media Literacy and digital resilience- building and maintaining a professional online presence.

YEAR 13 LIFE SKILLS					
Theme/ Time	Key Concepts	Enquiry Questions	Substantive Knowledge	Disciplinary Knowledge (the way the subject accumulates the knowledge)	Justification/ Hinterland Knowledge (Embellish / Enrich / Cultural Capital)
Cycle 1 Relationships	-Relationships -Our society -Responsibilities -Making choices -Identity	How can I prepare myself for relationships in adulthood? How can I manage a relationship break-up effectively?	Prejudice Discrimination Sex Consent Contraception Bullying Harassment Stalking	Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions Independence	Relationship values- articulating relationship values, recognising and challenging prejudice and discrimination. Forming relationships- making friends in new places. Managing personal safety in new relationships, including online activity. Managing the ending of relationships safely and respectfully. Bullying, abuse and discrimination- understanding rights in relation to harassment (online, stalking) and how to access support
Cycle 2 Health and Wellbeing	Health and wellbeing - My future -Making choices Responsibilities - Our society - Identity	What are the long-term risks of body enhancement? How can I prepare myself for exams? How can I respond in an emergency?	Self- concept Mental health Healthy Lifestyles Managing risk Personal safety Sexual health First Aid Drugs Alcohol Tobacco Road safety	Communication Independence Self-reflection Actively listening Discussion Making decisions Reasoning	Body image and the pressure to conform- strategies to manage this pressure, real-life case studies. Long-term consequences of body enhancement. Mental health and emotional well-being- how to balance a work-life balance, including the importance of sleep and time offline. Managing risk and personal safety- performing first aid and evaluate when to summon emergency services, irrespective of potential legal implications (alcohol, drugs, gangs, violent crimes) Sexual Health- STIs and where to get further support Drugs, alcohol and tobacco- immediate and long-term health implications
Cycle 3 Living in the Wider world	-Health and Wellbeing -Making choices - Responsibilities - Our society - Identity	What is a gap year? What is a trade union? What are contracts?	Applications Interviews CVs Employment rights Trade Unions Consumer Rights Contracts Debt Social Media	Research Planning Self-reflection Actively listening Discussion Making decisions Team work Communication Independence	Choices and pathways- higher education, further training, apprenticeships and gap year options. Work and career-Interview, CV and career possibilities. Employment rights and responsibilities- the role of trade unions and how to constructively challenge workplace behaviours Financial choices- managing financial contracts including mobile phones, renting items and accommodation Media Literacy and digital resilience- how social media can expand, limit or distort perspectives. Recognising bias, propaganda and manipulation

Appendix 2: By the end of secondary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families	<ul style="list-style-type: none"> 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/civil partnerships are, including their legal status e.g. that marriage/ civil partnership 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/civil partnership 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 parents 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); and, how to seek help or advice, including reporting concerns about others, if needed
Respectful relationships, including friendships	<ul style="list-style-type: none"> The characteristics of positive and healthy friendships (in all contexts, including online) including: 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 (e.g. 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

TOPIC	PUPILS SHOULD KNOW
Online and media	<ul style="list-style-type: none"> 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 e.g. 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	<ul style="list-style-type: none"> 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)

TOPIC	PUPILS SHOULD KNOW
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> 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, e.g. 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 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/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

TOPIC	PUPILS SHOULD KNOW
Mental Wellbeing	<ul style="list-style-type: none"> How to talk about their emotions accurately and sensitively, using appropriate vocabulary That happiness is linked to being connected to others How to recognise the early signs of mental wellbeing concerns Common types of mental ill health (e.g. anxiety and depression) How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness
Internet safety and harms	<ul style="list-style-type: none"> The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image or how people may curate a specific image of their life online); over-reliance on online relationships including social media; the risks related to online gambling including the accumulation of debt; how advertising and information is targeted at them; and how to be a discerning consumer of information online How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours
Physical health and fitness	<ul style="list-style-type: none"> The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress The characteristics and evidence of what constitutes a healthy lifestyle and maintaining a healthy weight (including the links between an inactive lifestyle and ill health, such as cancer and cardio-vascular ill health) About the science relating to blood, organ and stem cell donation
Healthy eating	<ul style="list-style-type: none"> How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer

TOPIC	PUPILS SHOULD KNOW
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> The facts about legal and illegal drugs and their associated risks, including the link to serious mental health conditions The law relating to the supply and possession of illegal substances The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood The physical and psychological consequences of addiction, including alcohol dependency Awareness of the dangers of drugs which are prescribed but still present serious health risks The facts about the harms from smoking tobacco (particularly the risk to lung cancer), the benefits of quitting and how to access support to do so
Health and prevention	<ul style="list-style-type: none"> About personal hygiene, germs (including bacteria and viruses), how they are spread, treatment and prevention of infection, and about antibiotics About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist In late secondary, the benefits of regular self-examination and screening The facts and science relating to immunisation and vaccination The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn
Basic first aid	<ul style="list-style-type: none"> Basic treatment for common injuries Life-saving skills, including how to administer CPR (best taught after 12 years old) The purpose of defibrillators and when one might be needed
Changing adolescent bodies	<ul style="list-style-type: none"> Key facts about puberty, the changing adolescent body and menstrual wellbeing The main changes which take place in males and females, and the implications for emotional and physical health

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	