

RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

Term of policy: Every 2 years

Approved by: Board of Trustees

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Introduction

This policy replaces any previous policy and follows the DfE regulations.

In line with the School's Equal Opportunities and Special Educational Needs policies, we aim to give all students equal opportunities to take part in all aspects of School life, as far as is appropriate, practicable and compatible with giving regard to health and safety and the efficient education of other students.

The policy will follow the five principles of the Children's Plan:

- to support parents and families
- to allow children to reach their full potential
- to enable children to enjoy their childhood whilst preparing for adult life
- to provide services in response to children and family needs
- to use preventative measures to help students avoid the possibility of failure

This policy is based upon the School's commitment to the development and maintenance of good behaviour and a positive and inclusive ethos for all members of the School community

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1. Introduction

This policy replaces any previous policy and follows the DfE regulations. In line with the School's Equal Opportunities and Special Educational Needs policies, we aim to give all students equal opportunities to take part in all aspects of School life, as far as is appropriate, practicable and compatible with giving regard to health and safety and the efficient education of other students. The Tithe Academy Trust understands that children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way.

This policy is based upon the School's commitment to the development and maintenance of good behaviour and a positive and inclusive ethos for all members of the School community.

2. Aims

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague, successful marriage, civil partnership or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships. This will help students understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

The Trust's RSE policy for Rooks Heath School will provide clear progression from what is taught at Earlsmead Primary School in Relationships Education (Appendix1). We will build on the foundation of RE and, as students grow up, at the appropriate time, extend teaching to include intimate relationships. Alongside being taught about intimate relationships, students will also be taught about family relationships, friendships and other kinds of relationships that are an equally important part of becoming a successful and happy adult.

Teaching of RSE in the Trust's Academy will enable students:

- to distinguish between content and experiences that exemplify healthy relationships and those that are distorted or harmful;
- to understand the benefits of healthy relationships to their mental wellbeing and self-respect and to understand that unhealthy relationships can have a lasting, negative impact on mental wellbeing;
- to be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way;
- to recognise when relationships (including family relationships) are unhealthy or abusive (including

the unacceptability of neglect, emotional, sexual and physical abuse and violence including honour-based violence and forced marriage) and strategies to manage this or access support for themselves or others at risk;

- to recognise risks, harmful content and contact, and how and when to report issues to keep them safe online;
- to, within the law, be well equipped to make decisions for themselves about how to live their own lives in the future, whilst respecting the right of others to make their own decisions and hold their own beliefs.

3. Statutory Guidance

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 made under sections 34 and 35 of the Children and Social Work Act 2017 make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education. The regulations also make Health Education compulsory in the Trust.

This policy was developed in response to:

- [Statutory guidance on RSE and health education](#)
- [Keeping children safe in education: for schools and Schools](#)
- [Behaviour and discipline in schools: guidance for headteachers and staff](#)
- [Equality Act 2010: advice for schools](#)
- [Special educational needs and disability code of practice: 0 to 25 years](#)
- [Alternative provision](#)
- [Mental health and behaviour in schools](#)
- [Preventing and tackling bullying](#)
- [Cyber bullying: advice for headteachers and school staff](#)
- [Advice for parents and carers on cyber bullying](#)
- [Sexual violence and sexual harassment between children in schools and Schools](#)
- [Promoting fundamental British values as part of SMSC in schools](#)

4. Policy development

- This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:
- Review – a member of staff collated all relevant information including relevant national and local guidance
- Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
- Parent/stakeholder consultation – parents attending PTFA meetings were consulted about the policy

- Pupil consultation – we investigated what exactly pupils want from their RSE through the School Council
- Ratification – once amendments were made, the policy was shared with governors and ratified
- Links with other policies

5. Links with other policies

This policy should be read in conjunction with the following Trust policies:

- Safeguarding Policy
- Anti-Bullying Policy
- E-Safety Policy
- Equality Information Policy
- BFL Policy

6. Delivery of RSE

The Trust acknowledges that high-quality, evidence-based and age-appropriate teaching can help pupils prepare for the opportunities, responsibilities and experiences of adult life as well as promoting the spiritual, moral, social, cultural, mental and physical development of pupils both at school and in society.

RSE 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 RSE curriculum, see the Appendices.

RSE will be set in the context of a wider whole school approach to supporting pupils to be safe, happy and prepared for life beyond school. The curriculum on relationships and sex will complement and be supported by, the Trust's wider policies on behaviour, inclusion, respect for equality and diversity, anti-bullying and safeguarding. RSE will sit within the context of the Trust's broader ethos and approach to developing pupils socially, morally, spiritually and culturally; and its pastoral care system.

The curriculum on health education will similarly complement, and be supported by, the Trust's education on healthy lifestyles through physical education, food technology, science and its sport, extra-curricular activities and school food.

Rooks Heath School, within the Trust, will deliver the content set out in Appendix 2 in the context of a

broad and balanced curriculum. Effective teaching will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons. Teaching will include sufficient well-chosen opportunities and contexts for pupils to practice applying and embedding new knowledge so that it can be used skillfully and confidently in real life situations.

The lead teacher in Rooks Heath School will work closely with colleagues in related curriculum areas to ensure Relationships Education, RSE and Health Education programmes complement each other and do not duplicate, content covered in national curriculum subjects such as Science, Computing and PE.

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, LGBT 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. Pupils with SEND

Relationships Education, RSE and Health Education will be accessible for all pupils. High quality teaching is differentiated and personalised, this is the starting point to ensure accessibility for all pupils. The Trust will also be mindful that all children and young people are entitled to an appropriate education as set out in the SEND code of practice, when preparing these subjects for pupils with SEND. The Trust is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education can also be a priority for some pupils, for example some with social, emotional and mental health needs or learning disabilities.

For some pupils there may be a need to tailor content and teaching to meeting the specific needs of children at different developmental stages.

8. Roles and responsibilities

8.1 The Board of Trustees

The Trustees will:

- Monitor the implementation of the policy across the Trust
- Monitor pupil progress to ensure that pupils achieve expected outcomes
- Ensure that resources are available in such a way that the Trust fulfils its legal obligations

8.2 The Local Governing Body

The Local Governing Body will ensure:

- All pupils make progress in achieving the expected educational outcomes
- The subjects are well led, effectively managed and well planned
- That the quality of provision is subject to regular and effective self-evaluation
- That the subjects are resourced in a way that ensures that the School can fulfil its legal obligations

8.3 Headteacher

The Headteacher will ensure that:

- All staff are informed of the policy and the responsibilities included within the policy;
- All teachers explore how new pedagogies and technology can be fully utilised to support subjects;
- The subjects are staffed and timetabled in a way to ensure the Trust and the School fulfil their legal obligations;
- The teaching of RSE is monitored to ensure that it is delivered in ways that are accessible to all pupils with SEND;
- The School works with parents/carers when planning and delivering RSE to pupils.
- Clear information is provided to parents/carers on the subject content and the right to request that their child is withdrawn.

8.4 Staff

All staff will ensure that:

- Ground rules are negotiated with the group before embarking on lessons of a sensitive nature so that both the staff and pupils can work together in a supportive atmosphere in which all students can speak with confidence and without fear of embarrassment, anxiety or breach of confidentiality;
- All students are offered the opportunity to explore ideas, situations and feelings in an atmosphere of confidence and support;
- At all times teaching will take place in the context of an explicit moral framework;
- All points of view they may express during the course of teaching RSE are unbiased;
- The teaching of RSE is delivered in ways that are accessible to all pupils with SEND;
- The emphasis of teaching RSE will always be the importance and understanding of personal relationships and the right of the individual to make informed choices;
- Issues of stereotyping, sexual equality, harassment, rights and legislation underpin the teaching of RSE;
- Where appropriate they direct pupils to seek advice and support from an appropriate agency or individual. It is inappropriate for staff to give students personal advice on matters such as contraception;
- Where a student has embarked on a course of action likely to place them at risk, the member of staff will ensure that the student is aware of the implications of their behaviour. The member of staff should refer any potential concerns to the Designated Safeguarding Lead.

8.5 Students

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

8.6 Parents/Carers

The Trust acknowledge the key role that parents/carers play in the development of their children's understanding about relationships. Parents are the first educators of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

All Parents/Carers will be:

- Given every opportunity to understand the purpose and content of Relationships Education and RSE;
- Encouraged to participate in the development of Relationships Education and RSE;
- Able to discuss any concerns directly with the School.

9. Parents' right to withdraw

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. The School, before granting any such request, will require the Headteacher to discuss the request with the parent and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

Requests for withdrawal should be put in writing using the form, available on the School website, 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 file. The Headteacher will discuss the request with parents and take appropriate action.

Following the discussions, except in exceptional circumstances, the School will respect the parents' request to withdraw their child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.

The Headteacher will ensure that where a pupil is excused from sex education, the pupil will receive appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from the national curriculum.

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

10. Working with external agencies

The Trust is aware that working with external partners will enhance the delivery of RSE and will support the School to bring in specialist knowledge and implement different ways of engaging with young people.

Where the School uses external agencies, they will check the credentials of the visiting organisation and any visitors linked to the agency. The School will also ensure that the teaching delivered by the visitor fits with the planned programme and the published policy.

The School will work with external agencies to ensure that the content delivered is age-appropriate and accessible for all pupils. Any materials that are used as part of the delivery must be approved by the School in advance of the session.

The School will ensure that the visitor is aware of aspects of confidentiality and understands how safeguarding reports should be dealt with in line with the Trust's Safeguarding Policy.

11. Safeguarding, reports of abuse and confidentiality

The School recognises that at the heart of RSE, the focus is on keeping children safe, and acknowledges the significant role the School will have in preventative education.

In our School, we will allow children an open forum to discuss potentially sensitive issues. Such discussions can lead to increased safeguarding reports. Children will be made aware of the processes to enable them to raise their concerns or make a report and how any report will be handled. This will also include processes when they have a concern about a peer or friend.

In line with the document Keeping Children Safe in Education (KCSIE), all staff are aware of what to do if a child tells them that they are being abused or neglected. Staff are also aware of need to manage the requirement to maintain an appropriate level of confidentiality. This means only involving those that need to be involved, such as the Designated Safeguarding Lead and Children's Social Services. A member of staff will never promise a child that they will not tell anyone about a report of abuse, as this is not in the best interests of the child.

The involvement of the Designated Safeguarding Lead will ensure that trusted, high quality local resources are engaged, links to the police and other agencies are utilised and the knowledge of any particular local issues it may be appropriate to address in lessons.

<p>Families and people who care for me</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • 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 for them. • 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/civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. <p>how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p>
<p>Caring friendships</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • 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, trust, sharing interests and experiences and support with problems and difficulties. • that healthy friendships are positive and

	<p>welcoming towards others, and do not make others feel lonely or excluded.</p> <ul style="list-style-type: none"> • 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, how to manage these situations and how to seek help or advice from others, if needed.
<p>Respectful relationships</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • 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. • 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. <p>the importance of permission-seeking and giving in relationships with friends, peers and adults.</p>
<p>Online relationships</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • 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,

	<p>including the importance of respect for others online including when we are anonymous.</p> <ul style="list-style-type: none"> • 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. <p>how information and data is shared and used online.</p>
<p>Being safe</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • 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 who they do not know. • how to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse. <p>where to get advice from e.g. family, school and/or other sources.</p>

Relationships and Sex Education Content (Secondary) Curriculum Map

Appendix 2

The Trust will continue to develop knowledge on topics specified for primary schools (appendix 1) and in addition, cover the following content by the end of secondary:

<p>Families</p>	<p>Pupils should know:</p> <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 and civil partnerships are, including their legal status • e.g. that marriage and civil partnerships carry 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 parents with respect to the raising of children. • how to: determine whether peers, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationships is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.
<p>Respectful relationships, including friendships</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • the characteristics of positive and healthy friendships (both on and offline) including: trust, respect, honesty, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.

	<ul style="list-style-type: none"> • 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 tolerance and respect to others and others' beliefs, including people in positions of authority. • 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.
<p>Online and Media</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply online and offline. • 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 often presents a distorted picture of sexual

	<p>behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.</p> <ul style="list-style-type: none"> • that sharing and viewing indecent images of children (including those created by children) is against the law. <p>how information and data is generated, collected, shared and used online.</p>
<p>Being safe</p>	<p>Pupils should know:</p> <ul style="list-style-type: none"> • the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment and domestic abuse and how these can affect current and future relationships. <p>how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (on and offline).</p>
<p>Intimate and sexual relationships, including sexual health</p>	<p>Pupils should know:</p> <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 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.
- 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.

Curriculum Map Rooks Heath

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 7	<p>Transition to Rooks Heath Relevance of PSHE, transition to secondary school, access to support in school, self-esteem, positive friendships, bullying (including cyber-bullying and trolling) peer pressure and developing empathy skills</p> <p>Mental Health and Wellbeing Changes in school and the community, self-esteem, recognising and managing feelings, characteristics of emotional and mental health, self-care strategies and access to support</p>	<p>Mental Health and Wellbeing (continued)</p> <p>British Values and Community Cohesion Personal and community values, rights and responsibilities, children's rights, diversity and challenging stereotypes, prejudice and discrimination and ways forward</p>	<p>Personal Values and Future Aspirations Problem-solving, teamwork, equal opportunities, study skills, challenging gender career stereotypes, broadening horizons, goals, challenging misconceptions about online fame (youtubers, instafamous), protecting personal data and online 'reputation' and safe communication online</p>	<p>Healthy Lifestyles and Self-care Healthy routines (personal hygiene, dental health, balanced diet, physical activity and sleep), puberty, unwanted contact, asserting boundaries, consent, FGM, drugs, alcohol, tobacco and e-cigarettes and associated risks</p>	<p>Family, Friends and Respectful Relationships Qualities and benefits of positive friendships and family relationships, different types of families and relationships, managing relationships online and offline, recognise that friendships and family relationships may change for different reasons, grief and bereavement and knowing how to access support</p>	<p>Money Matters Making safe and responsible financial choices, ways of saving, understanding financial terms, how apps can help to manage savings and access money online and managing a budget</p>

YEAR 8	<p>Mental Health and Wellbeing Changes in school and the community, self-esteem, recognising and managing feelings, characteristics of emotional and mental health, self-care strategies and access to support</p>	<p>Diversity and Discrimination (Free) Identity, diversity, gender stereotypes, prejudice, tolerance, different types of families and relationships, how they might contribute to human happiness, characteristics and legal status of other types of long-term relationships, roles and responsibilities of parents and successful parenting, recognising prejudice-based bullying, challenging discriminatory language and behaviour, understand the impact of discrimination and British law in relation to equality, discrimination and hate crime.</p>	<p>E-safety Safe and responsible use of ICT, digital footprint (protecting online reputation), right to privacy, fake profiles, know about the different types of online grooming and motivations for it, e.g., radicalisation, Child Sexual Abuse and Exploitation (CSAE) and gangs (county lines) and how to report concerns and find support</p>	<p>Basic First Aid and Prevention Basic treatment for common injuries, perform first aid and life-saving skills including how to administer cardio-pulmonary resuscitation (CPR), wellbeing, fitness and purpose of immunisation and vaccination</p>	<p>Respectful Relationships and Personal Safety – Watch Over Me 1 Friendships and family relationships, bullying, personal safety, road safety, asserting boundaries, crime, and knowing how to report concerns or find support</p>	<p>Critical Consumers Fairtrade, ‘fast fashion’, ethical buying, targeted advertising, in-game purchases, gambling industry influences, consequences of gambling and debt and how to find support</p>
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YEAR 9	<p>Mental Health and Wellbeing Changes in school and the community, self-esteem, recognising and managing feelings, characteristics of emotional and mental health, causes and triggers for unhealthy coping strategies, self-care strategies and access to support</p>	<p>Identity and Respectful Relationships (Fit) Identity, sexuality, homophobia, diversity, gender stereotypes, prejudice, tolerance, British law in relation to discrimination and hate crime and to understand the impact of prejudice and discrimination on individuals and groups</p>	<p>Body Image Comparing the online world and physical world, the influence of role models (positive and negative, offline or online), exploring the role of social media influencers and how they are paid to influence behaviour, media portrayal of idealised/artificial body-shapes, digital enhancement and photo manipulation and promoting self-esteem</p> <p>Careers Exploration Young people's employment rights, working patterns, minimum wage, independent living, payslips, strengths and interests and goal setting as part of the GCSE options process</p>	<p>Health and Prevention Healthy lifestyles, alcohol and its risks, cancer and cancer prevention, importance of self-examinations, strategies for seeking help and being a confident user of the NHS</p>	<p>Personal Safety - Watch Over Me 2 Roles and responsibilities of parents, carers and children in families, domestic violence, refuges and support, forced marriage/honour abuse, exploitation, substance misuse, addiction, consequences on individuals, their families and wider communities, understanding the British justice system, criminal responsibility, joint enterprise, county lines and knife crime</p>	<p>E-safety Online security, safeguarding personal data (including anti-virus protection, fraud, password phishing and how and why data is gathered and used), critically evaluating reliability of online content, impact of viewing violent/inappropriate content, how sexually explicit material presents a distorted picture, legal and personal risks associated with sharing intimate images and know how to report concerns or find support</p>
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YEAR 10	<p>Mental Health and Wellbeing Changes in school and in the community, self-esteem, recognising and managing feelings, characteristics of emotional and mental health, causes and triggers for unhealthy coping strategies, self-care strategies and access to support</p>	<p>Personal Safety - Watch Over Me 2 Roles and responsibilities of parents, carers and children in families, domestic violence, refuges and support, forced marriage/honour abuse, exploitation, substance misuse, addiction, consequences on individuals, their families and wider communities, understanding the British justice system, criminal responsibility, joint enterprise, county lines and knife crime</p>	<p>Virtual Work Experience Personal values, developing a personal online brand, understanding professional networking sites, online applications and participation in virtual work experience</p>	<p>First Aid and Self-Examinations Basic treatment for common injuries, perform emergency first aid and life-saving skills including how to administer CPR, benefits of regular self-examination and screening, self-care strategies and knowing how to access help and support</p> <p>Relationships and Sex Education 1/2 The law and personal responsibilities in relation to consent, recognising unhealthy relationships, dispelling myths and the impact of drugs and alcohol on choices/sexual behaviour</p>	<p>Relationships and Sex Education 2/2 Reproductive health, STIs, pregnancy choices (adoption, fostering) contraception, abortion, and how and where to access sexual and reproductive health advice and treatment</p>	<p>British Values and Identity Communities, belonging and challenging extremism and discrimination, managing conflicting views and information, how the social media may distort or misrepresent information to influence, persuasive language, online coercion, strategies to deal with unwanted communication and know how to report concerns or find support</p>
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YEAR 11	<p>Mental Health and Wellbeing Changes in school and the community, self-esteem, recognising and managing feelings, characteristics of emotional and mental health, causes and triggers for unhealthy coping strategies, self-care strategies and access to support</p>	<p>Preparing for Mock Exams Revision skills, planning schedules, time management, using online revision tools and exploring next steps</p>	<p>Post 16 Pathways Personal values, understanding School and work application processes (on and offline), negotiating professional relationships, practising interviews and writing a CV</p>	<p>Relationships and Sex Education 2/2 Reproductive health, STIs, pregnancy choices (adoption, fostering), contraception, abortion, impact of drugs and alcohol on choices and sexual behaviour and how and where to access sexual and reproductive health advice and treatment.</p>	<p>British Values and Identity Communities, belonging and challenging extremism and discrimination, managing conflicting views and information, how the social media may distort or misrepresent information to influence, persuasive language, online coercion, strategies to deal with unwanted communication and know how to report concerns or find support</p>	
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Curriculum Overview Map

Unit	Unit Theme	Unit	Unit Theme	Unit	Unit Theme	Unit	Unit Theme	Unit	Unit Theme
1	Transition to Rooks Heath/Mental Health and Wellbeing	1	Mental Health and Wellbeing	1	Mental Health and Wellbeing	1	Mental Health and Wellbeing	1	Mental Health and Wellbeing
2	British Values and Community Cohesion	2	Diversity and Discrimination	2	Identity and Respectful Relationships	2	Personal Safety	2	Preparing for Exams
3	Personal Values and Future Aspirations	3	E-Safety	3	Careers Exploration/ Body Image	3	Virtual Work Experience	3	Post 16 Pathways
4	Healthy Lifestyles and Self-care	4	Basic First Aid and Prevention	4	Health and Prevention	4	First Aid and Self-Examinations/Relationships and Sex Education 1/2	4	Relationships and Sex Education 2/2
5	Family, Friends and Respectful Relationships	5	Respectful Relationships and Personal Safety	5	Personal Safety	5	Relationships and Sex Education 2/2	5	British Values
6	Money Matters	6	Critical Consumers	6	E-Safety	6	British Values and Identity		

Parent form: withdrawal from sex education within RSE
Appendix 3

(Available online via the School website)

TO BE COMPLETED BY PARENTS			
Name of child		Tutor Group	
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	

DRAFT