

RSHE

Sex, health and relationships education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE).

Our programme of RSHE provides accurate information about the body, reproduction, sex, health and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

In Year 7 and 8 RSHE is taught through discrete lessons as part of the wider Personal Development programme. In Years 9 and 10 RSHE has its own half-termly focus and we ensure that all materials are age appropriate and quality assured. The resources are shared below for your knowledge and understanding.

Year	Key Content and Resources
7	Different Types of Relationships: Human Connection Online Relationships Physical and mental wellbeing Purpose of Marriage How Do Adults Care For Us? Body Image and online expectations Dealing With Sexual Harassment Women's Rights / Equality and Violence Against Women Dealing with Change (Puberty)
8	Positive Relationships and Commitment Family Relationships and Commitment Sexual Rights and Responsibilities Including Contraception and FGM Online Safety and Nude Images1 Online Safety and nude images 2 Positive online relationships: Trust and Safety Recognise and Report
9	Puberty and the physical and emotional changes Brain Development/Hormones and Emotional Changes Risky Behaviours Risky Behaviour and links to drugs and alcohol Risks of Drinking and reasons why people drink Risks of Drug Taking and Cannabis Suicide and mental health Risks of Online Blackmail Disrespect nobody: healthy relationships 1 Disrespect nobody: Healthy relationships 2 Self Esteem, sex and pornography Online Misogyny STI and Contraception 1 STI and Contraception 2
10	Relationships and Sex Education - My Values Unhealthy Relationships - Challenging Gender Stereotypes Managing Unwanted Attention Pornography - What You Need To Know Exam Stress

	Contraception Workshop led by the School Nurse
11	Sexual Health