



RELATIONSHIP AND SEX EDUCATION (RSE) POLICY

Introduction

Relationship and Sex Education (RSE) has always been an integral part of our work at Jesmond Park Academy to help students to be physically, socially, and emotionally healthy. We believe the effective teaching of RSE is important if young people are to make responsible and well-informed decisions about their lives. The delivery of RSE reflects changes to the Keeping Children Safe in Education 2025 (KCSIE) policy in relation to sexual violence, harassment and child on child abuse.

Note – this policy reflects the requirements as set out in the 2020 RSHE Guidance. The school will spend this academic year reviewing curriculum and policy to reflect the new 2025 RSHE Guidance, ready for teaching in September 2026.

Requirements for schools regarding RSE and Health education and the law

The Department of Education informed all state secondary schools that from September 2020 the teaching of RSE would be compulsory in their publication of 'Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019'. In support of this decision the Secretary of State for Education stated the following. 'Today's 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 is why we have made Relationships Education compulsory in all primary schools in England and Relationships and Sex Education compulsory in all secondary schools, as well as making Health Education compulsory in all state-funded schools. The key decisions on these subjects have been informed by a thorough engagement process, including a public call for evidence that received over 23,000 responses from parents, young people, schools and experts and a public consultation where over 40,000 people contacted the Department for Education'.

What are relationships and sex education?

Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being. It recognises the importance of respect for all genders and sexual orientation and how language and behaviour can be seen as threatening and abusive.

Pupils will be taught using an age appropriate and inclusive spiral curriculum covering statutory topics such as families, respectful relationships/friendships, online and media risks and harms, how to be safe and intimate relationships/sexual health. Pupils will be taught about what the law says on issues relating to sex, relationship and young people, as well as broader safeguarding issues such as consent, harmful sexual behaviour, child on child abuse, violence against women and girls, online behaviours, sexuality, gender identity, substance

misuse, malicious communication, child criminal exploitation, hate crime and FGM (Female Genital Mutilation).

What is Health education?

Health Education is important that the starting point for health and wellbeing education should be a focus on enabling pupils to make well-informed, positive choices for themselves. Teaching builds on primary content and is age appropriate. Health education enables pupils to understand how their bodies are changing, how they are feeling and why, to further develop the language that they use to talk about their bodies, health and emotions and to understand why terms associated with mental and physical health difficulties should not be used pejoratively. Health education will include problems and challenges such as eating disorders, mental health conditions, drugs and alcohol. Pupils will be signposted to help and support both in school, out of school and online. Health education also includes internet safety and harms, physical health and fitness, basic first aid puberty and menstruation. This knowledge will enable pupils to understand where normal variations in emotions and physical complaints end and health and wellbeing issues begin.

Who will deliver relationships and sex and health education?

Delivery of RSE and Health education will be carried out by Jesmond Park Academy teaching staff who teach our Citizenship lessons in Key Stage 3 and Personal Development in Key Stage 4, that include RSHE, wider PSHE and Citizenship. Staff will be supported by external providers such as school nurses, either in the classroom and through the school assembly programme. Post 16 students will receive RSE and health education through the Tutorial Programme and the Assembly Programme amongst other opportunities and external providers.

How will delivery of the content be made accessible to all pupils, including those with special educational needs (SEND)?

Teaching staff will tailor the delivery of the Citizenship lessons in Key Stage 3 and Personal Development in Key Stage 4 curriculum to the needs of all their students, differentiating / adapting lessons where appropriate, to take account of the sensitivity and maturity of the students in their care. Teaching staff will take particular note of student information provided by the school's SEND department and work collaboratively with other professionals including LSA's where they are present in the lesson.

When and how often will RSE and Health education be taught at Jesmond Park Academy?

RSE and Health Education will be taught through Citizenship lessons in Key Stage 3 and Personal Development in Key Stage 4 lessons. Lessons are weekly for all students. A scheme of work giving details of the RSE content is set out as an appendix in this policy. Although there are dedicated lessons given to the delivery of RSE, the subject matter of RSE and Health education will, from time to time, be integrated into the wider teaching and student experience. For example, through the school assembly programme and in some other departments including Science, PE and RE.

Post 16 students will receive RSE and health education through the Tutorial Programme and the Assembly Programme amongst other opportunities and external providers.

How is the RSE policy produced?

Jesmond Park Academy's RSE policy has been produced in discussion with the Jesmond Park Academy's Citizenships and PD teaching staff and feedback from parents and students. Parents have been invited to comment on the policy and their views have been taken into account. Likewise, the school's student voice representatives from all year groups have contributed.

How will the RSE policy be kept under review?

The RSE policy will be reviewed in the autumn of each academic year.

How often will the RSE policy be updated?

The policy will be updated if required based on the review of the policy each autumn of the academic year.

Parents' right to withdraw their child from RSE.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. **Parents do not have the right to withdraw students for relationships or health education, or from topics taught within the Science curriculum.** Before granting any such request we at Jesmond Park Academy believe it would be good practice for the Head of Citizenship and RE to discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. The Head of Citizenship and RE will discuss with parents the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child's social and emotional wellbeing, as well as the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher.

Once those discussions have taken place, except in exceptional circumstances, the school will respect the parents' request to withdraw the 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 will make arrangements to provide the child with sex education during one of those terms.

This process is the same for pupils with SEND. However, there may be exceptional circumstances where the head of school may want to take a pupil's specific needs arising from their SEND into account when making this decision.

If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

There is no parental right to withdraw from Relationships Education or Health Education.

More details on parental right to withdraw can be found in the document 'Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019' section 4 and 45-50, published by the DFE.

Approval of the RSE policy

Approval of the RSE policy will be given by the trustees of the school.

Relationship and sex education (RSE) curriculum

Details of content/scheme of work and when each topic is taught is found in the appendix of this policy.

Appendix - Relationship and Sex Education Curriculum Content

| YEAR 7 Topic | Knowledge acquisition: <i>To know....</i> <i>...that (Declarative)</i> <i>...how to (Procedural)</i> | Relationships Education Health Education Sex Education |
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| Autumn Term Topic 1 - Introduction to CZ - Citizenship and 'The Railway Children' | Lesson 1 - Introduction to CZ lessons at JPA <ul style="list-style-type: none"> To know what Citizenship lessons will be about during your time at JPA. To know how you are going to learn in Citizenship lessons. | Relationships Education |
| | Lesson 2 - Friendship and bullying – Tia’s story <ul style="list-style-type: none"> To know the issues that may lead to a young person running away – focus on friendships and bullying. To know where to go to get help and support | Relationships Education |
| | Lesson 3 - Friendship and bullying – Tia’s story follow-up <ul style="list-style-type: none"> To know the how to be a good friend and avoid bullying. To know where to go to get help and support | Relationships Education |
| | Lesson 4 - Online safety – Jessie’s Story <ul style="list-style-type: none"> To know the issues that may lead to a young person running away – focus on online safety. To know where to get help and support. | Relationships Education Health Education |
| | Lesson 5 - Online safety – Jessie’s story follow-up <ul style="list-style-type: none"> To know how to keep yourself safe online when using social media and online platforms. To know where to get help and support. | Relationships Education Health Education |
| | Lesson 6 – Sexuality – Christopher’s story <ul style="list-style-type: none"> To know the issues that may lead to a young person running away – focus on prejudice and discrimination linked to sexual orientation as one of the 2010 Equality Act’s protected characteristic. To know where to get help and support. | Relationships Education |
| | Lesson 7 – Sexuality - Christopher’s story follow up. <ul style="list-style-type: none"> To know key terms linked to defining sexuality and how people choose to represent their identity through identity flags. To know where to get help and support. | Relationships Education |
| | Lesson 8 - Racism - Yasmin’s story follow up. <ul style="list-style-type: none"> To know the issues that may lead to a young person running away – focus on racism. To know where to get help and support. | Relationships Education |
| Topic 2 - Friendship and Bullying | Lesson 1 – What is equality and how should we treat others? <ul style="list-style-type: none"> To know what equality is and explore how we should treat others in our school and in society. | Relationships Education |
| | Lesson 2 - How can we cope with friendship problems? <ul style="list-style-type: none"> To know how to cope with friendship problems. To know where to seek help from. | Relationships Education |
| | Lesson 3 - How can we prevent online bullying? <ul style="list-style-type: none"> To know what bullying and cyberbullying are, how they cause harm. To know where to seek support | Relationships Education Health Education |
| | Lesson 4 - Bullying or ‘banter’ – what is and what isn’t acceptable? <ul style="list-style-type: none"> To know what bullying and banta are and how they cause harm. To know where to seek help and support. | Relationships Education |
| | Lesson 5 – Where can I get help and support for friendship issues? <ul style="list-style-type: none"> To know what we have studied about bullying and friendship | Relationships Education Health Education |

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| Spring Term Topic 3 – Family and relationships | Lesson 1 - What makes a healthy relationship? <ul style="list-style-type: none"> To know what a healthy relationship is and what values are important in a healthy relationship. | Relationships Education Health Education |
| | Lesson 2 - What new feelings might there be in teen relationships? <ul style="list-style-type: none"> To know what new feelings and emotions there may be in teen relationships. | Relationships Education Health Education |
| | Lesson 3 - What are the different types of families and why are families important? <ul style="list-style-type: none"> To know what is meant by the term 'family'. To know that there are different types of family. To know the benefits of the family – what we learn from being in a family – why they are important | Relationships Education |
| | Lesson 4 - What is marriage and what is a committed relationship? <ul style="list-style-type: none"> To know what is meant by the term 'commitment'. To know that there are different types of committed relationships. To know why people get married | Relationships Education |
| | Lesson 5 – Marriage Project <ul style="list-style-type: none"> To review prior learning | Relationships Education |
| | Lesson 6 – What is an arranged marriage? <ul style="list-style-type: none"> To know what is meant by the term 'arranged marriage'. To know that there are different types of committed relationships. To know where to get help and support | Relationships Education Health Education |
| | Lesson 7 – What forced marriage is and the law in the UK? <ul style="list-style-type: none"> To know what is meant by the term 'forced marriage'. To know that there are different types of committed relationships. To know where to get help and support | Relationships Education Health Education |
| | Lesson 8&9 - How do I get on with my family? <ul style="list-style-type: none"> To know what is meant by the term 'conflict'. To know that the different strategies to try to resolve family conflict. | Relationships Education Health Education |
| Summer term Topic 4 – RSHE – puberty and menstruation | Lesson 1 & Lesson 2: Puberty – what can I expect, what's normal and why does it happen? <ul style="list-style-type: none"> To know about puberty and the changes that occur and why they occur. | Relationships Education Health Education |
| | Lesson 3: Periods, the menstrual cycle, and PMS – what do I need to know? <ul style="list-style-type: none"> To know about periods, menstruation cycle and PMS – what they are and how to get help and support. | Relationships Education Health Education |

| YEAR 8 Topic | Knowledge acquisition: <i>To know.... ...that (Declarative) ...how to (Procedural)</i> | Relationships Education Health Education Sex Education |
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| Healthy Living and Mental Health (Autumn Term) | Lesson 1: Self-esteem <ul style="list-style-type: none"> • To know what a healthy lifestyle is and what an unhealthy lifestyle is and how they differ. • To know what self-esteem and self-image are • To know where to get help and support | Health Education |
| | Lesson 2: What is identity? <ul style="list-style-type: none"> • To know what self-esteem and self-image are • To know HOW to reflect on my self-esteem and self-image. • To know where to get help and support | Health Education |
| | Lesson 3: How can we keep good mental health and cope successfully with stress? <ul style="list-style-type: none"> • To know what stress is, the symptoms and how to deal with it. • To know where to get help and support. | Health Education |
| | Lesson 4: Body image and the media <ul style="list-style-type: none"> • To know how body image links to self-esteem and how the media may influence that image. | Health Education |
| | Lesson 5 & 6: Media role models and airbrushing <ul style="list-style-type: none"> • To know the impact of the 'selfie culture' and social media on body image • To know the dangers and consequences of sharing our image on-line | Health Education Relationship Education |
| | Lesson 7: How can we recognise and prevent developing eating disorders? <ul style="list-style-type: none"> • To know what eating disorders are and how to maintain good mental and physical health. • To know where to seek help and support | Health Education |
| | Lesson 8: Why do some men and boys have issues with their body image? <ul style="list-style-type: none"> • To know the impact of body image on men • To know the dangers and consequences of a negative body image and eating disorders | Health Education |
| | Self-harm – what is it and why do people do it? <ul style="list-style-type: none"> • To know what self-harm is and explore the reasons why some people may do this. • To know where to seek help | Health Education |
| | Lesson 12: Mental health – How can we keep good mental health and recognise symptoms of depression? <ul style="list-style-type: none"> • To know some common mental health issues and their symptoms – focus on depression. • To know where to seek help and how to maintain good mental health. | Health Education |
| | MOVED FROM YEAR 7 Lesson 13 - FGM – what is it, why is it so serious and what can we all do to help? <ul style="list-style-type: none"> • To know what is meant by the term 'FGM'. • To know what the legal status of FGM is in the UK To know where to get help and support | Relationships Education Health Education |
| Lesson 14: What do we need to know about personal safety and first aid? <ul style="list-style-type: none"> • To know how to improve our personal safety what to do in different emergency situations. • To know where to seek help to minimise risk to ourselves and others. | Health Education | |

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| Healthy Living and Physical Health – including. Addiction (Spring term) | Lesson 1: What do we mean by a 'healthy lifestyle'? | Health Education |
| | <ul style="list-style-type: none"> To know what classes as a 'healthy lifestyle' would be – in terms of food, exercise, addictive substances. To know why a healthy lifestyle is important. To know where to seek help and support | |
| | Lesson 2: What are the consequences of an unhealthy lifestyle? | Health Education |
| | <ul style="list-style-type: none"> To know what classes as an 'unhealthy lifestyle' would be – in terms of food, exercise, addictive substances. To know the consequences of an unhealthy lifestyle To know where to seek help and support | |
| | Lesson 3: What do we mean by 'addiction'? | Health Education |
| | <ul style="list-style-type: none"> To know what would be classed 'addiction – what people could become addicted to To know how people may become addicted. To know the consequences of addiction To know where to seek help and support | |
| | Lesson 4: What are the effects of smoking? | Health Education |
| | <ul style="list-style-type: none"> To know what the effects of smoking cigarettes are To know the dangers of second-hand smoke – passive smoking To know where to seek help and support | |
| | Lesson 5: Why do people smoke and why they should stop? | Health Education |
| | <ul style="list-style-type: none"> To consider why people start smoking. To know what the effects of smoking cigarettes are – reasons to stop. To know the dangers of second-hand smoke – passive smoking – reasons to stop To know where to seek help and support | |
| | Lesson 6: What is alcohol and why do some people drink it? | Health Education |
| <ul style="list-style-type: none"> To know what alcohol is – what 'type' of drug and what happens to the body when a person drink alcohol. To consider why people might drink alcohol. To consider why people might not drink alcohol. To know where to seek help and support | | |
| Lesson 7: Why should people be so careful if they drink alcohol? | Health Education | |
| <ul style="list-style-type: none"> To know some of the negative effects of drinking alcohol To know what a 'unit' of alcohol is and the recommended consumption for men and women. To know where to seek help and support | | |
| Lesson 8: What's the big deal about energy drinks? | Health Education | |
| <ul style="list-style-type: none"> To know how energy drinks affect the body, and the health issues the cause. To know how they can affect behaviour and concentration/attainment. To know where to seek help and support | | |
| Lesson 9: How dangerous are drugs and what are the different types? | Health Education | |
| <ul style="list-style-type: none"> To know negative effects of legal and illegal drugs and how they damage the body. To know some of the different types of drugs – stimulant and depressants To know where to seek help and support | | |
| Lesson 10: Drugs, risks and the law – what do I need to know? | Health Education | |
| <ul style="list-style-type: none"> To know the laws and penalties for Class A, B and C drugs in the UK. To know where to seek help and support | | |
| Lesson 11 & 12: County Lines - What is this and how are young people being exploited? | Health Education | |
| <ul style="list-style-type: none"> To know what 'county lines' are | | |

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| | <ul style="list-style-type: none"> To know how young people are groomed and exploited by criminals/gangs/drug dealers. To know where to seek help and support | |
| | <p>Lesson 13: What is Knife Crime?</p> <ul style="list-style-type: none"> To know what the risks of carrying a knife To know the laws relating to knife crime in the UK To know the myths surrounding knife carrying and knife crime and to know how to challenge those myths. To know where to seek help and support | Health Education |
| Relationship and Sex Education (RSE) (Summer term) | <p>Lesson 1: What is a relationship and what relationships do I have?</p> <ul style="list-style-type: none"> To know what a 'relationship' is To know what relationship you have had to categorise them. To know why we form relationships. To know where to seek help and support | Relationships Education |
| | <p>Lesson 2: What is a healthy relationship?</p> <ul style="list-style-type: none"> To know what a 'relationship' is To know what a healthy relationship is – signs and values of a healthy relationship. To know why we form relationships. To know where to seek help and support | Relationships Education Health Education |
| | <p>Lesson 3: What is an unhealthy relationship?</p> <ul style="list-style-type: none"> To know what a 'relationship' is To know what an unhealthy relationship is To know where to seek help and support | Relationships Education Health Education |
| | <p>Lesson 4: Keeping safe - What is 'sexting' and why should I be bothered about it?</p> <ul style="list-style-type: none"> To know what a 'sexting' is and sharing intimate images. To know what the UK law is relating to 'sexting' and sharing intimate images. To know how to keep yourself and others safe. To know where to seek help and support | Relationships Education Health Education |
| | <p>Lesson 5: What is consent and why is it important that we learn about it?</p> <ul style="list-style-type: none"> To know what consent is To know how a person can show that consent is given or not given – including body language. To know how to keep yourself and others safe | Relationships Education Health Education |
| | <p>Lesson 6: What are the facts and what are the myths?</p> <ul style="list-style-type: none"> To know what the biological terms for the biologically male and female bodies To know how that there are myths around intimate relationships and to be able to identify some. To know how to keep yourself and others safe | Relationships Education Health Education Sex Education |
| | <p>Lesson 7: What is contraception?</p> <ul style="list-style-type: none"> To know what the barrier methods and hormonal methods of contraception are To know examples of each method and the pros and cons of each To know how to keep yourself and others safe | Relationships Education Health Education Sex Education |
| | <p>Lesson 8: What are the different STIs? How can we keep good sexual health?</p> <ul style="list-style-type: none"> To know what the common STI's are To know what the symptoms are and how to protect yourself and others. To know how to keep yourself and others safe. To know where to get help and advice. | Relationships Education Health Education Sex Education |

| YEAR 9 Topic | Knowledge acquisition: <i>To know.... ...that (Declarative) ...how to (Procedural)</i> | Relationships Education Health Education Sex Education |
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| Stereotyping, prejudice, and discrimination (Autumn term) | Lesson 1 - What makes up a person's identity and should we judge people on it? <ul style="list-style-type: none"> To Know what topics will be studied in Citizenship lessons in year 9 To know what is meant by identity and how a person's identity could be used negatively as stereotyping, prejudice and discrimination | Relationships Education |
| | Lesson 2 - Why might some people be treated unfairly? <ul style="list-style-type: none"> To know the meaning of discrimination. To be able to describe the importance of the Equality Act 2010. | Relationships Education |
| | Lesson 3 - Why might some people be treated unfairly and is this acceptable? <ul style="list-style-type: none"> To know some examples of stereotyping and discrimination from the past and why they have no place in our society today. To know the protected characteristics from the Equality Act 2010 To know what direct and indirect discrimination are | Relationships Education |
| | Lesson 4 - What is racism and is there less racism today or not? <ul style="list-style-type: none"> To know what racism is To know the forms it may take - direct, indirect, harassment, To know the protected characteristics from the Equality Act 2010 To know if racism is occurring more or less in today's world | Relationships Education |
| | Lesson 5 - What is hate crime and why is it increasing in the world today? <ul style="list-style-type: none"> To know what hate crime is and if cases are increasing then why. To know what the law is and what can be done about it - where to seek help | Relationship Education |
| | Lesson 6 - What is religious prejudice and Islamophobia and why do they still happen? <ul style="list-style-type: none"> To know what religious prejudice and Islamophobia is and if cases are increasing why is that. To know the protected characteristics from the Equality Act 2010 To know the law in the UK and where to seek help | Relationships Education |
| | Lesson 7 - What are extremism and radicalisation? <ul style="list-style-type: none"> To know what extremism is, who some of the extremist groups are and the laws on extremism and extremist groups in the UK. To know why some people join extremist groups To know HOW extremist groups recruit members and spread their messages of hate and terror. To know where to seek help and support | Relationships Education |
| | Lesson 8 - What is HBT (Homophobia, Biphobia and Transphobia) and is it against the law? <ul style="list-style-type: none"> To know what HBT is and to know that it is against the law in the UK - included as a protected characteristic under the Equality Act 2010. To be able to use an understanding of HBT to describe how offensive behaviour and language are considered a hate crime. | Relationships Education |
| | Lesson 9 - What do I need to know about HIV / AIDS? <ul style="list-style-type: none"> To know what both HIV and AIDS are? To be aware of misconceptions about both and how people with these conditions have been discriminated against. To be able to use knowledge about HIV and AIDS to dispel myths and misconceptions. To be able to explore prejudice and discrimination associated with HIV and AIDS how these link to the Equality Act 2010. | Relationships Education Health Education |
| | Lesson 10 - What are LGBT rights like across the world? <ul style="list-style-type: none"> To know what LGBT+ communities rights are around the world. To identify countries where more needs to be done to improve LGBT+ rights. | Relationships Education Health Education |

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| RSE – Relationships and Health Education | Lesson 1 – How might a successful relationship start and be maintained? <ul style="list-style-type: none"> To know what a healthy and successful relationship is and how this can be maintained. To know why some relationships are not healthy or successful linked to pressure being put on one person in the relationship. | Relationships Education |
| | Lesson 2 – Why might a romantic relationship be unsuccessful? <ul style="list-style-type: none"> To know what a healthy and successful relationship is and how this can be maintained. To know why some relationships are unsuccessful and where to seek help and support. | Relationships Education |
| | Lesson 3 – Why might a romantic relationship be unsuccessful? <ul style="list-style-type: none"> To know what a healthy and successful relationship is and how this can be maintained. To know why some relationships are unsuccessful and where to seek help and support. | Relationships Education |
| | Lesson 4 – How can we manage break-ups amicably and get over a broken heart? <ul style="list-style-type: none"> To know how a breakup may affect us and how we can manage them amicably. To explore why some methods of breaking up may actually be unhealthy and how to get help and support if needed. | Relationships Education |
| | Lesson 5 – What is consent and why is it important that we learn about it? <ul style="list-style-type: none"> To know what consent is, to know how a person can show that consent is given or not given including body language. | Relationships Education Health Education |
| | Lesson 6 – What is ‘Sexting’ and why is it an online concern? <ul style="list-style-type: none"> To know what sexting is and why it is a concern. To know what exploitation, coercion and extortion are. To know what the UK law is relating to sexting and sharing intimate images. Be able to explain both short- and long-term consequences of sexting and what could be an alternative when trying to communicate that you like someone. | Relationships Education Health Education |
| | Lesson 7 – How do we recognise child sexual exploitation and why is it an online concern? <ul style="list-style-type: none"> To know what CSE is and the warning signs / red flags of manipulation, coercion, and grooming. To know what the UK laws are relating to CSE, to know how to keep yourself and others safe. To be able to identify and explain manipulation techniques used by abusers and why we should leave investigation to the authorities. | Relationships Education Health Education |
| | Lesson 8 – Forced and arranged marriages: What do we need to know? <ul style="list-style-type: none"> To know what arranged marriages are, to know what forced marriage is and why it might occur and how they are different to arranged marriages? To be able to identify and describe features and differences of forced and arranged marriages. | Relationships Education Health Education |
| | Lesson 9 - What issues do young parents face? <ul style="list-style-type: none"> To know what teen pregnancy is and what positives as well as challenges new parents may face. To analyse why it is harder to be financially stable when you are a young parent and explain the statistics behind teen pregnancy in the UK. | Relationships Education Health Education |
| | Lesson 10 - Being a new parent – what is this like and why can it be challenging? <ul style="list-style-type: none"> To know what it is like to be a parent and the challenges it raises. To be able to explain using new terminology, the biggest challenges faced by a new parent, offering a variety of solutions to case studies. | Relationships Education Health Education |

| YEAR 10 Topic | Knowledge acquisition: <i>To know....</i> <i>...that (Declarative)</i> <i>...how to (Procedural)</i> | Relationships Education Health Education Sex Education |
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| RE and CZ in Personal Development lesson Autumn | Matters of life – pregnancy choices – including abortion Lesson 1 - How does belief in the sanctity of life influence our decisions? <ul style="list-style-type: none"> • To know how belief in the sanctity, and importance, of human life can influence our decision making. | Relationships Education Health Education |
| Medical Ethics | Lesson 2 - Why abortion is a controversial issue. <ul style="list-style-type: none"> • To know why abortion is considered to be a controversial issue with wide-ranging and emotive opinions. | Relationships Education Health Education |
| | Lesson 3 - Why might a woman seek an abortion? <ul style="list-style-type: none"> • To know why a women might choose to have or choose not to have an abortion and what alternative there are. | Relationships Education Health Education |
| | Lesson 4 - How do religious people respond to the issue of abortion? <ul style="list-style-type: none"> • To know a range of religious responses to the issue of abortion and make links to what sources of authority say and how that impacts on the moral decisions made by members of that faith group. | Relationships Education Health Education |
| | Lesson 5 - Is abortion ever, right? <ul style="list-style-type: none"> • To know the points both for and against abortion | Relationships Education Health Education |
| | NEW TOPICS Lesson 7 – What options are there if you are unable to conceive a child? <ul style="list-style-type: none"> • To know what infertility is • To know what the possible causes may be and how to maintain good reproductive health | Relationships Education Health Education |
| | Lesson 8 - What do we mean by Surrogacy and how can it help people to have a child? <ul style="list-style-type: none"> • To know what surrogacy is • To know the different types of surrogacies and how it can help childless couples have children | Relationships Education Health Education |
| | Lesson 9 - What are organ and blood donation and why are they important? <ul style="list-style-type: none"> • To know what organ and blood donation are. • To know the current law on donation in the UK. • To know why organ and blood donation are important in the UK. | Relationships Education Health Education |
| | Lesson 10 - How do religious beliefs influence attitudes towards organ and blood donation? <ul style="list-style-type: none"> • To know a range of religious beliefs and attitudes to organ and blood donation. • To know why different religions have different beliefs around donation. • To know how religious belief may influence someone's decision making on this issue. | Relationships Education Health Education |

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| RE and CZ in Personal Development lesson Autumn What are the different attitudes to the use of drugs and alcohol? | Lesson 1 - How do we categorise drugs? <ul style="list-style-type: none"> To know how drugs are categorised by their effects. To know how the UK law categorises drugs. | Health Education |
| | Lesson 2 - Why do people misuse drugs and what problems can then cause? <ul style="list-style-type: none"> To know why some people misuse drugs. To know the problems they cause for the individual, their friends / family and society. | Health Education |
| | Lesson 3 - County Lines - What is this and how are young people being exploited? <ul style="list-style-type: none"> To know what 'county lines' are. To know how young people are groomed and exploited by criminals/gangs/drug dealers. To know where to seek help and support | Health Education |
| | Lesson 4 - Why is the use of tobacco and alcohol such a problem? <ul style="list-style-type: none"> To know how the use of tobacco and alcohol cause problems - for the individual and society. | Health Education |
| | Lesson 5 - What do religious groups teach about the use of drugs, alcohol, and tobacco? <ul style="list-style-type: none"> To know what different religious views are on drugs, alcohol, and tobacco use. | Health Education |

| Year 11 Topic | Knowledge acquisition ...that (Declarative) ...how to (Procedural) | Relationships Education Health Education Sex Education |
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| Personal Development lessons Relationship and Sex Education (RSE) | Lesson 1 - What is RSHE and what does it take to make a lasting relationship? <ul style="list-style-type: none"> • To know what RSHE stands for and have an overview of what we will be studying. • To know what qualities are common in long lasting, healthy and loving relationships. | Relationships Education Health Education |
| Health Education | Lesson 2 & 3 - How do you recognise when things are and aren't okay in a relationship? <ul style="list-style-type: none"> • To know the signs of a healthy and an unhealthy relationship including gas lighting, relationship abuse and coercive control. • To know the UK law in relation to relationship abuse and cohesive control. • To know where to seek help and support from. | Relationships Education Health Education |
| | Lesson 4 - What do you know about coercive control? <ul style="list-style-type: none"> • To know the signs of coercive control in a relationship and the UK laws on coercive control. • To know where to seek help and support | Relationships Education Health Education |
| | Lesson 5 - What is consent and how do I know if I have it or not? <ul style="list-style-type: none"> • To know what consent is and how it can be given, denied and withdrawn. • To know what sexual exploitation is. • To know where to seek help and support | Relationships Education Health Education |
| | Lesson 6 - Do you have consent? <ul style="list-style-type: none"> • To know signs of consent and to know the UK law on rape and sexual assault | Relationships Education Health Education |
| | Lesson 7 - What is harassment and stalking? <ul style="list-style-type: none"> • To know what harassment and stalking are and the forms they may take. • To know the UK law and where to seek help and support • To know how harassment and stalking are linked to VAWG • To know what form sexual harassment in the workplace may take | Relationships Education Health Education |
| | Lesson 8 - How could media/technology be used to cause harm? <ul style="list-style-type: none"> • To know what image sharing, cybercrimes and cyber flashing, up skirting sextortion are • To know the UK laws on image sharing, cybercrimes, cyber flashing, sextortion and up skirting • To know the harms linked with deep fakes • To know how we can keep ourselves and others safe. • To know where to seek help and support. | Relationships Education Health Education |
| | Lesson 9- How is media/technology used to cause harm? Revenge images and sextortion <ul style="list-style-type: none"> • To know what revenge images and takedown policies are • To know the UK laws • To know the harms linked with deep fakes • To know how we can keep ourselves and others safe. | Relationships Education Health Education |

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| | <ul style="list-style-type: none"> To know where to seek help and support. | |
| | <p>Lesson 10 - How is media/technology used to cause harm? Sexualised images, pornography, deep fakes</p> <ul style="list-style-type: none"> To consider how pornography can affect behaviour and self-esteem. To know what the law says about pornography. To know the harms linked with deep fakes To explore issues surrounding social media | <p>Relationships Education Health Education</p> |
| | <p>SEX EDUCATION – these lessons may move in terms of the order of delivery in the scheme of work depending on Year 11 assessment schedule</p> <p>Lesson 1 - Are you clued up about sex and reproduction?</p> <ul style="list-style-type: none"> To know facts about sex and reproduction and to be able to identify myth. To know parts of biologically male and female bodies linked to sex and reproduction. To know about self-examination and where to get help and support | <p>Relationships Education Health Education Sex Education</p> |
| | <p>Lesson 2 - What is contraception?</p> <ul style="list-style-type: none"> To know what methods of contraception are available and how to access them | <p>Relationships Education Health Education Sex Education</p> |
| | <p>Lesson 3 - What do we mean by safer sex?</p> <ul style="list-style-type: none"> To know what STIs are, the symptoms and treatment. To know how to protect yourself and your partner from STIs | <p>Relationships Education Health Education Sex Education</p> |

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| | September 2025 |
| Date approved: | |
| Signed: | |
| | September 2026 |
| Date to be reviewed: | |