

Relationships, Sex & Health Education Policy

[Secondary]

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GLC Mission Statement

The GLC's mission is to develop active and thriving citizens within a diverse, truly fair and equal community.

This will be achieved through:

- High quality teaching that deliberately develops competencies of curiosity, creativity, communication and critical-thinking;
- An inspiring and meaningful curriculum;
- The development of productive relationships by instilling the values of compassion, resilience, responsibility and aspiration to prepare our young people for learning and life;
- A commitment to the wellbeing of our staff;
- A culture of professional generosity, collaboration, challenge and support throughout the GLC;
- The development of effective external partnerships for the benefit and wellbeing of our community.

Equalities Statement

The GLC's commitment to equality is enshrined in our mission statement to develop 'active and thriving citizens within a diverse, truly fair and equal community'.

We are a vibrant, innovative and successful organisation: we work hard to be the place of choice to work and to learn. Across the 5 academies of the GLC, we pledge that everyone enjoys an equality of opportunity. We work tirelessly to ensure that individual characteristics including age, ethnicity, socio-economic background, academic ability, disability, gender, religious beliefs, sexual orientation are not discriminated against in any way. We create inclusive environments characterised by mutual respect where difference is celebrated.

Relationships and Sex Education Policy

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Relationships, Sex & Health Education Policy

1. Aims

The aims of relationships, health and sex education [RSHE] at the Gateway Academy are to:

- Provide a safe framework in which sensitive discussions can take place;
- Prepare students for puberty, sexual development and health and hygiene;
- Develop self-respect, confidence, empathy and resilience;
- Create a positive culture around relationships and sexuality;
- Equip students with accurate vocabulary about themselves and their bodies;
- Develop risk assessment and personal safety skills;
- Support students' mental health and wellbeing;
- Promote safe and responsible use of online spaces.

2. Statutory requirements

The Gateway Academy provides RSHE to all students in line with the **Children and Social Work Act 2017** and **Department for Education statutory guidance** [updated 2023].

RSHE includes relationships, sexual health, and health education in an age-appropriate and inclusive way.

3. Policy development

This policy has been developed through consultation with:

- Staff: reviewing current guidance and making recommendations;
- Parents/Stakeholders: feedback on curriculum content;
- Students: identifying their RSHE learning needs;
- The Board of Directors: ratification of the final policy.

4. Definition

RSHE: Education on emotional, social, and cultural development, relationships, sexual health, sexuality, healthy lifestyles, diversity, and personal identity;

Conflict: Disagreements or differences in relationships, including online;

Family: People who provide care and support, including parents, guardians, carers, or other family structures;

Support: Help, guidance, or advice from trusted adults or services.

5. Curriculum

RSHE is delivered primarily through **PSHE** and **PAD** sessions, with biological aspects in Science, and additional content in RS and PE.

Curriculum topics include:

- Families and relationships;
- Respectful relationships, including friendships and online interactions;
- Online safety, digital consent, and image-sharing;
- Intimate and sexual relationships, sexual health;
- Mental health, wellbeing, and resilience

Students are supported to:

- Communicate effectively and manage emotions;
- Recognize and assess potential risks;

- Be assertive when needed;
- Seek help and support;
- Make informed, safe decisions;
- Show self-respect, empathy, and responsible online behaviour;
- Understand how these skills and knowledge are reinforced across subjects such as Design and Technology [DT], Food Technology, Religious Studies [RS], and Physical Education [PE].

6. Delivery of RSE

- Stand-alone RSHE sessions may be delivered by trained health professionals;
- Curriculum is inclusive, reflecting diverse family structures, identities, and experiences;
- Staff answer student questions sensitively and avoid students seeking unsafe online sources.

7. Roles and responsibilities

- **GLC Board:** Approves the RSHE policy and monitors implementation;
- **Head of School:** Ensures consistent delivery, manages withdrawal requests;
- **Teaching Staff:** Deliver RSHE sensitively, model positive attitudes, and support students' progress;
- **Students:** Engage respectfully and responsibly in RSHE lessons.

8. Parents' right to withdraw

- Parents can withdraw children from non-statutory sex education up to 3 terms before age 16;
- Withdrawal requests must be written using the form in Appendix 3;
- The school provides alternative work for withdrawn students;
- Relationships education is mandatory and cannot be withdrawn from.

9. Training

- Training on RSHE is part of induction and CPD;
- External experts [nurses, sexual health professionals] provide support and guidance;
- Positive Choices programme supports staff delivering RSHE content.

10. Monitoring arrangements

- Teachers monitor student development via internal assessment systems;
- Curriculum delivery is monitored by the GLC Quality of Education Board;
- Policy review occurs every 3 years or as statutory guidance updates.

Appendix 1: Curriculum Map

RSHE secondary framework – The Gateway Academy

This document is to be used alongside The Gateway Academies **Secondary Outcomes RSHE framework**. It provides statements of progression across the year groups in KS3 and KS4 for the new statutory outcomes for Relationships, Sex and Health Education.

Parents are able to withdraw from sex education elements up to 3 terms before a child's 16th birthday where a child can opt-in. Parents are no longer able to however opt- their child out of relationship education as per new Government guidelines. Those elements marked with an asterisk in the table below may be considered sex education and therefore eligible for parental withdrawal.

YEAR GROUP: 7	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Topic/Theme	Living in the wider world	Living in the wider world	Relationships	Relationships	Health and Wellbeing	Health and Wellbeing
Knowledge	Students will begin by exploring their personal interests and how these can lead to future careers, while also learning to challenge stereotypes that may limit their aspirations. They will be introduced to basic budgeting and saving skills, and understand their rights and responsibilities as individuals in society. Students will also learn about sustainability and how they can help protect the environment. Finally, they will gain a basic understanding of politics, democracy, laws, and the role of local government.	In the second half of the term, students will focus on media and digital literacy by learning to think critically about media influence, manage their digital identity, and navigate online relationships safely. They will explore the positive uses of social media and how it can connect and inspire people. Students will also learn about global citizenship, the diversity of the UK, and the importance of respecting different beliefs and identities. They will discover how to get involved in volunteering and community action. Finally, students will be introduced to safeguarding, including online safety, recognising risks, and understanding grooming and exploitation, as well as how to seek help if they are concerned.	Students will learn about the characteristics of healthy friendships and how these can change over time. They will explore how their behaviour, both in person and online, can influence others. The risks of peer pressure, gangs, weapons, and serious organised crime will be discussed, along with how group influence can affect decision-making and how to seek help when needed. Students will also explore different types of families and relationships, including friendships, romantic, and intimate ones. They will be introduced to the concepts of personal safety and consent, and will understand that intimacy does not always involve sex.	In the second half of the term, students will focus on recognising bullying and peer pressure, and learn safe strategies to respond. They will explore what makes relationships positive, the importance of trust, and how to manage conflict and emotions. Safe communication online will be covered, along with the dangers of pornography and the pressures of growing up too fast. Students will examine how media can influence expectations in relationships and how stereotypes, prejudice, and discrimination can affect how people treat one another. They will learn how to challenge discrimination and understand the importance of respect, equality, personal boundaries, and the law in maintaining healthy relationships.	Students will learn about healthy habits and why they are important for both physical and mental wellbeing. They will explore key parts of mental health, such as emotions, self-esteem, and mood. The physical and emotional changes of puberty will be discussed, along with the importance of maintaining good personal and dental hygiene. Students will also consider how screen time and technology use can affect their wellbeing and why staying safe online matters.	In the second half of the term, students will learn what risk is, how to recognise risky situations, and why managing risk is important. They will explore the value of sleep and how to develop better sleep habits. Students will identify their personal strengths, learn how to build resilience, and use healthy coping strategies. They will also understand when and how to seek help, and where to find support. Finally, they will learn about the effects of drugs, alcohol, and tobacco, and gain basic first aid knowledge for dealing with minor injuries and emergencies.
Big Question	What is my role in the community and the wider world?	How can I make informed choices about my future, my money, and my digital life?	What makes a relationship healthy, respectful, and safe – both online and offline?	How can I handle peer pressure and conflict while staying true to my values?	How can I take care of my body and mind as I grow and change?	What should I do when I feel overwhelmed, unsafe, or unsure about something?
Academic Reading	What Generation Alpha wants to learn about money	Gen Z doubts about democracy laid bare in 'worrying' survey	Why teenage hackers pose more danger than ever	Pupils 'should be taught about risks of pornography' - BBC News	Could longer sleep improve your child's test results? ITV News	Girls who start puberty earlier have an increased risk of anxiety and depression, study shows

Cultural Capital	<p>-Visit or Virtual Tour of Local Council or Town Hall: Provides insight into rights, responsibilities, and the role of local government in everyday life.</p> <p>-Online Safety Assembly (e.g. CEOP, NSPCC, Police Liaison Officer): Supports understanding of digital identity, boundaries, and safe online behaviours.</p> <p>-Social Media & Mental Health Talk (e.g. Digital Awareness UK): Helps students reflect on positive use of technology and responsible communication.</p>		<p>-Police Liaison Visit or Youth Worker Talk: Provides real-life insights into the dangers of gang involvement, cybercrime, and peer pressure, helping students understand the consequences and where to find help.</p> <p>-Online Safety Assembly (e.g. from Childline, NSPCC or CEOP): Reinforces the importance of making safe choices online and managing digital behaviour.</p> <p>School Counsellor or Mental Health Practitioner Talk: Supports understanding of emotional regulation, healthy relationships, and accessing help.</p> <p>-External Speaker or Charity Assembly (e.g. Brook, Barnardo's): Focus on the impact of unrealistic media portrayals of relationships and the harms of early exposure to inappropriate content like pornography.</p> <p>-Parent or Community Group Involvement: Creating space for discussions around healthy relationship boundaries and support systems in the community.</p>		<p>-Visitor Talk: Guest speakers from different professions challenge stereotypes and inspire students to explore varied career pathways.</p> <p>-School Nurse or Healthcare Professional Visit: Supports understanding of hygiene, vaccinations, medicines, and personal health routines, including self-examinations. Offers a trusted voice to discuss puberty, menstruation, contraception, and hygiene, helping to normalise conversations around growing up.</p> <p>-Assembly on Stereotypes and Equality: Promotes discussion around gender, cultural, and career stereotypes, encouraging students to reflect on personal goals.</p> <p>-Mental Health Assembly or Talk (e.g. Mind, Kooth, YoungMinds): Breaks down stigma and introduces strategies and services for emotional wellbeing.</p>	
Cognitive Links	<p>Maths (Financial Literacy): Understanding budgeting, saving, and managing money practically.</p> <p>Science (Environmental Science): Understanding sustainability and human impact on the environment.</p>	<p>Computing / Digital Literacy: Managing digital identity, online safety, and responsible use of social media.</p> <p>Religious Studies / Ethics: Respecting different cultures, beliefs, and identities in a diverse society.</p>	<p>English (Communication & Critical Thinking): Reflecting on behaviour, discussing relationships, and making decisions.</p> <p>Computing / Digital Literacy: Understanding online behaviour, digital safety, and managing online risks like cybercrime.</p>	<p>English (Communication & Emotional Literacy): Expressing feelings clearly, discussing sensitive topics, and making informed choices about media.</p>	<p>Science (Biology & Health Education): Understanding the body, nutrition, sleep, exercise, and how healthcare (medicines, vaccines) affects health.</p> <p>English (Communication & Critical Thinking): Developing skills to discuss and challenge stereotypes, reflect on personal aspirations, and communicate ideas clearly.</p> <p>Maths (Financial Literacy): Planning and budgeting skills related to personal interests and future careers.</p>	<p>Science (Biology & Health Education): Understanding puberty, menstruation, contraception, STIs, and how the body changes physically and emotionally.</p> <p>Religious Studies / Ethics: Exploring values, respect, and cultural views around relationships, body changes, and responsibilities.</p> <p>PE: Understanding physical changes during puberty and how exercise supports wellbeing.</p>
End Points	<p>Summer 1: Incremental End Points</p> <p>Know and Remember: The basics of budgeting and saving money.</p> <p>What individual rights and responsibilities mean.</p> <p>What sustainability is and</p>	<p>Summer 2: Incremental End Points</p> <p>Know and Remember: How to manage digital identity and stay safe online.</p> <p>The positive ways social media can connect people</p>	<p>PSHE Spring 1: Incremental End Points</p> <p>Know and Remember: The key features of healthy friendships and how friendships can change over time.</p> <p>How behaviour can</p>	<p>PSHE Spring 2: Incremental End Points</p> <p>Know and Remember: Basic ideas about conflict and emotions in relationships.</p> <p>Why pornography can be harmful for young people.</p>	<p>PSHE Autumn 1: Incremental End Points</p> <p>Know and Remember: Know what a balanced diet includes and why nutrition, sleep, and exercise are essential for physical and mental health.</p>	<p>PSHE Autumn 2: Incremental End Points</p> <p>Know and Remember: Know the signs of puberty, key physical changes (including menstruation), and basic hygiene routines.</p> <p>Know what contraception</p>

	<p>why protecting the environment matters. How media can influence people and the importance of thinking critically.</p> <p>Understand: How managing money well helps people meet their needs and goals. Why everyone has rights but also responsibilities to others. How our actions affect the environment and what we can do to help. Why it's important to question and think carefully about what media shows us.</p> <p>Be Able To: Plan a simple budget and identify ways to save money. Explain their own rights and responsibilities in everyday life. Suggest actions to support sustainability. Analyse media messages and talk about how they affect opinions.</p>	<p>and share different views. The diversity found in the UK and why respecting differences is important. The basic idea of democracy and how it works in the UK.</p> <p>Understand: Why setting clear boundaries online helps protect personal safety. How social media can be a tool for good when used responsibly. How diversity enriches communities and why respect matters. How democracy lets people have a say and why it is important.</p> <p>Be Able To: Manage their digital identity and recognise safe online behaviours. Give examples of positive social media use. Respect and celebrate differences in others. Explain how democracy works and why voting is important.</p>	<p>influence others positively or negatively, including online and in risky situations like gangs or cybercrime. What trust means in relationships and why it is important.</p> <p>Understand: How their actions affect friends and peers and how to spot when they or others are being negatively influenced. Why young people might get involved in gangs or serious crime, and how to get help if needed. How trust helps build strong relationships and how to manage conflicts calmly.</p> <p>Be Able To: Identify healthy friendship qualities and explain how friendships can grow or change. Reflect on how their behaviour affects others and make safer choices online and offline. Recognise risky group situations and know who to ask for help.</p>	<p>Understand: How to understand and control emotions in social situations. The difference between healthy relationships and unrealistic or harmful portrayals of relationships.</p> <p>Be Able To: Use strategies to resolve conflicts peacefully. Talk about feelings in relationships and make informed choices about online content.</p>	<p>Know how personal interests can influence career choices and how stereotypes can limit aspirations. Know the importance and safe use of medicines, antibiotics, vaccinations, and sun safety, and understand the purpose of self-examination.</p> <p>Understand: Understand how lifestyle choices (e.g., diet, sleep, screen time) impact physical and emotional wellbeing. Understand how gender, culture, and social influences may shape career aspirations and self-image. Understand how healthcare (including vaccinations and antibiotics) prevents illness and promotes wellbeing.</p> <p>Be Able To: Be able to identify personal interests and match them to possible career pathways. Be able to challenge stereotypes in discussions and reflect on personal goals and aspirations. Be able to plan a healthy daily routine that supports wellbeing, including balanced meals, sleep, and exercise.</p>	<p>is, the basics of STIs, and how to access family planning services. Know what mental health is, how to recognise different feelings, and where to go for help.</p> <p>Understand: Understand the emotional and social aspects of puberty and how they can affect wellbeing. Understand the importance of breaking mental health stigma and applying strategies for emotional self-care. Understand individual rights and responsibilities in society, and how democracy, local government, and the law function. Understand what sustainability is and how individuals can take responsibility for environmental protection.</p> <p>Be Able To: Be able to describe ways to stay safe in the sun, use medication responsibly, and perform basic self-checks. Be able to discuss puberty and menstruation confidently and hygienically. Be able to identify signs of emotional distress and use appropriate strategies or</p>
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						seek support when needed. Be able to explain contraception methods and know how and where to access reliable sexual health services.
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YEAR GROUP: 8	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Topic/Theme	Living in the wider world	Living in the wider world	Relationships	Relationships	Health and Wellbeing	Health and Wellbeing
Knowledge	Students will develop a well-rounded understanding of personal and social responsibility. They will learn essential money management skills such as budgeting and saving, understand their individual rights and responsibilities as active citizens, explore the importance of sustainability and protecting the environment, and build critical thinking skills to analyse media influence. Together, these lessons equip students with the knowledge and tools to make informed decisions, contribute positively to society, and navigate the world responsibly.	Students will gain key knowledge and skills to navigate both digital and social worlds with confidence and responsibility. They will learn how to manage their digital identity, maintain online safety, and set healthy boundaries in online relationships, while also recognising the positive potential of social media to share and engage with diverse perspectives. Additionally, students will develop an appreciation for the diversity within the UK and understand the value of respect for differences. Finally, they will explore the foundations of democracy and how it operates in the UK, empowering them to become informed and active citizens.	These lessons equip students with a deeper understanding of the physical and emotional changes that occur during puberty, including how to manage menstruation and reduce associated stigma. They will also learn about contraception and sexually transmitted infections (STIs), promoting informed and responsible choices. Alongside this, students will critically evaluate how media influences body image, helping them to build self-esteem and develop a healthy, realistic view of themselves during this transitional stage.	Students with essential knowledge to support their physical health and safety. They will learn how to manage their own health through hygiene, dental care, sun safety, and vaccinations, and understand how to prevent infections. Students will also be introduced to basic first aid skills and how to respond in emergency situations. Additionally, they will gain a sensitive understanding of Female Genital Mutilation (FGM), including its risks, legal status, and how to seek support, promoting body autonomy and safeguarding awareness.	Students understand the dynamics of family conflict and recognize when a home environment may be unsafe. They will learn how puberty can affect the needs and relationships between children and adults within families, and explore strategies to prevent and manage conflict. Importantly, students will be equipped with knowledge about where to seek support if they or someone they know is experiencing difficulties at home.	These lessons equip students with vital knowledge to stay safe in relationships by understanding both physical and emotional safety. They explore how drugs and alcohol can affect consent and decision-making, emphasizing the importance of clear, informed choices. Additionally, students learn to recognize the signs of grooming and exploitation, understand the risks of gang involvement, and develop strategies to resist pressure related to weapons and harmful situations.
Big Question	How can I use my knowledge and skills to make responsible choices that benefit myself, my community, and the environment?	How can I confidently and responsibly navigate digital spaces and society to respect diversity and participate actively in democracy?	How can I understand and navigate the physical and emotional changes of puberty while making informed choices and maintaining a positive self-image?	How can I take care of my physical health and safety while understanding important issues like FGM and knowing how to respond in emergencies?	How can understanding family changes and conflicts help me maintain healthy relationships and find support when needed?	How can understanding risks and safety in relationships empower me to make informed choices and protect myself from harm?
Academic Reading	The best investment tip of all? Start when you're young	Children to be taught how to spot extremist content and fake news	Heavy periods affect school attendance and exam scores	Call for greater protection for girls as FGM cases rise by 15%	Action for Children - latest news, breaking stories and	Schools in England and Wales urged to teach relationship violence

		online Education The Guardian	study in England finds Menstruation The Guardian	in England Female genital mutilation (FGM) The Guardian	comment - The Independent	prevention Relationships and sex education The Guardian
Cultural Capital	Explore environmental centres, botanical gardens, or science museums focusing on sustainability. Visit government buildings or parliaments (e.g., Houses of Parliament tours) to understand democratic processes.	Healthcare professional or sexual health educator to discuss puberty, menstruation management, contraception, and STI prevention. Mental health expert or youth counselor to address emotional changes and building positive body image.	Young people with lived experience (through trusted programs) to share stories of overcoming family conflict and finding support. Engage students in role-play or scenario workshops to practice resisting peer pressure and staying safe.			
Cognitive Links	Geography / Science: Sustainability and environmental responsibility relate to geography topics like climate change, ecosystems, and human impact on the environment; science lessons on conservation and renewable energy also connect here. Religious Studies: Discussions on social responsibility and respect for rights can link to ethical debates and religious teachings about community and morality. Computing / ICT: Managing digital identity, online safety, and setting boundaries connect with computing lessons on cyber security, digital footprints, and data privacy.	Science: Direct links to human biology topics covering reproduction, anatomy, puberty, contraception, and the immune system (STIs). PE: Supports understanding of physical wellbeing, emotional health, and healthy lifestyle choices. Psychology: Exploring emotional changes and self-esteem ties to psychological theories of development, identity formation, and social influence.	Psychology: Understanding family dynamics, conflict resolution, and emotional development aligns with psychological theories about relationships, communication, and adolescent development. English / Drama: Exploring family conflict and expressing emotions can link to narrative skills, creative writing, and role-play/drama activities that build empathy and communication. Religious Studies: Explores diverse family structures and cultural attitudes towards family life and conflict resolution.			
End Points	PSHE: Autumn 1: Incremental End Points Know and Remember: Know the basics of budgeting, saving, and managing money effectively. Know individual rights and responsibilities as active members of society. Know key principles of sustainability and why protecting the environment matters. Know how to critically analyse media messages and recognise bias or influence. Understand: Understand how personal financial decisions affect wellbeing and future opportunities. Understand the role of citizens in contributing to a fair and sustainable society. Understand the impact of media on opinions, choices, and behaviour. Understand the importance of making informed, responsible decisions in everyday life. Be Able To:	PSHE: Spring 1: Incremental End Points Know and Remember: Know the physical and emotional changes that happen during puberty. Know how to manage menstruation and understand ways to reduce stigma. Know basic facts about contraception and sexually transmitted infections (STIs). Know how media can influence body image and perceptions of self. Understand: Understand how puberty affects their body and emotions, and why it's a natural process. Understand the importance of making informed and responsible choices about sexual health. Understand the impact of media messages on self-esteem and body confidence. Understand how to build and maintain a healthy, realistic view of their own body. Be Able To:	PSHE: Summer 1: Incremental End Points Know and Remember: Know what constitutes a healthy and unhealthy family relationship. Know how puberty can affect emotions and relationships within families. Know common causes of family conflict and signs of an unsafe home environment. Know where and how to seek help if experiencing or witnessing family difficulties. Understand: Understand how changing needs during puberty may lead to misunderstandings or conflict at home. Understand that conflict can be managed through communication, empathy, and seeking help. Understand the importance of personal safety and emotional wellbeing in the home. Understand that support networks exist both in and outside school, and how to access them. Be Able To:			

	<p>Be able to create and manage a simple budget for personal finances.</p> <p>Be able to recognise and uphold their rights and responsibilities in different social contexts.</p> <p>Be able to evaluate media sources critically and identify misinformation or bias.</p> <p>Be able to take practical actions that support sustainability and environmental protection.</p> <p>PSHE: Autumn 2: Incremental End Points Know and Remember: Know how to manage a digital identity safely and set boundaries online. Know the benefits and risks associated with social media use. Know key facts about diversity in the UK and why respect for differences is important. Know the basic principles of democracy and how the UK political system works.</p> <p>Understand: Understand the importance of online safety and how to protect personal information. Understand how social media can be a positive tool for sharing views and learning from others. Understand how diversity enriches communities and why inclusion matters. Understand the value of democratic participation and active citizenship.</p> <p>Be Able To: Be able to apply strategies for safe and responsible use of digital platforms. Be able to engage respectfully and thoughtfully with diverse perspectives online and offline. Be able to recognise discrimination and promote inclusivity in their school and community. Be able to explain how democracy functions and participate in civic activities.</p>	<p>Be able to manage menstrual hygiene confidently and seek help if needed.</p> <p>Be able to make informed decisions about contraception and sexual health.</p> <p>Be able to critically evaluate media images and messages related to body image.</p> <p>Be able to develop self-esteem and challenge negative stereotypes about appearance.</p> <p>PSHE: Spring 2: Incremental End Points Know and Remember: Know how to maintain good hygiene, dental care, sun safety, and vaccinations. Know how infections can be prevented through good personal care. Know basic first aid techniques and how to respond in emergencies. Know what Female Genital Mutilation (FGM) is, including its risks and legal status.</p> <p>Understand: Understand why personal hygiene and health routines are important for wellbeing. Understand how to recognise and respond to common health issues and emergencies. Understand the importance of safeguarding and body autonomy related to FGM. Understand how to seek support and help if they or someone they know is at risk.</p> <p>Be Able To: Be able to maintain daily hygiene and health routines to prevent illness. Be able to perform basic first aid and know when to get adult help. Be able to recognise signs of FGM risk and know how to access support. Be able to advocate for their own health and safety and respect others' autonomy.</p>	<p>Be able to identify signs of family conflict or unsafe situations.</p> <p>Be able to use conflict resolution strategies like active listening or seeking mediation.</p> <p>Be able to discuss difficult family situations appropriately and seek trusted adult support.</p> <p>Be able to empathise with others who may be experiencing family difficulties.</p> <p>PSHE: Summer 2: Incremental End Points Know and Remember: Know what constitutes physical and emotional safety in relationships. Know how drugs and alcohol impair judgment and affect consent. Know the signs of grooming, exploitation, and gang-related pressure. Know the risks associated with carrying weapons and how to seek help.</p> <p>Understand: Understand how consent must be freely given, informed, and reversible. Understand the link between substance use and risky or exploitative situations. Understand the tactics used in grooming and gang recruitment. Understand how to manage peer pressure and recognise coercion.</p> <p>Be Able To: Be able to identify unsafe or exploitative relationship dynamics. Be able to respond assertively and safely in situations involving drugs, alcohol, or coercion. Be able to seek appropriate support if themselves or someone else is at risk of exploitation or harm. Be able to access community and school-based resources for safety and support.</p>
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YEAR GROUP: 9	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Topic/Theme	Living in the wider world	Living in the wider world	Relationships	Relationships	Health and Wellbeing	Health and Wellbeing
Knowledge	These lessons provide students with a strong foundation for planning their future careers by helping them identify their interests and skills and how these link to potential career pathways. Students will explore the key qualities and competencies that employers value, and understand the variety of employment types available. They will also develop emotional literacy to manage the pressures and uncertainties around future employment. Additionally, students will build essential financial literacy skills, including how to manage debt, understand credit, and avoid financial scams, while gaining awareness of their consumer rights. Finally, they will learn about the UK legal system and their rights as young citizens, fostering a sense of justice, accountability, and active participation in society.	These lessons equip students with a clear understanding of their rights and responsibilities in both the workplace and wider society. They will learn about basic employment rights and the importance of respecting the rights of others in a democratic society. Through critical analysis of media representation, students will explore how individuals and groups can be portrayed and manipulated, developing media literacy and awareness. They will also examine the impact of their digital footprint, understanding how their online actions can influence future opportunities such as employment or education. Finally, students will be empowered to recognise the role they can play in shaping society by learning how citizens can actively influence change through lawful and democratic means.	students will gain a comprehensive understanding of how relationships evolve from childhood to adulthood, including the influence of peer groups and the importance of maintaining respectful and supportive friendships and romantic relationships. They will learn to recognise the signs of domestic conflict and unsafe home environments, and understand how to seek support. The lessons also explore healthy intimacy, including readiness, boundaries, and mutual respect, while reinforcing the principles of consent. In addition, students will be introduced to key aspects of sexual health, such as contraception choices, STI prevention, and safe sex practices. Finally, they will develop the confidence to challenge harmful attitudes like victim blaming, particularly in the context of sexual assault and online abuse.	These lessons equip students with vital knowledge to critically examine the influence of rape culture and the harmful impact of pornography on attitudes and behaviours, particularly within school settings. Students will learn to recognise various forms of abuse, including coercive control, and understand how to seek support. They will explore how peer pressure can influence decision-making and be empowered to make independent, informed choices under pressure. The lessons also develop students' ability to identify grooming and exploitation tactics, promoting vigilance and safety. Additionally, they will understand the link between substance use and risky sexual behaviours, fostering safer, more responsible choices in real-life situations.	These lessons help students develop a strong foundation in emotional intelligence, including self-esteem, assertiveness, and the ability to make informed, responsible decisions. They will explore how risk-taking behaviours, such as gambling, can impact wellbeing, and learn to navigate the physical and emotional changes of puberty, including different forms of intimacy. Students will critically examine societal pressures around body image to build a healthier sense of self-worth. Additionally, they will learn how to recognise signs of self-harm and understand the importance of seeking support. Finally, students will explore how industries and advertising influence health-related behaviours, helping them become more aware, resilient, and mindful in their choices.	These lessons provide students with essential knowledge to support both their mental and physical wellbeing. They will explore the risks and motivations behind cosmetic and aesthetic procedures, such as tattooing, piercing, and sunbed use, while deepening their understanding of personal health responsibilities through cancer prevention, screening, and self-examination. Students will learn how informed lifestyle choices – including sleep, diet, and exercise – contribute to long-term wellbeing, and how donating blood, organs, and stem cells can benefit individuals and society. In the context of sexual health, students will gain insight into fertility, including options for those who struggle to conceive, understand common STIs and their treatments, and explore the facts and choices surrounding pregnancy.
Big Question	How can understanding my skills, rights, and responsibilities help me make informed choices about my	How can knowing my rights, responsibilities, and online impact help me become a responsible, informed, and	How can understanding respectful relationships, consent, and sexual health help me build safe,	How can recognising harmful influences and abusive behaviours help me make safer, more	How can understanding myself and recognising external pressures help me make healthy, confident,	How can I take responsibility for my health and wellbeing to make informed decisions that

	future career, finances, and role in society?	active member of society?	supportive connections and challenge harmful attitudes in society?	informed choices in relationships and protect myself and others?	and informed choices in life?	benefit both myself and the wider community?
Academic Reading	What Generation Alpha wants to learn about money	The Guardian Foundation call on the government to embed news and media literacy into the curriculum	Schools in England and Wales urged to teach relationship violence prevention Relationships and sex education The Guardian	Everyone's Invited: The website revealing UK schools' 'rape culture' UK News	NHS figures show 'shocking' rise in self-harm among young Health The Guardian	Healthier lifestyles 'could cut cancer cases by a third' - BBC News
Cultural Capital	Local court or civic centre visit: To see democracy in action and learn about the legal system, rights, and responsibilities. Museum of London or British Museum: Exhibits on British social history, democracy, and citizenship.	Healthy Relationships and Consent Assembly: Delivered by external experts such as local sexual health clinics, domestic abuse charities, or youth support services. Focus on respectful relationships, consent, and healthy intimacy. Online Safety and Abuse Awareness: Invite organisations like Childline or NSPCC to talk about grooming, exploitation, online abuse, and how to seek help.	Emotional Wellbeing & Resilience Assembly: Delivered by mental health charities (e.g., Mind, YoungMinds) focusing on self-esteem, managing emotions, and recognizing self-harm signs. Risk & Responsible Choices Assembly: discussing risk behaviors and decision-making.			
Cognitive Links	Maths: Budgeting, managing finances, understanding credit and debt connect to numeracy and real-life math skills. Basic economic principles related to employment, consumer rights, and financial scams. Computing / ICT: Exploring digital footprint, online safety, and the impact of social media on reputation and career prospects. Understanding cyber security and responsible use of technology.	History: Examining historical changes in societal attitudes towards relationships, gender equality, and sexual rights. Studying laws and social movements addressing domestic violence and sexual abuse.	Science: Understanding puberty, reproductive health, fertility, STIs, cancer biology, and human anatomy. Exploring the biological effects of lifestyle choices on health. PE: Linking physical activity with mental health and physical wellbeing. Understanding how exercise contributes to self-esteem and overall health.			
End Points	PSHE: Autumn: Incremental End Points Know and Remember: Know how personal interests and skills link to potential career pathways. Know key qualities and competencies that employers value across different types of employment. Know the basic principles of financial literacy, including debt management, credit, and how to recognise financial scams. Know fundamental rights within the UK legal system and understand young citizens' rights and responsibilities. Know the importance of respecting rights of others in democratic society and the role of media in shaping perceptions. Understand: Understand how emotional literacy supports managing	PSHE: Spring: Incremental End Points Know and Remember: Know how friendships and romantic relationships evolve from childhood through adulthood, including the influence of peer groups. Know the signs of domestic conflict and unsafe home environments, and where to seek support. Know the principles of healthy intimacy, including readiness, boundaries, mutual respect, and consent. Know key facts about contraception, STI prevention, and safe sex practices. Know the impact of rape culture and pornography on attitudes and behaviours. Know different forms of abuse, including coercive control, grooming, and exploitation tactics.	PSHE: Summer: Incremental End Points Know and Remember: Know key aspects of emotional intelligence including self-esteem, assertiveness, and making responsible decisions. Know how risk-taking behaviours like gambling can affect mental and physical wellbeing. Know the physical and emotional changes during puberty and the different forms of intimacy. Know societal pressures around body image and how these impact self-worth. Know signs of self-harm and the importance of seeking help. Know how industries and advertising can influence health-related behaviours and choices.			

	<p>pressures and uncertainties related to future employment. Understand how financial decisions impact personal wellbeing and how to protect oneself from consumer fraud. Understand how media representations can influence opinions and how to critically evaluate them. Understand the long-term impact of digital footprints on education, employment, and reputation. Understand how individuals can participate in lawful democratic processes to influence societal change.</p> <p>Be Able To: Be able to identify personal skills and interests and connect these to possible career options. Be able to recognise and articulate the qualities employers seek in employees. Be able to apply financial literacy skills to manage money responsibly and avoid scams. Be able to explain key employment rights and responsibilities and demonstrate respect for others' rights. Be able to critically analyse media messages and evaluate their influence. Be able to manage their digital footprint responsibly to protect future opportunities. Be able to describe ways citizens can influence change through democratic means and engage actively in their communities.</p>	<p>Know the risks linked to substance use and risky sexual behaviour.</p> <p>Understand: Understand the importance of respectful, supportive friendships and romantic relationships for emotional wellbeing. Understand how peer pressure and societal attitudes influence decision-making in relationships and sexual health. Understand how victim blaming and harmful stereotypes impact survivors of sexual assault and abuse, especially online. Understand how to recognise abusive behaviours and coercive control, and why seeking help is important. Understand the connection between substance use and increased vulnerability to risky sexual behaviour. Understand the importance of making informed, independent choices even under pressure.</p> <p>Be Able To: Be able to describe how relationships change and the role of respect and support in healthy connections. Be able to identify signs of domestic conflict and unsafe environments and know how to access support services. Be able to explain the importance of consent and boundaries in all intimate relationships. Be able to discuss contraception options, STI prevention, and safe sex confidently and accurately. Be able to challenge harmful attitudes such as victim blaming and misinformation about sexual assault. Be able to recognise grooming, exploitation tactics, and signs of abuse, and know how to seek help. Be able to make responsible decisions around peer pressure, substance use, and sexual health to keep themselves and others safe.</p>	<p>Know the risks and motivations behind cosmetic and aesthetic procedures such as tattooing, piercing, and sunbed use. Know the basics of cancer prevention, screening, and self-examination. Know how lifestyle choices including sleep, diet, and exercise contribute to long-term health. Know the benefits of donating blood, organs, and stem cells to individuals and society. Know fundamental facts about fertility, common STIs, their treatments, and pregnancy choices.</p> <p>Understand: Understand how emotional intelligence supports healthy relationships and decision-making. Understand how risk-taking impacts wellbeing and how to manage these behaviours safely. Understand the importance of respecting bodily changes and developing healthy attitudes toward intimacy. Understand how societal and media influences affect body image and self-esteem. Understand the importance of support systems for mental health and self-harm prevention. Understand how personal choices in lifestyle and health behaviours influence physical and mental wellbeing. Understand how cosmetic and aesthetic choices carry health risks and legal considerations. Understand the significance of cancer prevention and early detection. Understand how fertility issues can affect individuals and the options available. Understand sexual health, including STI prevention and pregnancy-related decisions.</p> <p>Be Able To: Be able to identify and develop emotional intelligence skills like assertiveness and self-esteem. Be able to recognise risk-taking behaviours and make safer choices. Be able to describe the physical and emotional changes during puberty and navigate related challenges. Be able to challenge negative body image pressures and</p>
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			<p>build a positive sense of self-worth.</p> <p>Be able to recognise signs of self-harm in themselves or others and know how to seek support.</p> <p>Be able to critically evaluate how advertising and industries influence health behaviours.</p> <p>Be able to make informed decisions regarding cosmetic/aesthetic procedures.</p> <p>Be able to plan and maintain healthy lifestyle habits for physical wellbeing.</p> <p>Be able to explain the benefits of blood, organ, and stem cell donation.</p> <p>Be able to discuss fertility, sexual health, and pregnancy options with confidence and accuracy.</p>
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YEAR GROUP: 10	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Topic/Theme	Living in the wider world	Living in the wider world	Relationships	Relationships	Health and Wellbeing	Health and Wellbeing
Knowledge	<p>These lessons equip students with vital financial skills and knowledge for independent adulthood. They will learn how to budget effectively, manage money responsibly, and plan for their financial future. Students will understand consumer rights, long-term commitments like rent and contracts, and the impact of credit scores, loans, and debt, including the risks of mismanaging debt. Additionally, they will gain awareness of how taxes and national insurance support society and develop the ability to recognise and protect themselves from financial exploitation.</p>	<p>Help students develop a deeper understanding of their role as global citizens and the ethical responsibilities that come with it. They will learn to balance freedom of speech with respectful communication and build critical thinking skills to identify and challenge bias and misinformation in the media. Students will explore how media can be manipulated to spread hate and extremism, fostering awareness of global challenges. Additionally, they will gain practical knowledge about accessing adult health services, including registering with the NHS, and develop an understanding of housing,</p>	<p>These lessons provide students with a comprehensive understanding of diverse faith and cultural beliefs regarding relationships and sexual activity, fostering respect for different values. They develop the ability to recognise signs of domestic abuse and understand the importance of seeking help, including managing grief from relationship changes like separation or bereavement. Students will learn about legal protections against abuse, including coercive control, online harassment, 'honour'-based violence, and forced marriage, as well as how to access support services. They will gain knowledge</p>	<p>These lessons equip students with advanced knowledge of sexual health responsibilities in adulthood, including how to access contraception and confidential NHS services, and the importance of STI prevention, testing, and open partner communication. They critically examine the influence of pornography on beliefs, behaviours, and intimacy, fostering digital literacy and ethical awareness of its impact on consent. Students explore how drugs and alcohol can affect decision-making and increase vulnerability in relationships. Finally, they develop an understanding of gender and power dynamics within relationships to promote healthier, more</p>	<p>These lessons provide students with a comprehensive understanding of mental health, including common issues, warning signs, triggers, and treatment options. They develop critical thinking skills to analyze how media portrays femininity and masculinity and learn to apply assertiveness and resilience in workplace settings. Students also gain knowledge in mental health first aid to support themselves and others. The curriculum promotes awareness of healthy versus harmful coping strategies and concludes with essential information on various contraception</p>	<p>These lessons equip students with vital knowledge about sexual health, including contraception choices, options for unplanned pregnancy, and challenges related to fertility. They build awareness of various types of cancer, the importance of early detection, and available screening methods, alongside understanding cancer prevention strategies. Students also explore the risks linked to gambling and the health impacts of tattoos, aesthetics, and sunbed use. Finally, the lessons critically examine how industries and advertising influence mental health and promote harmful behaviours, fostering greater</p>

		managing bills, and the responsibilities involved in independent living.	about safer sex practices, contraception options, and how to negotiate their use, alongside understanding the physical and emotional impacts of unintended pregnancy. Finally, students explore legal choices and emotional support available in cases of unplanned pregnancy.	respectful interactions.	methods, empowering students to make informed choices about their sexual health.	awareness and resilience in students.
Big Question	How can understanding media influence and developing resilience improve mental health and wellbeing in everyday life?	How do lifestyle choices, health awareness, and understanding risks impact our physical and mental wellbeing throughout life?	How do faith, culture, law, and personal rights intersect to shape safe, respectful, and informed relationships in modern society?	How do media, power dynamics, and personal responsibility influence healthy sexual relationships and informed choices in adulthood?	How do societal influences, digital media, and personal coping strategies intersect to shape mental health and well-being in young people?	How can we make informed and responsible decisions to protect and promote our physical and mental health in a complex world influenced by biological, social, and commercial factors?
Academic Reading	Gender stereotypes in childhood: what's the harm? - Education and Social Work Birmingham City University	Your views on the impact of lifestyle choices on health - BBC News	Domestic violence The Guardian	School pupils to be taught about relationships - BBC News	Teenagers who report addictive use of screens at greater risk of suicidal behaviour, study shows Children's health The Guardian	Cancers getting diagnosed at earlier stages - BBC News
Cultural Capital	Maths (budgets, percentages, interest rates), Business Studies, Economics		Assembly on media influence, pornography, and gender roles with media literacy experts or NGOs		Talk from NHS sexual health professionals about contraception, fertility, and cancer screening	
Cognitive Links	Mental health awareness assembly with testimonies from mental health professionals or advocates		RS: Understanding cultural diversity and legal frameworks; ethical reasoning; civic responsibility; analysing historical and contemporary societal issues		Psychology, Science, English: Scientific understanding of mental health conditions; psychological theories of resilience; analysis of media representations and language	
End Points	PSHE:Autumn: Incremental End Points Know and Remember: Know how to budget money effectively and manage finances independently in adulthood. Know consumer rights, the basics of credit, rent agreements, and long-term financial commitments such as contracts. Know how tax and National Insurance contributions fund public services and society.		PSHE: Spring: Incremental End Points Know and Remember: Know a variety of faith and cultural beliefs related to relationships and sexual activity, and the importance of respecting these in relationship values. Know the signs of domestic abuse, sources of help, and how to access support in different abuse situations, including the emotional impact of separation, divorce, and		PSHE: Summer: Incremental End Points Know and Remember: Know how media portrays femininity and masculinity and the potential impact on mental health and self-image. Know the importance of critical thinking skills when engaging with media content. Know common mental health issues, their warning signs, triggers, and basic treatment approaches.	

	<p>Know how credit scores work, the risks of loans and debt, and the consequences of poor financial management. Know about financial exploitation and how vulnerable individuals may be taken advantage of. Know key global issues and ethical responsibilities as global citizens. Know the principles of media literacy, freedom of speech, and respectful communication. Know how critical thinking helps identify and challenge bias and misinformation in the media. Know how some groups misuse media to spread hate, extremism, and misinformation. Know how to register with and use adult health services, including accessing GPs and the NHS. Know the basics of housing options, renting, paying bills, and responsibilities in shared living arrangements.</p> <p>Understand: Understand the importance of personal financial planning and budgeting for a stable independent life. Understand consumer rights and how to avoid common financial pitfalls in contracts and credit agreements. Understand how taxes contribute to societal infrastructure and public welfare. Understand the implications of debt and how to avoid financial exploitation. Understand the responsibilities of being a global citizen and how personal actions impact wider communities. Understand how freedom of speech interacts with respect and the limits of acceptable discourse. Understand how media can shape opinions and how critical thinking reduces the influence of bias and false information. Understand the role media plays in both positive communication and the spread of harmful ideologies. Understand how to navigate adult health systems to maintain physical and mental wellbeing. Understand the practical and financial responsibilities involved in independent living and housing.</p> <p>Be Able To: Be able to create and manage a personal budget effectively for different financial scenarios.</p>	<p>bereavement. Know the legal framework around abuse in relationships, including coercive control, online harassment, and 'honour'-based violence, and the consequences of forced marriage. Know safer sex practices, contraceptive options including emergency contraception, and how to negotiate contraception use with a partner. Know legal options, common myths, and emotional support related to unplanned pregnancy. Know sexual health responsibilities in adulthood, how to access contraception and confidential NHS sexual health services. Know risks associated with STIs, prevention strategies, testing procedures, and how to communicate with partners about sexual health. Know how pornography can influence beliefs and behaviours about intimacy, and understand digital ethics and its impact on consent. Know the effects of drugs and alcohol on decision-making and vulnerability in relationships. Know gender roles, power dynamics, and their influence on relationships.</p> <p>Understand: Understand how faith and culture shape personal and societal views on relationships and sexual activity. Understand the importance of recognising abuse, seeking support, and the legal protections available. Understand the complex emotional and societal consequences of 'honour'-based violence and forced marriage. Understand how informed contraception use supports sexual health and autonomy. Understand emotional responses and support systems related to unintended pregnancy. Understand adult sexual health responsibilities and the importance of confidential health services. Understand how sexual health risks can be managed through prevention and open communication. Understand how pornography affects sexual attitudes and the importance of ethical media consumption.</p>	<p>Know assertiveness and resilience skills useful in workplace and everyday situations. Know basic mental health first aid techniques to support yourself and others. Know a variety of positive and harmful coping strategies and their effects on wellbeing. Know different contraception methods and how they work to prevent pregnancy. Know the options and support available for unplanned pregnancies. Know common pregnancy challenges including fertility issues and options available. Know different types of cancer, signs to watch for, and the importance of early detection. Know the risks associated with gambling and how to seek help. Know cancer prevention methods, screening programmes, and facts about vaccinations. Know the health effects of tattoos, aesthetics, and sunbed use. Know how industries and advertising can influence health behaviours and mental wellbeing.</p> <p>Understand: Understand how media representation of gender roles can affect mental health and social expectations. Understand how to apply critical thinking to evaluate media messages and identify bias or misinformation. Understand the importance of assertiveness and resilience in managing stress and mental health challenges. Understand mental health conditions and the value of early recognition and intervention. Understand the role of mental health first aid in promoting wellbeing and supporting others. Understand how coping strategies can be either beneficial or harmful to mental health. Understand the need for informed choices around contraception and sexual health. Understand emotional and practical considerations around unplanned pregnancy and fertility issues. Understand cancer prevention, early detection, and the societal role of screening programmes.</p>
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	<p>Be able to identify consumer rights and make informed decisions about renting, contracts, and credit use.</p> <p>Be able to explain the purpose of tax and National Insurance contributions.</p> <p>Be able to recognise signs of financial exploitation and take steps to protect themselves and others.</p> <p>Be able to critically reflect on global issues and act responsibly as ethical global citizens.</p> <p>Be able to engage in respectful discussions balancing freedom of expression with consideration for others.</p> <p>Be able to apply critical thinking skills to evaluate media sources and identify bias or misinformation.</p> <p>Be able to recognise and respond to harmful media content such as hate speech and extremist messaging.</p> <p>Be able to register with and use NHS and other adult health services confidently.</p> <p>Be able to manage housing responsibilities, including budgeting for rent and bills, and understanding shared living dynamics.</p>	<p>Understand the impact of substance use on consent and relationship safety.</p> <p>Understand how power imbalances can affect relationship health and wellbeing.</p> <p>Be Able To:</p> <p>Be able to respect and discuss a range of cultural and faith perspectives on relationships and sexual activity.</p> <p>Be able to identify signs of domestic abuse, access support, and manage emotional challenges related to relationship breakdowns.</p> <p>Be able to recognise abusive behaviours legally and practically, and understand strategies for safety.</p> <p>Be able to access contraception services confidently and negotiate safer sex practices with partners.</p> <p>Be able to discuss options and access support for unplanned pregnancy.</p> <p>Be able to manage personal sexual health, including use of NHS services and STI prevention.</p> <p>Be able to critically evaluate pornography's influence and practise responsible digital consumption.</p> <p>Be able to understand and explain how drugs and alcohol affect consent and vulnerability.</p> <p>Be able to recognise power dynamics and work towards equitable, respectful relationships.</p>	<p>Understand how gambling poses risks to health and wellbeing and strategies to manage or avoid harm.</p> <p>Understand the influence of commercial advertising on personal health decisions and behaviour.</p> <p>Be Able To:</p> <p>Be able to critically analyse media portrayals of gender and discuss their impact on mental health.</p> <p>Be able to apply critical thinking skills to question and assess media content effectively.</p> <p>Be able to demonstrate assertiveness and resilience in challenging situations, including at work.</p> <p>Be able to recognise common mental health warning signs in self and others and know when to seek help.</p> <p>Be able to provide basic mental health first aid to support peers or family members.</p> <p>Be able to identify and practise healthy coping strategies while avoiding harmful ones.</p> <p>Be able to describe different contraception methods and explain how to access them safely.</p> <p>Be able to discuss options and sources of support for unplanned pregnancy or fertility challenges.</p> <p>Be able to identify early warning signs of cancer and explain the importance of screening.</p> <p>Be able to evaluate the risks of gambling and know where to get support if needed.</p> <p>Be able to critically reflect on how advertising influences personal health decisions and wellbeing.</p>
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YEAR GROUP: 11	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Topic/Theme	Living in the wider world	Living in the wider world	Relationships	Relationships	Health and Wellbeing	Health and Wellbeing
Knowledge	Students will develop a clear understanding of post-16 education, training, and employment pathways, fostering a commitment to lifelong learning and personal development. They will critically evaluate their digital presence and its impact on future career opportunities. The lessons encourage reflection on personal legacy and social contribution as students prepare to leave school. Additionally, students will gain in-depth knowledge of complex safeguarding issues, relevant laws, and their rights and responsibilities. They will deepen their		Students will develop a comprehensive understanding of committed relationships and long-term partnerships, including the emotional needs and life goals that contribute to balanced, healthy intimacy. They will explore the ongoing importance of consent within adult relationships and gain knowledge of relevant legal frameworks, including protections against domestic abuse. The lessons will equip students with skills to manage emotional challenges from breakups, recognise		Students will gain essential skills to cope with exam stress through practical and emotional strategies, while also learning how to maintain mental health and build resilience. They will evaluate how lifestyle choices impact long-term wellbeing, with a focus on the critical role of sleep and recovery, especially after exams. The lessons provide knowledge about cancer awareness, the importance of health screening, and the ethical considerations surrounding organ donation. Students will reinforce their understanding	

	understanding of consent, coercive control, grooming, and adult safeguarding mechanisms. Finally, students will explore civic responsibility, the risks of radicalisation, and learn how to actively promote safety and cohesion within their communities.	and set personal boundaries, and handle relationship pressures. Additionally, students will learn how emotional and financial readiness link to intimacy, and how to set healthy relationship goals supported by effective communication and conflict resolution skills.	of the risks of alcohol and drug use alongside available support services. They will consolidate knowledge of contraception, consent, and safe sex practices, including managing situations when things go wrong, such as STIs or pregnancy. The lessons also focus on building positive self-image and confidence amidst social pressures, reviewing vital first aid skills, and understanding health and wellbeing support pathways for adulthood.
Big Question	How can I responsibly navigate my education, digital presence, and civic duties to build a positive future and contribute safely and meaningfully to society?	How can understanding commitment, consent, and communication help me build healthy, respectful, and supportive relationships throughout my life?	How can developing emotional resilience, making healthy lifestyle choices, and knowing where to seek help support my overall wellbeing during and after school?
Academic Reading	Snooping on students' digital footprints won't improve their experiences Simon Renton The Guardian	7 signs to look for in a healthy relationship - BBC Bitesize	Academic and exam stress : Mentally Healthy Schools
Cultural Capital	A careers and post-16 pathways assembly featuring local professionals, college reps, and apprenticeship providers to showcase education, training, and employment options. Visit a local college, university open day, or career fair to explore post-16 education and training pathways firsthand.	Organise a visit to a court or legal centre where students can learn about the law regarding consent and domestic abuse.	Run a sexual health awareness assembly, possibly with a local sexual health clinic, to reinforce consent and contraception knowledge.
Cognitive Links	Computing: Digital literacy lessons overlap with managing digital presence, online safety, and cyber security awareness. English / Media Studies: Analysing media portrayals of radicalisation, safeguarding issues, and social responsibility. Developing communication skills for future careers and civic engagement.	Religious Studies / Ethics: Explore beliefs about commitment, marriage, and partnership in different cultures and religions. Discuss ethical considerations around consent, abuse, and respect.	Science: Understanding the human body's response to stress, sleep cycles, reproductive health, STIs, and cancer biology. Exploring medical ethics and the biology behind organ donation and treatments. Religious Studies: Discussing the moral and ethical implications of organ donation, abortion, and substance use. Debating consent and rights within relationships from a values perspective.
End Points	<p>PSHE: Autumn: Incremental End Points</p> <p>Know and Remember:</p> <p>Know the different education, training, and employment pathways available after school.</p> <p>Know the importance of lifelong learning and personal development for career progression.</p> <p>Know how online presence and digital footprints can affect employability and reputation.</p> <p>Know key safeguarding laws, policies, and mechanisms, including complex issues such as grooming and coercive control.</p> <p>Know the rights and responsibilities of citizens in preventing radicalisation and promoting community safety.</p> <p>Understand:</p> <p>Understand how planning post-16 options links to personal</p>	<p>PSHE: Spring: Incremental End Points</p> <p>Know and Remember:</p> <p>Know the meaning of commitment and the characteristics of long-term partnerships.</p> <p>Know the emotional needs that contribute to healthy intimacy and balanced relationships.</p> <p>Know legal frameworks related to consent, including age of consent and disclosure laws.</p> <p>Know the legal protections available against domestic abuse.</p> <p>Know strategies for managing the emotional impact of breakups and ending relationships.</p> <p>Know how to recognise pressure in relationships and the importance of setting personal boundaries.</p> <p>Know how emotional and financial readiness relates to intimate relationships.</p>	<p>PSHE: Summer: Incremental End Points</p> <p>Know and Remember:</p> <p>Know practical and emotional strategies to manage exam stress effectively.</p> <p>Know the importance of mental health maintenance and resilience building.</p> <p>Know how lifestyle choices, such as diet, exercise, and sleep, impact long-term wellbeing.</p> <p>Know the key facts about cancer screening and early diagnosis benefits.</p> <p>Know the basic ethical considerations surrounding organ donation.</p> <p>Know the risks of alcohol and drug use and available support services.</p> <p>Know the importance of consent in sexual health and how to prevent STIs and unintended pregnancy.</p>

	<p>goals and societal contribution. Understand how to maintain a positive digital presence and its impact on future opportunities. Understand the legal frameworks protecting individuals from exploitation and abuse in adulthood. Understand the importance of recognising grooming and coercive control, and how to seek support. Understand civic responsibility, the causes and consequences of radicalisation, and ways to promote safety and inclusion.</p> <p>Be Able To: Be able to research and evaluate different post-16 education, training, and career pathways. Be able to reflect on personal strengths and areas for development to support lifelong learning. Be able to manage and improve their digital footprint to enhance employability. Be able to identify signs of exploitation and coercive control and know how to access safeguarding support. Be able to participate in discussions about civic responsibility and demonstrate understanding of how to promote community safety and challenge radicalisation.</p>	<p>Know effective communication skills to build and maintain healthy relationships.</p> <p>Understand: Understand how relationships evolve from commitment through different stages of life. Understand the ongoing nature of consent in adult relationships and its legal implications. Understand the impact of domestic abuse and the importance of seeking help. Understand the process of emotional healing and conflict resolution in adult relationships. Understand how relationship pressures can affect decision-making and how to assert boundaries. Understand the link between personal readiness and the decision to engage in intimacy. Understand how setting goals and communicating effectively supports healthy, respectful relationships.</p> <p>Be Able To: Be able to discuss and reflect on the meaning of commitment and qualities of long-term partnerships. Be able to identify and express emotional needs within relationships and plan for balanced intimacy. Be able to apply knowledge of consent laws in discussions about healthy adult relationships. Be able to recognise signs of domestic abuse and know how to access support services. Be able to manage emotional responses to breakups and use communication skills to resolve conflicts. Be able to recognise and resist unhealthy pressure in relationships and practice boundary-setting. Be able to assess personal emotional and financial readiness for intimate relationships. Be able to set personal goals for future relationships and communicate needs clearly and respectfully.</p>	<p>Know essential first aid skills and when to seek help for health concerns after 16 years. Know the effects of social pressures on self-image and ways to build confidence.</p> <p>Understand: Understand how effective stress management techniques support mental and emotional health during exams. Understand the relationship between resilience and mental health maintenance. Understand how healthy lifestyle choices contribute to both physical and emotional wellbeing. Understand the role of health screening programs in preventing disease progression. Understand the ethical and medical implications involved in organ donation decisions. Understand the consequences of substance misuse on health and wellbeing. Understand the principles of consent and safe sexual practices to reduce health risks. Understand how to respond appropriately in emergencies using first aid skills. Understand pathways for seeking appropriate health and wellbeing support in adulthood. Understand the influence of media and peers on self-esteem and strategies to foster positive self-image.</p> <p>Be Able To: Be able to apply practical and emotional strategies to manage exam-related stress. Be able to build personal resilience through mental health maintenance activities. Be able to make informed lifestyle choices that promote long-term health. Be able to explain the importance of cancer screening and encourage early health checks. Be able to discuss the moral and medical considerations of organ donation. Be able to recognise the signs of substance misuse and know how to access support. Be able to demonstrate understanding of consent and safe sexual behaviour.</p>
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Appendix 2: By the end of secondary school students should know

Secondary RSHE Outcomes progression framework

This document has been created to address sequencing and progression of the new statutory outcomes for Relationships and Sex Education and Health Education (RSHE).

The table indicates where the new statutory requirements are addressed across the year groups.

Relationships Education							
Theme	Pupils Should know:	Code	Y7	Y8	Y9	Y10	Y11
Families	That there are different types of committed stable relationships	RSE1					
	How these relationships might contribute to human happiness and their importance for bringing up children	RSE2					
	What marriage is, including their legal status, e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony	RSE3					
	Why marriage is an important relationships choice for many couples and why it must be freely entered into	RSE4					
	The characteristics and legal status of other types of long-term relationships	RSE5					
	The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting	RSE6					
	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.	RSE7					

Respectful relationships including friendships	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.	RSE8					
	Practical steps they can take in a range of different contexts to improve or support respectful relationships	RSE9					
	How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (eg. how they might normalise non-consensual behaviour or encourage prejudice)	RSE10					
	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	RSE11					
	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	RSE12					
	That some types of behaviour within relationships are criminal, including violence behaviour and coercive control	RSE13					
	What constitutes sexual harassment and sexual violence and why these are always unacceptable	RSE14					
	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.	RSE15					
Online and Media	Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	RSE16					
	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 materials placed online	RSE17					
	Not to provide material to others that they would not want shared further and not to share personal materials which is sent to them	RSE18					
	What to do and where to get support to report material or manage issues online	RSE19					
	The impact of viewing harmful content	RSE20					
	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	RSE21					
	That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail	RSE22					

	How information and data is generated, collected, shared and used online	RSE23					
Being Safe	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	RSE24					
	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).	RSE25					
Intimate and sexual relationships including	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	RSE26					
Sexual Health	That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, eg. physical, emotional, mental, sexual and reproductive health and wellbeing	RSE27					
	The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause	RSE28					
	That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	RSE29					
	That they have a choice to delay sex or to enjoy intimacy without sex	RSE30					
	The facts about the full range of contraceptive choices, efficacy and options available	RSE31					
	The facts about pregnancy including miscarriage	RSE32					
	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)	RSE33					
	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	RSE34					
	About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment	RSE35					
	How the use of alcohol and drugs can lead to risky sexual behaviour	RSE36					
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	RSE37						

Health Education							
Theme	Pupils Should know:	Code	Y7	Y8	Y9	Y10	Y11
Mental Wellbeing	How to talk about their emotions accurately and sensitively, using appropriate vocabulary	HEE1					
	That happiness is linked to being connected to others	HEE2					
	How to recognise the early signs of mental wellbeing concerns	HEE3					
	Common types of mental ill health (e.g. anxiety and depression)	HEE4					
	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	HEE5					
	The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	HEE6					
Internet safety and harms	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), how people may curate a specific image for 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	HEE7					
	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	HEE8					
Physical health and fitness	The positive associations between physical activity and promotion of wellbeing, including as an approach to combat stress	HEE9					
	The characteristics and evidence of what constitutes a healthy lifestyle, maintaining and healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health	HEE10					
	About the science relating to blood, organ and stem cell donation.	HEE11					
Healthy eating	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer	HEE12					
Drugs, alcohol and tobacco	The facts about legal and illegal drugs and their associated risks, including the link to serious mental health conditions	HEE13					
	The law relating to the supply and possession of illegal substances	HEE14					

	The physical and psychological risks associated with alcohol consumption in adulthood	HEE15					
	The physical and psychological consequences of addiction, including alcohol dependency	HEE16					
	Awareness of the dangers of drugs which are prescribed but still present serious health risks	HEE17					
	The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.	HEE18					
Health and Prevention	About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics	HEE19					
	About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist	HEE20					
	(late secondary) the benefits of regular self-examination and screening	HEE21					
	The facts and science relating to immunisation and vaccination	HEE22					
	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	HEE23					
Basic first aid	Basic treatment for common injuries	HEE24					
	Life-saving skills, including how to administer CPR	HEE25					
	The purpose of defibrillators and when one might be needed	HEE26					
Changing adolescent body	Key facts about puberty, the changing adolescent body and menstrual wellbeing	HEE27					
	The main changes which take place in males and females, and the implications for emotional and physical health	HEE28					
Further Context driven themes as an add on	Understanding those who have family members in prison and the impact this can have	GA1					
	Peer on peer abuse	GA2					
	Respect for women, up skirting inappropriate contact etc	GA3					
	Honour based violence (forced marriage)	GA4					
	Homelessness linked to poor choices and destructive behaviours that force adults and children to leave a home and live on the street	GA5					

	Breast ironing and honour killings understanding how cultural pressure can lead to fatalities	GA6					
	understanding savings, loans and interest rates	GA7					
	Different financial products and the difference between needs and wants	GA8					

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



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 GATEWAY ACADEMY	
Agreed actions from discussion with parents	