



# Ackworth School

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## **RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY**



# Ackworth School

**This policy has been reviewed by the Compliance and Policy Sub-Committee and approved by the School Committee**

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## Relationships and Sex Education (RSE) Policy

This policy informs practice in the Senior School only, including the Sixth Form. See also the Curriculum Policy and Relationships Policy (RE) – Coram House. Please read this policy in conjunction with the Personal, Social, Health and Economic (PSHE) education Policy.

### Policy Development

This policy has been developed in line with the statutory guidance Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2021, which replaces the Sex and Relationship Education guidance (2000). The policy will be reviewed every year by School Committee.

### Aims and objectives

RSE at Ackworth School (the School) is intended to provide age-appropriate relationship and sex education to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It enables our pupils to build up their confidence and self-esteem and learn to respect themselves and others. We aim to create an atmosphere of learning which allows pupils to understand human sexuality and healthy relationships in a safe space, to allow sensitive discussion and honest answers to dispel misconceptions with clear ground rules, and without judgement.

### Working with Parents

A summary of information about RSE provision for each year group is available at the end of this policy, and parents and families are welcome to review the content and resources. We value the views of parents, and if a parent has any concerns about the RSE provision then time will be taken to address their concerns and make efforts to overcome any specific difficulties. Parents will be consulted every year and if a child arrives mid year, at the point of admission.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.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 wanting to exercise this right are invited to see the Senior Deputy Head (Pastoral and Academic) who will explore their concerns. In accordance with statutory guidance (2021), if parents still wish to withdraw their child after these discussions they may do so, up to and until three terms before the child turns 16. After that point, if the child wishes to receive RSE rather than be withdrawn, the school will make arrangements for this provision. There is no right to withdraw from relationships or health education.

### Teaching and Learning

The majority of RSE will be delivered as part of the PSHE education provision from First Form to Sixth Form. RSE will be delivered by teachers of PSHE, as well as



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external provision from Spectrum Community Health CIC, who will deliver sessions to the Third, Fourth and Fifth Forms as part of teacher-led units. Additional content will be delivered during form periods.

RSE sits within the ethos of the school regarding respect for others, as well as a wider moral framework. We encourage pupils to take a responsible attitude to sex and promote the view that it should be part of an established loving relationship. Pupils are also made aware of legal issues including those surrounding the age of consent, and the rights of all citizens regarding sexual orientation in relation to the Equality Act 2010.

## **Diversity Guidance**

Special Educational Needs and Disability (SEND): Some students may have learning, emotional or behavioural difficulties or physical disabilities which result in particular RSE needs. Delivery of RSE will be differentiated where necessary to address the needs of these students, enable them to access the content of RSE and ensure inclusivity. Pupils in the Autism Resource will follow appropriate individualised PSHE/relationships programmes.

Sexuality: RSE teaching at the School aims to recognise that all families and relationships are different, but equally valid and important. Pupils may define themselves as LGBTQ+ (lesbian, gay, bisexual, transgender, queer/questioning and others) or know others that do. We will offer considerate and understanding discussion and examples of different sexualities and identities, encouraging pupils to be understanding of others' sexual identity in accordance with the Independent School Standards 2018. We will also recognise that marriage for same sex couples is part of the law in this country.

Content – this links to the wider PSHE programme: RSE covers content under the general headings of families; respectful relationships, including friendships; online and the media; being safe; intimate and sexual relationships, including sexual health mental well being, internet safety and harms, physical health and fitness, first aid, drugs alcohol and tobacco, health and prevention and the adolescent body. This will also cover female genital mutilation (FGM).

## **Provision by Year Group**

Lessons will be delivered during one timetabled lesson per week and additional support material will also be covered in Active Tutorial time two mornings a week.

Key Stage 3 pupils cover all statutory content as outlined in the programme below.

First Form pupils also cover the topic of sexual reproduction in Biology and ICT lessons cover content on e-safety and online bullying.



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Third Form also receive 4 hours of external RSE provision in the summer term, with topics covered including building healthy relationships and recognising unhealthy relationship behaviours; risky behaviour including consent, sex and the law, alcohol, pregnancy and online safety; sexual behaviour including sexuality and contraception and sexual health.

Fourth Form pupils follow the 'Do' programme by Durex which allows them to build on Third Form content in much smaller discussion groups with a focus on realistic expectations, safe and consensual sex and problem solving. **We do not encourage early sexual experimentation, but teach young people to understand sexuality and to respect themselves and others, enabling them to understand the reasons for delaying sexual activity and have the knowledge to build safe, fulfilling and healthy sexual relationships, at the appropriate time.** Fourth Form pupils also receive external provision on Child Sexual Exploitation.

Fifth Form pupils focus on physical and sexual health and explore self-examination and screening as well as CPR. They also examine the issues of sexual harassment, domestic abuse and coercive control and their expectations and behaviour around sex and sexuality, including the influence of pornography. Fifth Form pupils receive external provision on the role of parents, and unplanned and teenage parenthood, and also consider choices related to fertility, including pregnancy, miscarriage and abortion.

Sixth Form students take a closer look at sexual health including sexually transmitted infections and contraception. They also revisit building healthy relationships and recognising unhealthy relationship behaviours and consider issues such as the impact of pornography and sexual assault.

The Head of PSHE, working with the Senior Deputy Head (Pastoral and Academic), is responsible for ensuring the delivery of the curriculum outlined above.



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## **ACKWORTH SCHOOL**

### **PSHE & RSE OVERVIEW**

**September 2022 to July 2023**



Ackworth School's purpose is to create a happy and secure environment in which all pupils realise and develop their own special abilities in constant awareness of the needs and claims of others.



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## APPENDIX

1

### PSHE/RSE Key Stage 3

Provision as a single lesson per week as part of the timetable

<b>AUTUMN TERM</b>	<b>First Form Resources available via Teams</b>	<b>Second Form</b>	<b>Third Form *(Sept. 23 onwards)</b>
1	What is PSHE? Ground rules	What is PSHE? Ground rules	What is PSHE? Ground rules
2	Physical and mental wellbeing 1	Life support – primary survey and CPR	Blood, organ and stem cell donation
3	Physical and mental wellbeing 2	First Aid - asthma	Blood, organ and stem cell donation
4	Dental Health 1 - Health and Hygiene	First Aid - allergies	Early signs of mental wellbeing concerns
5	Dental Health 2 - Health v cosmetic	First Aid - choking	Critical evaluation of positive and negative impacts on mental health – own and others
6	Unhelpful thoughts	First aid and treatment for common injuries - bleeding	Break-down of relationships and resilience
7	Worry tree	First aid and treatment for common injuries - bleeding	Quaker values; peace, stewardship and justice, and links to charity
<i>Half term</i>			
1	Puberty 1 – physical changes recap	Who am I? (Dove resources)	Introduction to risk
2	Puberty 2 – implications for emotional and physical health RSE	Communicating with others	Risk: Gambling



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3	Microbes and infection 1 - Personal hygiene, germs and the spread of infection. *	Body image	Risk: Alcohol (1)
4	Microbes and infection 2 - Bacteria v. Virus, and antibiotics. *	Prejudice and discrimination, including homophobia	Risk: Alcohol (2)
5	Menstrual wellbeing 1	Gender and sexual identity	Risk: Smoking
6	Menstrual wellbeing 2	Recognising trusted sources, linked to recognising targeted advertising and information online; being a discerning consumer online	Risk: Drugs

SPRING TERM	First Form	Second Form	Third Form
1	Fundamental British Values	Recognising trusted people, and trust linked to healthy relationships	Values – needs extension Link to healthy relationships
2	Communication skills: listening	Expect Respect. 'Unwritten Rules' (gender), How does this affect relationships?	Happiness is linked to connection with others: committed relationships
3	Communication skills: assertiveness	Domestic abuse and violence	Marriage and legal rights in relationships + importance of choice and freely entered into
4	Bullying: who and why	FGM	Forced marriage
5	Bullying: the effects and tackling it	FGM + assessment opportunity	Honour-based violence
<i>Half term</i>			
1	Careers for your personality	Careers for your personality	Careers for your personality
2	Job roles	Job roles	Job roles
3	Becoming employable	Becoming employable	Becoming employable





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4	Presenting yourself well	Presenting yourself well	Presenting yourself well
5	Teamwork skills	Teamwork skills	Loans, credit and accumulation of debt Linking debt to online gambling

SUMMER TERM	First, [Second & Third] Form (2021/22)	Second Form (Sept. 22 onwards)	Third Form (Sept. 23 onwards)
1	Positive friendships	Rights, responsibilities and opportunities online – expected behaviour	Gambling, linked to recognising targeted advertising and information online; being a discerning consumer online.
2	Choose Respect: celebrating diversity	Fear of Missing Out (FOMO) and online stress	Fraud, linked to recognising targeted advertising and information online; being a discerning consumer online.
3	Expect Respect. 'Unwritten Rules' (gender), How does this affect relationships?	Consent/sharing images	Identity fraud, linked to how information and data is generated, collected, shared and used online, and where to get support to report material.
4	Communicating, recognising & withdrawing consent (contexts excluding sexual) Privacy and boundaries in friendships	Inactive lifestyle and ill health – cancer and CVD	What constitutes sexual harassment both on and offline?
5	Commitment	Immunisation and vaccination	What constitutes online peer-on-peer abuse both on and offline?
6	Sleep – the importance for health, weight, mood and learning, including revision.	Nutrition and healthy eating	How to report and find support on sexual harassment – peer-to peer help activity
<b>Half term</b>			
1	Exam Stress – inc. physical activity	Exam Stress – inc. physical activity	Exam Stress– inc. physical activity
2	Exam week	Exam week	Exam week



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3	Quaker Values: Peace Week	Quaker Values: Peace Week	Quaker Values: Peace Week
4	Quaker Values: Autism awareness	Quaker Values: Peace – gun legislation	Quaker Values: Peace – gun legislation
5	PSHE reflection	PSHE reflection	PSHE reflection
<b>Notes</b>	<p>First Form ICT lessons cover content on e-safety and online bullying</p> <p>First Form Biology lessons cover content on the biological side of RSE</p> <p>Discreet areas which are covered in other curriculum areas are summarised on the PSHE Subject Mapper including RSE September 2020 – July 2022 document.</p>		<p>Third Form ICT lessons cover content on body image, social media and air-brushing</p> <p>Third Form also receive 4 hours of external RSE provision in the Summer Term</p>



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APPENDIX 2

## PSHE & RSE Key Stage 4

One single lesson per week. 4<sup>th</sup> Form are on a 7-week rotation, with the 8<sup>th</sup> week being a full year-group session, and 5<sup>th</sup> Form are on a 6-week rotation.

	4 <sup>th</sup> Form	5 <sup>th</sup> Form
<b>Carousel 1</b>	Digital Identity1: Cyber Bullying – ‘Gone Too Far’ RSE	Wellbeing 1 – An introduction to mental health RSE
	Digital Identity2 : Cyber Bullying 2	Wellbeing 2 – Managing mental health and depression RSE
	Digital Identity 3: Nudes & Semi-Nudes RSE	Wellbeing 3 – Mental health & social media RSE
	Digital Identity 4: Body Image - Body perfect & pressure RSE	Wellbeing 4 – Unhealthy coping strategies/self harm RSE
	Digital identity 5: Body Image 2/Propaganda – ‘Trust Me’ RSE	Wellbeing 5 – Promoting emotional wellbeing and seeking help RSE
	Digital Identity 6: Extreme Online Behaviour RSE	Wellbeing 6 – Healthy coping strategies RSE
	Digital Identity 7: Grooming – Who is behind the screen	
<b>Carousel 2</b>	DO Durex 1 – Let’s Start with You (Healthy Relationship) RSE	Physical Sexual Health & Safety 1 – Benefits of sleep, self examination and screening Health & Prevention
	DO Durex 2 – What is expected of you? RSE	Physical Sexual Health & Safety 2 – CPR First Aid
	DO Durex 3- Love RSE	Physical Sexual Health & Safety 3 – Domestic abuse and coercive control Respect
	DO Durex 4 – Communication, consent & sex RSE	Physical Sexual Health & Safety 4 – Expectations and behaviour including pornography Online and media internet safety and harms
	DO Durex 5 – Safer Sex RSE (delivered by Spectrum Community Health)	Physical Sexual Health & Safety 5 – Choices related to fertility, inc. unplanned pregnancy, miscarriage and abortion Sexual health



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	DO Durex 6 – Problem Solving RSE	Physical Sexual Health & Safety 6 – Parenthood and teen pregnancy Families (delivered by Spectrum Community Health).
	RSE 7 – Sex and the Law	

	4 <sup>th</sup> Form	5 <sup>th</sup> Form
<b>Carousel 3</b>	Key Skills & Money 1 – Target Setting	Citizenship 1 – Political systems around the world
	Key Skills & Money 2 - Researching	Citizenship 2 – The British political system & democracy
	Key Skills & Money 3 – Revision strategies	Citizenship 3 – Voting – how and why
	Key Skills & Money 4 – Key financial terms	Citizenship 4 – active participation and making a difference Human Rights/Active Citizenship
	Key Skills & Money 5- Budgeting	Citizenship 5 – Diversity and discrimination, Equality and prejudice
	Key Skills & Money 6 – Needs & Wants	Citizenship 6 – Extremism and Terrorism & Prevent
	Key Skills & Money 7 - Taking risk with money	
<b>Carousel 4</b>	Addictions & Risky Behaviour 1 – Addiction	Healthy Eating and Practical Cookery (x6)
	Addictions & Risky Behaviour 2 – Alcohol: The facts	
	Addictions & Risky Behaviour 3 – Alcohol 2: The Alcohol Clock	
	Addictions & Risky Behaviour 4 – Drugs: Fact or fiction. Classification of drugs	
	Addictions & Risky Behaviour 5 – Phones. Use of tech. and social media	
	Addictions & Risky Behaviour 6 – Phones. Technology and sleep	
	Addictions & Risky Behaviour 7 – Body image	



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<b>Notes</b>	Further coverage of all aspects of RSE will be done during active tutorial in Form Time on Tuesday and Wednesday mornings. Each carousel moves round to specialist teachers, groups of pupils remaining the same but being taught by 4 different teachers.
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APPENDIX 3

**Beyond the Classroom RSE) Key**

**(PSHE & Stage 5**

**This is covered during 1 single lesson per week and includes preparation for life beyond school. These are the specific areas of Relationship & Sex Education**

Theme	6 <sup>th</sup> Form
<b>Introduction to issues around consensual sex for teenagers</b>	To include: Exploration of consent, contraception and the law Social: peer pressure, body image and social media Other: Where/when awkwardness and distractions This work will also include issues relating to consent and understand each other, safe sex, pornography and unrealistic body image for boys and girls
<b>Verbal and non-verbal consent</b>	To include: Verbal consent Non-verbal consent Verbal non-consent Non-verbal non-consent Pupils will explore the importance of understanding and how responses can be linked to embarrassment or fear. They will also develop an understanding of how to recognise situations which can turn into assault or sexual assault; both around their own behaviour and that of others
<b>Healthy and unhealthy relationships</b>	To include: Discussion around what makes a healthy relationship and an understanding that these do not involve physical or sexual violence Definitions such as control, intimidation, dependence, sexual and physical violence. Consideration and misconceptions and statistics about rape, date rape and the impact of drugs and alcohol. E.g. Losing control and spiking It will also include discussion around whether issues are affected by gender or sexuality
<b>Ethical By-standing</b>	To Include: Use of a video to show what can happen where a young person is very drunk and discussion around the video Increase awareness of how the potential for sexual violence including alcohol sexual violence is better recognised by individuals Pupils will be taught skills that empower them to safely intervene in potentially harmful situations



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<b>Pornography and sexual images</b>	<p>To include:</p> <ul style="list-style-type: none"><li>Re-establish ground rules so that this is not discussed at a personal level</li><li>Discussion around where we might see sexual images; from advertising to pornography</li><li>Consideration of 'is it legal, is it right?'. Pupils being asked to decide whether its legal, morally right, neither or both</li><li>Use of Planet Porn resource</li><li>Pupils will develop an understanding of UK as it relates to the viewing and creating of pornography</li><li>How porn can be used to harass or be used as part of sexual abuse</li><li>Develop understanding that many young people create sexual images which are unlawful</li><li>Develop understanding of privacy being very difficult to maintain in the era of the internet</li><li>Develop understanding of 'because porn is available and legal, it doesn't mean it is necessary right to watch it'</li></ul>
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## APPENDIX

4

PSHE SUBJECT MAPPER INCLUDING RSE - September 2020- July 2022												
RELATIONSHIPS AND SEX EDUCATION		PSHE	Extended Form/ PSHE RSE	Art	Drama	English	History	Information Technology	Modern Foreign Languages	Psychology	Religious Studies	
FAMILIES	that there are different types of committed, stable relationships.	4th RSE	1st	KS4 project options. This would only arise on an individual basis should a pupil wish to creatively explore relationships	2nd Form	5th Love & Relationships Poetry			KS4 Family Relationships		RS, GCSE 5th Relationships & Families. 3.1 Role & Purpose of Families. 3.2 Marriage. 3.3 Other types of sexual relationship	
	how these relationships might contribute to human happiness and their importance for bringing up children.		1st		1st Form	5th: Love & Relationships Poetry					RS GCSE Relationships & Families. 3.1 Role and Purpose of Families	
	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		2nd			2nd: A Midsummer Night's Dream	5th German Nazi policy on marriage comparison				RS GCSE 4th Year. Christian Practices. 1.2.6 Role of the Church in Living Practices. 5th Form Relationships & Families 3.2 Marriage	
	why marriage is an important relationship choice for many couples and why it must be freely entered into		3rd			2nd: A Midsummer Night's Dream					RS GCSE 5th Year. Relationships & Families. 3.2 Marriage 3.3. Other types of sexual relationships	
	the characteristics and legal status of other types of long-term relationships.		2nd								RS GCSE 5th Year. Relationships & Families. 3.2 Marriage. 3.3 Other types of sexual relationships	
	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	5th RSE (external)				1st Form	1st: Skellig	5th: Nazi policy on education and the impact this has at home				RS GCSE 5th Year. Relationships & Families. 3.2 Marriage. 3.3 Other types of sexual relationships
	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)	4th RSE (unsafe relationships)	2nd - first part only	KS4 project options. This would only be explored if, like in the past, a pupil has explored domestic violence as part of their own work	Drama 1st Form. The Victorian s/hard to swallow	1st: Skellig	All Key Stages. Discussions on propaganda and interpretations	The import		KS5 Aggression		





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RELATIONSHIPS AND SEX EDUCATION		PSHE	Extended Form/ PSHE RSE	Art	Biology	DT Resistant Materials	Drama	English	History	Music	Physical Education	Physics	Religious Studies	
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.	1st, 2nd, 4th RSE	1st - boundaries and privacy. Whole School safeguarding presentation 2019 2020 2021				3rd The Wardrobe. The Beauty Manifest	1st: Skellig			KS3, KS4			
	practical steps they can take in a range of different contexts to improve or support respectful relationships.	1st	Throughout each lesson respect and values are integral to the ethos of Ackworth School											
	how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	2nd, 4th Digital Identity	Whole School safeguarding. Peer on Peer Abuse. 1st gender	KS4 project options. This would only be touched on if a pupil explores a theme on sex, gender or sexual orientation, as some have done in the past				3rd: Martin Luther King speech	KS3 & 4: Propaganda. Discussions of sourced reliability and generalisation	2nd discussing misogynistic lyrics in Hip-Hop	KS3, KS4 - sex, gender and disability			2nd: topics such as assisted/arranged marriage
	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.	2nd, 3rd	Whole school safeguarding presentation 2019 2020 2021		4th & 5th When discussing ethical issues in class	KS4 4th year. People and Cultural Society 1:1. Be aware of how designers need to consider the needs of their clients based upon social, religious and cultural factors		5th: Spoken Language endorsement. LP2 Q5	Teaching about empathy, understanding and respected beliefs, reformation in Europe, attitudes towards Jewish people. Propaganda and racism - slavery. All covered across KS3	In music throughout KS3 and GCSE pupils are made aware of a diverse range of musicians from across the ages, including female musicians, LGBTQ musicians and people of colour	KS3, KS4			2nd: improved understanding of the beliefs of others
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	1st, 4th Digital Identity	Whole school safeguarding presentation 2019 2020 2021				3rd Form Derek Bentley	1st Form Skellig & home schooling	KS4: Holocaust					
	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	5th RSE coercive control	2nd				3rd Form Derek Bentley. The Beauty Manifest	3rd, 5th: Macbeth					KS5 Aggression	
	what constitutes sexual harassment and sexual violence and why these are always unacceptable.	5th RSE	1st, 2nd, 3rd Whole school presentations dealing with specifics of peer on peer abuse sexual, harassment acceptable and unacceptable behaviour and consequences											
	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.	1st, 2nd, 3rd 5th Citizenship	Whole School presentation: Equality and Diversity. Acceptance of others											3rd: rights and responsibilities. 5th Form relationships & families 3.7 Equality 3.8 & prejudice



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RELATIONSHIPS AND SEX EDUCATION		PSHE	Extended Form/ PSHE RSE	Art	Geography	History	Information Technology	Physics	Psychology
ONLINE AND MEDIA	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.		2nd	KS4 photography and permissions			1st online safety		
	about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.	2nd, 4th RSE	Whole school safeguarding presentations Sept 2019 2020 2021	KS4 photography and permissions			1st online safety		
	not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	2nd, 4th RSE	Whole school safeguarding presentations Sept 2019 2020 2021	KS4 photography and permissions			1st online safety		
	what to do and where to get support to report material or manage issues online.	4th Digital Identity	2nd	KS4 photography and permissions					
	the impact of viewing harmful content	5th Wellbeing		KS4 photography and permissions					
	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.	5th Physical and Sexual Health		KS4 photography and permissions					KS5 Gender
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	2nd, 4th RSE, 4th Digital Identity	Whole school safeguarding presentations Sept 2019 2020 2021. Raising awareness of nudes and semi-nudes and the law	KS4 photography and permissions. Students are reminded that parental permission is required should then wish to photograph another pupil for their art work. They are also reminded that none of their artwork is to be shared on any social media platform					
	how information and data is generated, collected, shared and used online.		2nd	KS4 photography and permissions	3rd, 4th, 5th - use and discussion of online data		1st Digital footprint	2nd - use of online data heat transfer global warming	



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RELATIONSHIPS AND SEX EDUCATION		PSHE	Extended Form/ PSHE RSE	Art
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.	4th CSE grooming (external) 5th RSE domestic abuse	2nd FGM 2nd domestic abuse 3rd forced marriage & HBV. Whole School safeguarding presentation 2019 2020 2021 to include all aspects specified	
	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).	4th RSE 5th RSE	Whole School safeguarding linked to Everyone's Invited. 2nd - exc. Sexual	KS4 photography and permissions



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RELATIONSHIPS AND SEX EDUCATION		PSHE	Extended Form/ PSHE RSE	Biology	English	History	Religious Studies
INTIMATE AND SEXUAL RELATIONSHIPS, INCLUDING SEXUAL HEALTH	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.	3rd off timetable 4th RSE				2nd	
	that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.	4th RSE					
	the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.	5th physical and sexual health, <u>not</u> menopause	5th Menopause additional lesson			2nd Fertility	
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	4th RSE 5th RSE (external)	Whole School Safeguarding - Understanding sexual harassment and possible peer on peer sexual abuse				
	that they have a choice to delay sex or to enjoy intimacy without sex.	4th RSE					5th Form RS Relationships & families. 3.3 other types of sexual relationships. 3.4 contraception
	the facts about the full range of contraceptive choices, efficacy and options available.	3rd off timetable 4th RSE		4th			
	the facts around pregnancy including miscarriage.	5th physical and sexual health		1st not m		Infertility & miscarriage discussed with 2nd Form (Henry VIII wives and Queen Anne)	
	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).	5th RSE (external)			4th: An Inspector Calls		3rd: ethical issues
	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.	3rd off timetable 4th RSE		4th Gonorrhoea		4th (option) Medicine unit, healthy lifestyles.	5th Form RS Relationships & Families. 3.3 Other types of sexual relationships. 3.4 contraception
	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	3rd off timetable 4th RSE					
	how the use of alcohol and drugs can lead to risky sexual behaviour.	4th RSE 5th RSE			4th: An Inspector Calls	4th (option) Medicine unit, healthy lifestyles	
	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	3rd off timetable 4th RSE					



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PHYSICAL HEALTH AND MENTAL WELLBEING		PSHE	Extended Form/ PSHE RSE	DT Food and Nutrition	Drama	English	History	Physical Education
MENTAL WELLBEING	how to talk about their emotions accurately and sensitively, using appropriate vocabulary.	5th Wellbeing	1st		Every year group	5th: Power & Conflict Poems	Encouraging discussions around sensitive events - holocaust, dropping of the atomic bomb, slavery - empathy tasks	KS3, KS4
	that happiness is linked to being connected to others.	5th Wellbeing	Whole school Anti-Bullying. 1st, 3rd RSE		Every year group			KS3, KS4
	how to recognise the early signs of mental wellbeing concerns.	5th Wellbeing	Whole school Young Minds mental health and wellbeing linked to Alan Turing. 3rd Form RSE					
	common types of mental ill health (e.g. anxiety and depression).	5th Wellbeing	Whole school safeguarding presentations in form time 2019 2020 2021		1st Form Body Image	5th: PTSD Power & Conflict Poems		KS3, KS4
	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.	5th Wellbeing	Whole school values, respect and keeping others safe. 3rd Form RSE					KS3, KS4
	the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	5th Wellbeing	1st	2nd: energy balance				KS3, KS4



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PHYSICAL HEALTH AND MENTAL WELLBEING		PSHE	Extended Form/ PSHE RSE	Art	History	Information Technology
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 of their life online, over-reliance on online relationships including social media,	4th RSE, 4th Digital Identity, 5th Wellbeing	Whole School Safeguarding linked to Online Safety	A student may include references to online advertisements re body image when exploring the figure in art, but only on an individual, ad hoc basis		1st online safety and digital footprint
	the risks related to online gambling including the accumulation of debt,	4th form PSHE	3rd			1st online safety and digital footprint
	how advertising and information is targeted at them and how to be a discerning consumer of information online.	4th filtering info	3rd		All KS discussions on propaganda	1st online safety and digital footprint
	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.	4th, 5th	KS3 support signposting	KS4 project options		



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PHYSICAL HEALTH AND MENTAL WELLBEING		PSHE	Extended Form/ PSHE RSE	Biology	DT Food and Nutrition	History	Modern Foreign Languages	Physical Education
PHYSICAL HEALTH AND FITNESS	the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	5th Wellbeing	1st KS3 linked to exam stress. 1st, 2nd & 3rd Form The Worry Tree					KS3, KS4
	the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.	5th Healthy Eating	2nd (CVD and cancer)	2nd 4th	KS3, (KS4 option)	KS4 medicine. Regimen Sanitatis beliefs about health		KS3, KS4
	about the science relating to blood, organ and stem cell donation.		2nd					KS3, KS4
	how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	5th Healthy Eating	1st	2nd 4th	KS3, (KS4 option)		3rd, 4th, 5th Food and diet	KS3, KS4
FIRST AID	basic treatment for common injuries.				KS3, (KS4 option)			KS3, KS4
	life-saving skills, including how to administer CPR.	5th Physical Health						KS3, KS4 not CPR
	the purpose of defibrillators and when one might be needed.	5th Physical Health						



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PHYSICAL HEALTH AND MENTAL WELLBEING		PSHE	Extended Form/ PSHE RSE	Art	Biology	History	Modern Foreign Languages	Physical Education
DRUGS, ALCOHOL AND TOBACCO	the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.	4th Risk	Whole School safeguarding linked to Keeping Safe					4th, 5th (option)
	the law relating to the supply and possession of illegal substances.	4th Risk						
	the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	3rd, 4th Risk		KS4 project options	2nd 4th		5th GCSE	4th, 5th (option)
	the physical and psychological consequences of addiction, including alcohol dependency.	3rd, 4th Risk		KS4 project options. On an ad hoc basis, should a pupil choose to explore drug/ alcohol addiction through art				4th, 5th (option)
	awareness of the dangers of drugs which are prescribed but still present serious health risks.	3rd, 4th Risk						4th, 5th (option)
	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.	3rd, 4th Risk			2nd 4th facts only		4th Form Medicine - section on Lunch Cancer	KS3, KS4





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PHYSICAL HEALTH AND MENTAL WELLBEING		PSHE	Extended Form/ PSHE RSE	Biology	DT Food and Nutrition	History	Physical Education	Psychology
HEALTH AND PREVENTION	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.		1st x2		KS3, (KS4 option)	1st Medieval health and medicine. Living conditions - explanation and comparison	KS3, KS4	
	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.		1st	2nd		1st Medieval health and medicine. Living conditions - explanation and comparison	KS3, KS4 gumshields	
	(late secondary) the benefits of regular self-examination and screening.	5th Physical Health						
	the facts and science relating to immunisation and vaccination.		2nd	4th		4th (option) First immunisations and public health interventions		
	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	4th Risk 5th Physical Health	1st				KS3, KS4	
ADOLESCENT BODY	key facts about puberty, the changing adolescent body and menstrual wellbeing.		1st				KS3, KS4	KS5 Gender
	the main changes which take place in males and females, and the implications for emotional and physical health.		1st					KS5 Gender