

## Relationships, Sex and Health Education

Relationships, Sex and Health Education (RSHE) is delivered to students during our Wellbeing Weeks, which happen once per cycle and are planned into the school calendar. Each Wellbeing Week has a theme linked to RSHE, Mental Health and Wellbeing. Line-up during this week also focusses on the theme of Wellbeing Week.

The programme is planned and delivered by the RSHE Lead, the pastoral team, the wellbeing team, the school nurse and external charities and organisations which include, Barnado's, Tom Talks and MIND.

The timetable for each week is organised by the school RSHE Lead and all resources are quality assured by SLT. The timetable and resources are shared with all staff delivering sessions the week prior to Wellbeing Week to ensure they are familiar with the content.

The below table outlines the plan for each year group as per the new guidance from the DfE on RSHE.

	<b>Cycle 1</b>	<b>Cycle 2</b>	<b>Cycle 3</b>
<b>Year 7</b>	<b>Families</b> Committed relationships Marriages Role of parents	<b>Health</b> Healthy Eating Physical Health and Fitness	<b>Health and Prevention</b> Hygiene Sleep Basic first aid
<b>Year 8</b>	<b>Online Media and Bullying</b> Safe use of social media	<b>Relationships</b> Respectful relationships Domestic abuse Forced marriage	<b>Mental Wellbeing</b> Managing emotions Self-harm
<b>Year 9</b>	<b>Drugs, alcohol and tobacco</b>	<b>Changing adolescent body</b> Puberty and menstruation	<b>Relationships</b> Equality and stereotypes
<b>Year 10</b>	<b>Internet safety</b> Online vs reality Online gambling, gaming and advertising Cyberbullying	<b>Relationships</b> Sexual abuse, grooming and coercion	<b>Intimate and sexual relationships</b> Healthy intimate relationships Peer pressure and sex STIs, HIV and AIDS
<b>Year 11</b>	<b>Mental Wellbeing</b> Managing anxiety, stress and depression	<b>Being Safe</b> Consent and rape	