

Relationships, Sex and Health Education

Relationships, Sex and Health Education (RSHE) is delivered to all students during their tutor time sessions throughout the academic year and are theme linked to Relationships, Physical Health, and Mental Wellbeing. The DfE outline the aim of RSHE is “to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.”

The RSHE sessions are delivered by form tutors or guest speakers. Assemblies also support the key RSHE themes and are delivered to whole year groups by a member of the pastoral team, a guest speaker or an SLT member. The curriculum is sequentially planned with the end in mind and all resources are quality assured by SLT.

Our curriculum is planned to ensure that it is compliant with all aspects of the new DfE Relationships Education, Relationships and Sex Education and Health Education guidance. Please see more information at this link:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Our RSHE Curriculum is planned to meet the needs of all students including those with SEND.

Our RSHE Curriculum is compliant with the guidance outlined in The Equality Act 2010; and is reviewed and approved on a yearly basis by the Local Governing Body.

Parents have the right to withdraw their child from certain aspects of the RSHE Curriculum. If you would like to discuss this or if you like more information about our RSHE Curriculum, please email Ms Labella, Assistant Vice Principal, at rlabella@dixonska.com.

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

	Cycle 1	Cycle 2	Cycle 3
Year 7	Transition to Secondary school Personal Safety Wellbeing Package	Developing Skills and Aspirations Financial Decision Making Diversity and Discrimination	Health and Puberty Building relationships and relationship boundaries
Year 8	Alcohol and Drug Misuse and Managing Peer Influence LGBTQ+ Wellbeing Package	Financial Decision Making Community and Careers: Equal Opportunities Online Safety and Digital Literacy	Consent and introduction to contraception Mental health and emotional wellbeing, including body image and drug misuse
Year 9	Peer pressure, assertiveness and gang crime Dieting and lifestyle balance. Wellbeing package	Understanding careers and future aspirations Identifying learning strengths and setting goals Managing conflict at home	Tackling homophobia, transphobia and sexism Assessing the risk of drug and alcohol abuse and addiction Relationships and sex education including healthy relationships, consent and STIs
Year 10	Transition to key stage 4 and developing study habits Mental health and ill health, tackling stigma Wellbeing package	The Causes and Effects of Debt The Risks Associated with Gambling Tackling Relationship Myths and Expectations Managing Relationship Challenges	Tackling domestic abuse and forced marriage Understanding different families and learning parenting skills Personal values and assertive communication in relationships
Year 11	Learning revision skills The college application process and plans beyond school Self-efficacy, stress management, and future opportunities Wellbeing pack	Planning finances Independence – health choices Contraception and sexual health	



Healthy relationships are essential for everybody in our school community. This includes students, staff and families. If you would like further information about healthy relationships, please contact school on 01274 089910 or visit the following links:

- Department for Education guidance - <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>
- NSPCC - <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>
- Childline - <https://www.childline.org.uk/info-advice/home-families/family-relationships/domestic-abuse>