



## PSHE and RSE

### Intent:

At Rodillian Academy, PSHE and RSE is about the emotional, social and cultural development of students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. PSHE/RSE involves a combination of sharing information, and exploring issues and values. RSE is not about the promotion of sexual activity. The scheme of learning focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including: families; respectful relationships, including friendships; online and media; being safe; intimate and sexual relationships, including sexual health. These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of any children based on their home circumstances, along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

The aims of teaching PSHE is to:

- Broaden students' understanding of the world around them
- Develop the knowledge, skills and attributes needed to manage their lives, now and in the future
- Support students in staying healthy and safe
- Preparing students to make the most of their life and work

The aims of teaching RSE is to:

- Provide a framework in which sensitive discussions can take place
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach students the correct vocabulary to describe themselves and their bodies

Students will develop knowledge on the following topics by the end of secondary:

- Families
- Respectful relationships, including friendships
- Online and Media
- Being Safe
- Intimate and sexual relationships, including sexual health
- Consent
- The law

## **Implementation:**

### **Year 7**

In year 7, all students will have one lesson a week of PSHE, with a focus on respectful relationships, including friendships, forming and maintaining respectful relationships, internet safety, mental and emotional wellbeing and social media.

### **Year 8**

In year 8, all students will have one lesson a week of PSHE, with a focus on health and wellbeing, choices and pathways exploring enterprise skills and employability, work and career, rights and responsibilities and financial choices, positive relationships and social influences.

### **Years 9**

In year 9, all students will have one lesson a week of PSHE, with a focus on physical health and fitness, changing adolescent bodies, FGM and menstruation, families and online media.

### **Year 10 and 11**

In year 10 and 11, all students will have one assembly (adapted for each year group) and one form time lesson each week, with a focus on:

Health and wellbeing - self-concept

Health and wellbeing - drugs, alcohol and tobacco / mental and emotional wellbeing / health-related decisions

Living in the wider world - Choices and pathways, financial choices and work and career and rights and responsibilities

Relationships - positive relationships, relationship values, forming respectful relationships

Living in the wider world - media literacy and digital resilience.

### **Year 12 and 13**

In year 12 and 13, all students will have one assembly a fortnight and one form time lesson each week, with a focus on:

Health and wellbeing – body image and looking after our bodies

Health and wellbeing - drugs, alcohol and tobacco

Living in the wider world - Choices and pathways, financial choices and University choices

Relationships - positive relationships, forming respectful relationships, pregnancy and consent

RE – faith and society

	Year 7	Year 8	Year 9	Year 10	Year 11	Post 16 - Route A	Post 16 - Route B
Summer 2		Health & wellbeing	Physical health and fitness	Health and wellbeing - self-concept	Health and wellbeing - self-concept		Health and wellbeing - looking after our bodies
Autumn 1	Respectful relationships, including friendships - forming and maintaining respectful relationships	Careers - Choices and pathways	Changing adolescent body & menstruation	Health and wellbeing - drugs, alcohol and tobacco / mental and emotional wellbeing / health-related decisions	Health and wellbeing - mental and emotional wellbeing / health-related decisions / gambling	Lifeskills and Managing finances	Health and wellbeing - body image
Autumn 2	Internet Safety - media and digital resilience	Careers - Work and career, rights and responsibilities and financial choices	Families	Careers - Choices and pathways, financial choices and work and career and rights and responsibilities	Careers - Choices and pathways, financial choices and work and career and rights and responsibilities	Forming and maintaining respectful relationships	Healthy relationships, pregnancy and consent
Spring 1	Mental and emotional wellbeing	Online and media	Puberty and sexual health	Relationships - positive relationships, relationship values, forming respectful relationships	Forming and maintaining respectful relationships	Careers - Choices and pathways at Post 18	Choices at Post 18
Spring 2	Respectful relationships, including friendships - bullying, abuse, discrimination and social influences	Drugs, alcohol & tobacco	Positive relationships	Relationships - consent and contraception and parenthood	Relationships - consent and contraception and parenthood	RE - faith and society	Drugs and alcohol
Summer 1	Online and media	Social influences	Intimate and sexual relationships, including sexual health - forming and maintaining respectful relationships, including consent	Living in the wider world - media literacy and digital resilience	Living in the wider world - Bullying, abuse, discrimination and social influences	Careers - University and UCAS	