



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:

KS3 and KS4 will be taught using resources from the PSHE Association. The curriculum follows the PSHE associations Programme of Study (POS), this satisfies all of the statutory RSE requirements. The topics are outlined below.

Secondary PSHE education | Long-term overview

Statutory RSHE

Statutory RSHE

Economic Wellbeing & Careers

Economic Wellbeing & Careers

 School Plus course available - see [Appendix 2](#)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition 	Friendship and bullying	Families and changing relationships 	Puberty and keeping safe 	Influences on relationships	Financial decisions 
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world 	Healthy and unhealthy relationships 	Managing money 
Year 9	Mental health and wellbeing 	Careers and future choices	Drug education 	Managing risk in relation to the law	Intimate sexual relationships 	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world 	Friendship, diversity and challenging extremism	Managing influence 	Exploring consent and recognising abuse 	Study, work and careers
Year 11	Life-long wellbeing 	Drugs and personal safety 	Safe relationships and sexual health 	Families, fertility and pregnancy	Managing and maintaining health	

The PSHE association defines the sex education aspects of the curriculum in the POS. these are taught in Y9 Summer 1, intimate sexual relationships, and Y11 Spring 1, safe relationships and sexual health.

Year 13

In year, all students will have one lesson each week. Each section below will be taught over a half term.

Year 13	Independence - Responsible health choices - Managing change - Health and wellbeing, including sexual health, into adulthood	Next steps - Application processes - Future opportunities and career development - Maintaining a positive professional identity	Intimate relationships - Personal values, including in relation to contraception and sexual health - Fertility - Pregnancy	Financial choices - Managing money - Financial contracts - Budgeting - Saving - Debt - Influences on financial choices	Building and maintaining relationships - New friendships and relationships, including in the workplace - Personal safety - Intimacy - Conflict resolution - Relationship changes	-
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