

# Relationships, Health & Sex Education at BVGA

Relationships Education	<b>Please Note:</b>
Sex Education	<i>*Parents have the right to withdraw their children from sessions in italics</i>
Health Education	<b>**Topics in red text with a red border are supplementary to the statutory RSE content and are only delivered to pupils studying GCSE Religious Studies</b>

Y7	<u>Online Safety:</u> The dangers of viewing harmful content. (Form Tutor)	<u>Changing Adolescent Body:</u> Key facts about puberty and the changing adolescent body, including physical and emotional changes. (Female Science Specialist)	<u>Physical Health &amp; Fitness:</u> The importance of regular exercise. (PE Teacher, Food Tech Teacher)	<u>Physical Health &amp; Fitness:</u> The positive associations between physical activity and mental wellbeing, to combat stress. (Food Tech Teacher)	<u>Online &amp; Media:</u> How information and data is generated, collected, shared and used online. (ICT Teacher)
	<u>Friendships:</u> Positive and healthy friendships (in all contexts, including online). That there are different types of committed, stable relationships. (Form Tutor) Identity, beliefs including respect for others' beliefs. (RS Teacher)	<u>Puberty &amp; Hygiene:</u> Personal hygiene, germs and how they are spread, treatment and prevention of infection. Dental health and the benefits of good oral hygiene. (Form Tutor)	<u>Physical Health &amp; Fitness:</u> The risks associated with an inactive lifestyle (including obesity). The links between an unhealthy lifestyle and ill health, including cancer and heart disease. (Science Teacher)	<u>Physical Health &amp; Fitness:</u> Importance of regular exercise. Links between physical activity and mental wellbeing. Links between poor diet and tooth decay/ cancer. Risks of alcohol to health. (Food Tech Teacher)	<u>Online and Media:</u> Online risks, including the potential for information to be shared online and the difficulty of removing it. (ICT Teacher)
	<u>Respect:</u> Showing respect and tolerance for others' beliefs, and expecting to be treated with respect in return. (Form Tutor)	<u>Bullying:</u> The impact of bullying, including cyber bullying, and how and where to get help. (Form Tutor)	<u>Online and Media:</u> Age restrictions on social media, some computer games, etc. How to be a discerning online consumer. (ICT Teacher)	<u>Physical Health &amp; Fitness:</u> Healthy lifestyles, and the links between an inactive lifestyle and ill health, including cancer and heart disease. (Food Tech Teacher)	<u>Online and Media:</u> The effect of online actions on others and the importance of keeping personal information private. (ICT Teacher)
Y8	<u>Stereotypes &amp; Protected Characteristics*:</u> <i>How stereotypes based on protected characteristics (sex, gender, race, religion, sexual orientation or disability), can cause damage.</i> (Female Teacher)	<u>Relationships:</u> Respect for other faiths including Hinduism, Sikhism & Buddhism (RS Teacher)	<u>Mental Health:</u> How to talk about emotions and recognise the early signs of mental wellbeing concerns. Benefits of exercise, time outdoors, community participation on mental wellbeing and happiness. (Specialist Mental Health Professional)		

Y9	<u>Drugs:</u> Legal and illegal drugs and their associated risks. Law relating to supply and possession of illegal substances. Physical and psychological risks associated with alcohol. Facts about dangers of smoking. (Form Tutor)	<u>Partnerships:</u> What marriage and civil partnerships are, including their legal status. Why this is a choice for many couples and why it must be freely entered into. (Form Tutor)	<u>Healthy Eating:</u> Healthy diets (including understanding calories and other nutritional content). (Food Tech Teacher, Science Teacher)	<u>Protected Characteristics:</u> The legal rights and responsibilities regarding equality (with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal. (Form Tutor) Beliefs including atheism, contrasting own views & respecting others' (RS Teacher)	
Y10	<u>Online &amp; Media*:</u> Dangers and damage caused by pornography. Laws relating to sharing and viewing indecent images of children (Specialist Female Health Professional)	<u>Physical Health &amp; Fitness:</u> The importance of regular exercise. Healthy lifestyles, including links between an inactive lifestyle and ill health, including cancer and heart disease. (Science Teacher)	<u>Pregnancy &amp; Sexual Health*:</u> How the use of alcohol and drugs can lead to risky sexual behaviour. How and where to access confidential sexual and reproductive health advice and treatment. (Specialist Female Health Professional)	<u>Physical Health &amp; Fitness:</u> The science relating to blood and organ donation. (Specialist Health Professionals). The science relating to stem cell donation. (Science Teacher)	<u>Changing Adolescent Body:</u> Menstrual wellbeing including the key facts about the menstrual cycle. (Female Science Teacher)
	<u>Relationships**:</u> Muslim views on sexual relationships, including homosexuality. Muslim views on marriage and the family, civil partnerships and the law. (RS Teacher)	<u>Pregnancy &amp; Sexual Health**:</u> Muslim views on abortion, contraception & STIs. (RS Teacher)			
Y11	<u>Parenting:</u> The roles and responsibilities of parents for raising children. (Form Tutor).	<u>Healthy Eating:</u> Healthy eating and links between poor diet and health risks, including tooth decay and cancer. (Science Teacher)	<u>Sex &amp; the Law*:</u> Criminal behaviour within relationships, including violent and coercive behaviour. (Specialist Female Health Professional)	<u>Relationships**:</u> Christian views on equality, prejudice & discrimination, including legal rights & responsibilities. (RS Teacher)	
6th	<u>Puberty &amp; Hygiene:</u> The benefits of regular self-examination and screening. (Female PE Teacher)				