

# Overview of Relationships, Sex and Health Education (RSHE) at BVGA



## Relationships and Sex Education (RSE)

Statutory content	Key Stage 3	Key Stage 4	Key Stage 5
<b>Families</b>	Year 7: Getting help, in and out of school (PD) Year 9: Healthy and trustworthy relationships (PD) Year 9: Commitment and forms of relationships including cohabiting, marriage and other forms of long-term commitment (PD)	Year 10: Family structures, romantic/ intimate relationships, parenting styles (specialist female professional) Year 10: Marriage and the family, abortion (RS) Year 11: Pregnancy and roles and responsibilities of parents (PD)	Year 12: Implications of pregnancy and young parenthood (PD)
<b>Respectful relationships</b>	All Years: Equality Act and Protected Characteristics (PD) Year 7, Year 8 and Year 9: importance of tolerance of other people's beliefs (RS) Year 7: Identity including respect for others with different beliefs, stereotypes, prejudice and discrimination, friendships (RS) Year 8: Peer pressure and everyday consent, sexual bullying, ableist bullying, challenging racism (PD) Year 8 and above: LGBTQ+ in the context of the Protected Characteristics, homophobia, biphobia and transphobia (PD) Year 8 and above: Extremism and radicalisation (PD) Year 9: Healthy and trustworthy relationships (PD) Year 9: Sexual harassment, controlling/ coercive behaviour	Year 10: Identifying unhealthy relationships, managing unwanted attention (PD) Year 10: Abusive relationships, domestic abuse and the law, criminal behaviour in relationship (specialist female professional) Year 11: Hate crime and challenging prejudice (PD) Years 10 and 11: See RS Curriculum Maps for coverage of respectful relationships for those opting to study RS GCSE	Year 12: How to articulate relationship values, using constructive dialogue to support relationships, how to access help for themselves or others in relation to extremism or radicalization (PD) Year 13: mature friendships, including making friends in new places, strategies to recognize, de-escalate and exit aggressive social situations (PD)
<b>Online and media</b>	Year 7: Online safety, grooming and cyberbullying (PD) Year 7: E-safety, social media, online grooming (IT) Year 8: Sharing online images and the law, difficulty of removing compromising images online (PD) Year 9: How online information is shared and generated, social media and body image (PD)	Year 10: Impact of sexually explicit material (ie. pornography) upon behaviours and relationships, Youth Produced Sexual Imagery and Sexting (specialist female professional) Year 11: Identifying misinformation online, dangers of online gaming and gambling (PD)	Year 12 PD: How to identify idealized images of bodies and pressure to conform, risks associated with social media, body image and self-esteem and strategies to manage this pressure
<b>Being safe</b>	All Years: Personal Safety (PD) Year 7: Reporting cyberbullying (PD) Year 8: Everyday consent (PD) Year 9: Controlling and coercive behaviour (PD)	Year 10: Sexual consent, relationship abuse, sexual abuse, domestic abuse, criminal behaviour in relationships and The Domestic Abuse Bill 2021 (specialist female professional) Year 11: Forced marriage, forced marriage and the law, Female Genital Mutilation and honour-based abuse (specialist female professional)	Year 12 PD: How to recognize negative influence, persuasion and manipulation, how to recognize abuse, sources of support and exit strategies, online relationships, rights regarding harassment and how to access help (PD) Year 12: Healthy relationships, consent, positive refusal, sexual violence and sexual harassment, rape, victim blaming, misogyny, personal safety, reducing risk and seeking help, Child Sexual Exploitation and Female Genital Mutilation (specialist female professional)
<b>Intimate and sexual relationships, including sexual health</b>	Year 7: Puberty, reproduction and inheritance, impact of alcohol and smoking on pregnancy, intercourse and menstrual cycle, pregnancy (Science) Year 9: Communicable diseases and sexually transmitted infections (Science)	Year 10: Sexual pressure, contraception, gaining sexual health advice, pregnancy, decisions about a pregnancy including abortion and adoption, miscarriage, menopause, in vitro fertilisation, sexually transmitted infections (specialist female professional) Year 11: Birth control and contraception, fertility treatment (Science)	Year 12: How to recognize and seek help in the case of sexual exploitation, rape, assault and abuse and process for reporting to authorities (specialist female professional)

PD: Delivered as part of the Personal Development programme in tutor time by form tutor or other member of BVGA teaching

Science, RS, Food, PE, IT: Delivered by BVGA teaching staff in subjects areas specified

Specialist female professional: Delivered by a specialist female professional, for example the specialist team from Step 2 who deliver RSHE drop downs for Key Stage 4 and Key Stage 5 students

**Yellow:** Parents have the right to request that their child be withdrawn from some or all of sex education delivered **as part of statutory RSE**. Requests should be put in writing to the headteacher

## Physical health and mental wellbeing

Statutory content	Key Stage 3	Key Stage 4	Key Stage 5
<b>Mental wellbeing</b>	Year 7: Self-esteem and body image, mental health and managing anxiety (PD) Year 8: Importance of mental health, depression and bereavement (PD) Year 9: Self-care and wellbeing (PD) Year 9: Self-harm and eating disorders (specialist female professional)	Year 10: Managing pressure, change and emotions (PD) Year 11: Re-framing unhelpful thinking, addiction (PD)	Year 12: Managing stress and anxiety, how to recognize common mental health issues, how to recognize when they or others require support with their mental health, how to access support (PD) Year 13: Managing exam pressure, mindfulness and relaxation (PD)
<b>Internet safety and harms</b>	Year 7: Online safety including grooming and online critical thinking skills, cyberbullying (PD) Year 7: E-safety, social media, online grooming (IT) Year 7 and above: Influencers, misogyny, conspiracy theories (PD) Year 8: Social media and online safety, sharing online images and the law, difficulty of removing potentially compromising material placed online (PD) Year 9: How online information is generated, collected, shared and used online (PD)	Year 10: Advertising and body image (PD) Year 11: Identifying misinformation, dangers of online gambling and gaming (PD)	Year 12: Recognising propaganda, bias and misinformation, sharing information online, negative influence, persuasion and manipulation including online, how to recognize abuse, sources of support and exit strategies, online relationships, rights regarding harassment and how to respond and access help (PD)
<b>Physical health and fitness</b>	Year 7: healthy diet, links between unhealthy diet and inactive lifestyle upon health (PD) Year 8: Period hygiene (PD) Year 9: Blood donation, tissue and organ donation, health services which are available ie. NHS (PD) Years 7, 8 and 9: See PE Curriculum Maps for coverage of physical health and fitness	Year 10: Managing pressure (PD) Year 11: Human papillomavirus (HPV) and Cervical Screening Years 10 and 11: See PE Curriculum Maps for coverage of physical health and fitness	Year 13: How to recognize illnesses which particularly effect young people, how to maintain a healthy work-life balance including exercise, how to register with health services in new locations (PD)
<b>Healthy eating</b>	Year 7: Healthy diet, links between unhealthy diet and inactive lifestyle upon health (PD) Years 7,8 and 9: See Food Curriculum Maps	Years 10 and 11: See Food Curriculum Maps for coverage of healthy eating for those opting to study Food GCSE	Year 13: How to maintain a healthy diet on a budget (PD)
<b>Drugs, alcohol and tobacco</b>	Year 9: Health impact of drugs, tobacco, vaping and alcohol and links to risky behaviour, laws relating to drugs and alcohol ie. supply and possession of illegal substances (PD)	Year 10: Organisations which can support with alcohol, tobacco and drug-related issues (PD) Year 10: Laws regarding drugs and alcohol Year 10: How the use of alcohol and drugs can lead to risky sexual behaviour, confidential sexual health advice (specialist female professional)	Year 12: Drug and alcohol use and impact on immediate and long-term health, impact of alcohol and drug use on road safety, work place safety, career and reputation (PD) Year 13: Impact of drug use on decision-making, risks of being a passenger with an intoxicated driver (PD)
<b>Health and prevention</b>	Year 7: Hand and respiratory hygiene, vaccination, and antibiotics (PD) Year 8: Safe use of medicines inc. Paracetamol, endometriosis awareness (PD) Year 9: Drugs, antibiotics, painkillers (PD)	Year 10: Importance of sleep, nutrition and physical health, managing risks associated with cosmetic and aesthetic processes (PD) Year 11: HPV and Cervical Screening (PD)	Year 13 PD: How to maintain a healthy work-life balance including the importance of sleep, exercise and managing time online (PD)
<b>Basic first aid</b>	Year 7: First aid - allergies, asthma (PD) Year 8: First aid - basic life support (PD) Year 9: First aid - bleeding and choking (PD)	Year 10: First aid - chest pain (PD) Year 11: First aid - bone, muscle and joint injuries (PD)	Year 12: Review of basic first aid (PD)
<b>Changing adolescent body</b>	Year 7: Puberty, menstrual cycle (Science)		

PD:

Science, RS, Food, PE, IT:

Specialist female professional:

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