

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
Families	Year 7: Relationships, including families (PD) Year 8: Marriage and co-habitation (PD) Year 9: Characteristics of long-term relationships (PD)	Year 10: Parenting (PD) Year 11: Parenting (Step 2) Year 11: Commitment and Forced Marriage (Step 2)	Year 12 and Year 13: Review of content (Step 2)
Respectful relationships	Year 7: Transition, Positive relationships, healthy relationships , Protected Characteristics, British Values, stereotypes, banter or bullying, cyberbullying (PD) Year 7: Judaism, Christianity, Islam (Philosophy, Religion and Ethics) Year 7: E-Safety (Information Technology) Years 7, 8 and 9: Everyday consent and grooming (Step 2) Year 8: Healthy relationships, new friendships, peer pressure, toxic relationships and red flags, dealing with arguments, avoiding spreading rumours, challenging stereotypes about gender and disability, bait accounts, prejudice, sexism and sex discrimination (PD) Year 8: Hinduism, Buddhism, Sikhism (Philosophy, Religion and Ethics) Years 8 and 9: Tik Tok, image sharing (Step 2) Year 9: Positive relationships, avoiding toxic/ unhealthy relationships, good communication in relationships, challenging homophobia, representational bias and AI, anti-social behaviour, intimidation, child-on-child abuse, control in relationships, sexual harassment, childhood criminal exploitation , propaganda and fake news, misinformation (PD) Year 9: Atheism (Philosophy, Religion and Ethics)	Year 10: Why fighting is not the answer, risks of carrying a knife, incel culture, challenging racism, toxic culture, public order offences, emotional abuse, safety in the community (PD) Year 10: Teenage relationship abuse, domestic abuse (Step 2) Year 11: Friendship challenges and how to overcome them, how to respectfully end relationships, removing ourselves safely from unhealthy relationships, coping with bereavement, online influencers and their impact on harassment and prejudice, mutual respect and tolerance, abusive relationships and where to get support, religious festivals (PD) Year 11: Forced Marriage and Honour Based Abuse (Step 2)	Year 12: Building new relationships at work/ university (Step 2) Year 13: Personal safety, harassment, exploitation, exploitation, sexual harassment, sexual violence, domestic abuse (Step 2)
Online and media	Year 7: Cyberbullying, staying safe on the internet and social media (PD) Year 7: Expectations and E-Safety (Information Technology) Year 8: Responsible use of social media, bait accounts, AI, Tik Tok algorithms, impact of social media on body image, how online data is generated and used (PD) Years 8 and 9: Tik Tok, image sharing (Step 2) Year 9: Representational bias and AI, recognizing propaganda and 'fake news' online (PD)	Year 10: Responsible use of AI, online grooming and boundaries (PD) Year 11: Digital footprint (PD)	Year 12 and Year 13: Links to online safety in topics such as sexual harassment in the workplace, grooming, safety at work and at university (Step 2)

Being safe	Year 7: What we mean by consent (PD) Years 7, 8 and 9: Everyday consent and grooming (Step 2) Years 8 and 9: Tik Tok, image sharing (Step 2) Year 9: Sexual harassment, childhood criminal exploitation, county lines, consent (PD)	Year 10: Consent and positive refusal, indecent images and link to AI, pornography, teenage relationship abuse, domestic abuse (Step 2) Year 11: Female Genital Mutilation, Honor Based Abuse, Forced Marriage (Step 2)	Year 12: Sexual harassment in the workplace, grooming, safety at work and at university (Step 2) Year 13: Sexual consent, sexual exploitation, sexual harassment, managing sexual pressure, sexual violence, rape culture and domestic abuse (Step 2)
The law	Year 7: What we mean by consent, British Values, hate crime, age of criminal responsibility, age-based laws (PD) Year 8: Drugs and the law (PD) Years 7, 8 and 9: Everyday consent and grooming (Step 2) Years 8 and 9: Image sharing (Step 2) Year 9: Sexual harassment, childhood criminal exploitation, consent, anti-social behaviour, county lines, age-based laws, gangs, freedom of expression (PD) Year 9: Joint enterprise, gang culture, addiction, money management, healthy relationships and red flags (Positive Choices)	Year 10: Why fighting is not the answer, risks of carrying a knife, protest, public order offences, balancing freedom with the law, age-based laws (PD) Year 11: Extremism and radicalisation (PD)	Year 12: Sexual harassment in the workplace, grooming, safety at work and at university (Step 2) Year 13: Sexual consent, sexual exploitation, sexual harassment, managing sexual pressure, sexual violence, rape culture and domestic abuse (Step 2)
Intimate and sexual relationships, including sexual health 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 made to the Assistant Headteacher (Personal Development) Mr J Kennedy	Year 7: Reproduction and inheritance topic - menstrual cycle, fertilization (Science) Year 9: Communicable diseases and Human Defence Systems topic – STIs (Science)	Year 10: Consent and positive refusal, contraception, sexual health and STIs (Step 2) Year 11: Pregnancy and options, IVF, miscarriage, parenting (Step 2) Year 11: Drugs/ substance abuse and how this can lead to risky behaviour (PD) Year 11: Hormonal coordination in humans and nervous system topic – infertility, contraception (Science)	Year 12 and Year 13: Review of healthy relationships content (Step 2) Year 13: Sexual consent, managing sexual pressure (Step 2)

Physical health and mental wellbeing:

Statutory content	Key Stage 3	Key Stage 4	Key Stage 5
Mental wellbeing	Year 7: Talking about emotions and feelings, caring about other people's emotions and feelings, how to know when our mental health is not good and what to do about it (PD) Year 8: Common signs of anxiety and depression (PD) Year 9: How helping others can help our own mental health, what affects our mental health and how to manage it (PD)	Year 10: Managing emotions, managing pressure, role of exercise in reducing stress, positive mindset (PD) Year 11: Coping with loss and bereavement, reframing unhelpful thinking, mindfulness, looking after ourselves, how enrichment activities and volunteering can help with our wellbeing and mental health, how we can manage pressure, how we can manage exam pressure, how we can deal with challenges (PD)	Year 12 and Year 13: Personal safety and healthy relationships including preparation for next stages i.e. work/ university (Step 2)
Internet safety and harms	Year 7: Cyberbullying, staying safe on the internet and social media (PD) Year 7: Expectations and E-Safety (Information Technology) Year 8: Responsible use of social media, bait accounts, AI, Tik Tok algorithms, impact of social media on body image, how online data is generated and used, common online scams, phishing and hacking, loot boxes and gambling (PD) Years 8 and 9: Tik Tok, image sharing (Step 2)	Year 10: Responsible use of AI, online grooming and boundaries, incel culture and impact of online influencers (PD) Year 10: Indecent images and link to AI, pornography and impact (Step 2) Year 11: Digital footprint, extremism and radicalisation (PD)	Year 12 and Year 13: Links to online safety in topics such as sexual harassment in the workplace, grooming, safety at work and at university (Step 2)

	Year 9: Representational bias and AI, recognizing online propaganda and 'fake news' (PD)		
Physical health and fitness	Years 7, 8 and 9: Health including effects of exercise, respiratory systems and muscle groups (PE) Year 8: Keeping ourselves healthy (PD) Year 9: How an unhealthy lifestyle impacts upon mental health, why do people donate and how does it help others i.e. organ donation (PD)	Year 10: How taking exercise can reduce stress (PD)	Post-16: Sports Leaders programme
Healthy eating	Year 7: Eatwell guide, nutrients and their functions, risks of eating an unbalanced diet (Food) Year 8: Role of meat, eggs, fish and fruit and vegetables in a healthy diet (Food) Year 9: Nutrients and their functions and the dangers of excess and deficiency (Food)	Covered in KS3 and Food GCSE for those who opt for it	Covered in KS3 and Food GCSE for those who opt for it
Drugs, alcohol and tobacco	Year 7: Vaping, addiction (PD) Year 8: Drugs and their impact on physical and mental health, the law and tobacco, vaping and alcohol, risks to health (PD) Year 9: Drugs, the law and their impact (PD) Year 9: Addiction (Positive Choices)	Year 10: Dangers of prescribed drugs Year 11: Substance abuse and relationships, drugs/ alcohol and links to risky behaviour (PD)	Year 12 and Year 13: Reviewed as part of Step 2 input i.e. life at university and in the workplace (Step 2)
Health and prevention	Year 7: Personal hygiene, allergies and asthma, antibiotics and vaccination, dental hygiene (PD) Year 8: Safe use of medicines, endometriosis, period poverty (PD) Year 9: Sleep and wellbeing (PD) Year 9: Vaccination (Science)	Years 10 and 11: Covered in the context of managing pressure/ exam pressure i.e. importance of sleep (PD)	Year 13: Self-examination, menopause (Step 2)
Basic first aid	Year 8: Basic life support (PD) Year 9: Saving a life in an emergency (PD)	Covered in KS3	Post-16: First aid covered as part of Keeping Safe drop-down day
Changing adolescent body	Year 7: Reproduction and inheritance topic – menstrual cycle, fertilization (Science) Year 8: Endometriosis and period poverty (PD)	Covered in KS3	Covered in KS3

PD: Delivered as part of the Personal Development programme in tutor time by form tutor or other member of the BVGA team
Science, PRE, Food, PE, IT: Delivered by BVGA teaching staff in subject areas specified
Step 2: Delivered by external specialists from the Step 2 team
Positive Choices: Delivered by external visitors from the Leeds United Foundation

Delivery of RSHE topics is supplemented by the assembly programme (for example age-appropriate coverage of topics such as mental health and wellbeing, anti-bullying, online safety, county lines, extremism and radicalisation).