

Relationships and Sex Education (RSE)

Curriculum summary document

Year group	Curriculum content
Access Pathway (for students across different year groups who are working below the level of the main curriculum)	<ul style="list-style-type: none"> • Identify personal characteristics eg height, hair colour etc • Recognise differences between people • Understand personal space • Distinguish between 'public' and 'private' behaviours eg getting undressed • Understand different types of relationships • Keeping safe within relationships • Know who and how to ask for help
Year 7	<ul style="list-style-type: none"> • Identify the exterior parts of the body • Identify male and female genitalia • Differentiate between private and public body parts • Know who is able to see private parts and under what circumstances • Recognise acceptable and unacceptable physical contact and when it's appropriate to ask for permission • Puberty including hair, growth, body odour, voice changing, acne, periods
Year 8	<ul style="list-style-type: none"> • Identify private body parts • The biological processes involved in menstruation including role of the menstrual cycle in getting pregnant. Body changes • Erections, wet dreams, voice breaking, body changes • Strategies to cope with the changes during puberty
Year 9	<ul style="list-style-type: none"> • How hormones affect mood and emotions including PMS, mood swings • The process of reproduction including conception through to childbirth • Why people have sex other than to reproduce eg intimacy / loving relationships • Contraception (to prevent pregnancy and STIs) • What is consent? Why it is important • What is LGBTQIA+? History to present day including discrimination • Recognise different gender identities
Year 10	<ul style="list-style-type: none"> • Sexual intercourse and importance of consent • Responsibilities of a parent including to provide the child with food, clothing, a place to live, financial support, safety, supervision, guidance, and medical care • How media and social media can affect body image including body dysmorphia • Looking after your own and your friends' mental health as young adults • Groups available for support
Year 11	<ul style="list-style-type: none"> • Understand the term consent and why it's important • Different forms of contraception and what they are best suited for • STIs: What they are, types of STIs, how they are transmitted, the harm they cause, and how they can be prevented • Responsibilities and challenges of early parenting including feeding, bathing, changing, nursing, lack of sleep, toileting and financial responsibilities • The changing role of the parent as the child grows up including discipline, role modelling, schooling, preparing meals, and cleaning • Legal responsibilities of a parent