Subject: Relationship and sex education (RSE)

Subject Leader
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National Curriculum
From September 2020 the Department of education has introduced compulsory Relationships and Sex education (RSE) for secondary schools in England. Educating pupils about relationships and sex education gives them the skills and attributes required to be able to develop healthy and nurturing relationships along with the necessary education to make choices regarding sex. The term relationship in this context is not limited to intimate relationships; it will cover friendship and work relationships – Relationships that they are likely to form throughout their lives. RSE enables pupils to explore emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. The ultimate goal being that they are able to manage their online, offline, academic, personal and social lives in a positive and effective manner. This in turn will enable pupils to make mature and informed choices throughout their lives. Parents/carers will be informed of content before the learning is undertaken and links to the RSE policy made available.

Curriculum Intent
At Castle school, we understand the importance of educating pupils about sex, relationships and their health and for them to make responsible and informed decisions in their life. The teaching of RSE can help prepare pupils for the opportunities, responsibilities and experiences of adult life. It allows us to promote the spiritual, moral, social. Cultural, mental and physical development of pupils in not only school but also the wider community. Some aspects of RSE may have been missed by students over the years so at The Kingsmead school we strive to ensure all students are able to revisit and recall areas of RSE. We conduct this by making sure we revisit key vocabulary area's to check prior learning and adopt our lessons appropriately to meet the needs of our students. We also use activities such as starters, deep marking and providing students with the opportunities to engage with other agencies, either in school or off site as part of our wider curriculum and ensuring their knowledge of these subjects is deepened and secure in preparation for life after school.   We have an obligation to provide pupils with a high quality, evidenced and age appropriate teaching of the subject with flexibility to meet all learners' needs.   By the end of Key stage 4 there are number of outcomes that our RSE curriculum will be able to demonstrate in respect to pupils knowledge and understanding, these are summarised below: **Families:**   • That there are different types of committed, stable relationships   • How these relationships might contribute to human happiness and their importance for bringing up children   • What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony   • Why marriage is an important relationship choice for many couples and why it must be freely entered into   • The characteristics and legal status of other types of long-term relationships   • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting   • How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed   **Respectful relationships including friendships:**   • The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship   • Practical steps they can take in a range of different contexts to improve or support respectful relationships

- How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)
- That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs
- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help That some types of behaviour within relationships are criminal, including violent behaviour and coercive control
- What constitutes sexual harassment and sexual violence and why these are always unacceptable
- The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal

Being safe:
- The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour based violence and FGM, and how these can affect current and future relationships
- How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)

Online and media:
- Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online
- About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online
- Not to provide material to others that they would not want shared further and not to share personal material which is sent to them
- What to do and where to get support to report material or manage issues online
- The impact of viewing harmful content
- That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners
- That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail
- How information and data is generated, collected, shared and used online

Curriculum Implementation

	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships
Year 7		*Identity Rights and responsibilities Living in a diverse society *Challenging prejudice, stereotypes and discrimination *Signs and effects of bulling including online *Responding to bulling *How to support others	*Recognise and respond to inappropriate and unwanted contact	*Qualities and behaviours relating to positive relationships (Including online) *How to recognise unhealthy relationships (including online) *Evaluate expectations of romantic relationships. The importance of stable and long-term relationships including marriage and co habiting. Relating to family life and bringing up children. *Consent and how to communicate assertively
Year 8		*Managing influences on beliefs and decisions *Gender identity, transphobia and gender based discrimination *Challenging and recognising homophobia and biphobia		*Qualities of positive and healthy relationships *Demonstrating positive behaviours in healthy relationships *Gender identity and sexual orientation *Laws in relation to consent *Legal and moral duty of consent *Effective communication regarding consent *Sexting and risks, pressure and managing requests *Basic contraception
Year 9	*Responsibility for physical health including testicular and breast examination	*Legal, social and emotional commitment of marriage *Choose freely to marry *Different families and parenting including single parent families, same sex, blended families, adoption and fostering *Positive relationships in the family home and ways to reduce homelessness amongst young people *Conflict and it's causes with family and friends *Conflict resolution strategies *Managing relationship and family breakdown's including separation and divorce *How to access support services	*How to distinguish between healthy and unhealthy friendships *How to assess risk and managing influences online *FGM and how to access support	*Readiness for sexual activity, the choice to delay or enjoy intimacy without sex *Myths and misconceptions of consent *Continuous right to withdraw from consent at any time. * Capacity to consent * STI's, effective use of condoms and negotiating safer sex * Consequences of unprotected sex including STI's and pregnancy *Portrayal of relationships in the media v's real life *Pornography and expectations v's reality *Assess and manage risks of sending, sharing and passing on sexual images *Securing personal data online
Year 10		*Communities, inclusion, respect and belonging *Equality act, diversity and values		*Relationship values and pleasure *Myths, assumptions, misconceptions and social norms regarding sex, gender and relationships *Opportunities and risks of forming relationships online *Managing the impact of the media and pornography on sexual attitudes, expectations and behaviours *Ethical and legal implications in relation to consent including manipulation, coercion and capacity to consent *Recognise and challenge victim blaming *Asexuality, abstinence and celibacy
Year 11	*Challenging judgement of others and challenging stereotype's	*Core values and emotion *Gender identity, expression and sexual orientation * Communicate assertively in relation to wants and need, unwanted attention including online *Challenging harassment and stalking and relationship abuse *Accessing support for abusive and coercive relationships	*Screening and self-examination*Registering and accessing doctors, sexual health clinics, opticians and other health services	*About different types of families and changing family structures *How to evaluate readiness for parenthood and positive parenting qualities *About fertility, including how it varies and changes *About pregnancy, birth and miscarriage *About unplanned pregnancy options, including abortion *Adoption and fostering *Manage change, loss, grief and bereavement *'honour based' violence and forced marriage and how to safely access support