

Dear Parents/Carers,

We are writing to you to confirm the curriculum for RSE (Relationships and Sex Education) for the academic year 2021-2022 which will be delivered through PSCHE & Citizenship lessons in Years 7 to 11. The topics of lessons are outlined below, in line with government guidelines.

For Year 7 students who are new to the PSCHE & Citizenship curriculum, the topic of 'Sex and Relationships' will be taught with a focus on healthy friendships, family relationships and age-appropriate romance. Sex education does not begin until Year 8. Please see the attached information for more details.

Year 7 Relationship and Health education topics

1. Keeping good friendships and avoiding toxic ones.
2. Family relationships – the different types and why we don't always get along.
3. Love and relationships – falling in love and dealing with new feelings.
4. Bullying or banter? Why do people bully others and how can we help stop this?
5. What is cyberbullying? Why do people bully online?
6. How do we keep safe and positive relationships (on and off-line)?
7. What is my personal identity and why is diversity important?
8. Puberty – what happens and why?
9. Periods – what happens and why?
10. What is FGM and why is it so dangerous?

Year 8 Relationship, Sex and Health education topics

1. Safe sex, the age of consent and different forms of contraception.
2. How do we keep good sexual health and avoid STIs?
3. What is consent and why is it important we know about it?
4. What is sexting and why is it so risky to send personal images?
5. Domestic conflict – why do people run away from home and why is this so dangerous?
6. Body image and the media part 1 with a focus on boys.
7. How can we prevent radicalisation and recognise the signs of extremism?
8. Who are the extremist groups and why are they so dangerous?
9. Where does extremism come from?
10. How do religious extremists attract converts?
11. Islamophobia – do Muslims really want Sharia Law in Britain?
12. Stereotyping, discrimination and prejudice. Religion focus.
13. How can British Values teach us tolerance and respect for others?

Year 9 Relationship, Sex and Health education

1. Who are the LGBT+ community and what would they like us to know?
2. What is pornography and why can it be dangerous?
3. What are domestic violence and abusive relationships? Healthy and unhealthy relationships.
4. CSE – how are children and young people lured into dangerous relationships and what do these look like?

5. Body image and the media – focus on girls
6. Sexually Transmitted Infections and how to protect yourself?
7. What is sexual harassment and peer on peer abuse?
8. Different types of long-term commitments.

Year 10 Relationship, Sex and Health education

1. Using a condom to protect ourselves.
2. What are forced and arranged marriages and what do we need to know?
3. Gender and Trans Identity and LGBT+
4. Why do sexism, gender prejudice and stereotypes still exist?
5. Revenge Porn – what is this and how can we prevent ourselves from being victims?
6. Legal status of marriage.

Year 11 Relationship, Sex and Health education

1. Relationship Break Ups
2. What is 'Good Sex'?
3. How to use a condom to protect ourselves
4. Why is it essential we know about consent, rape, and sexual abuse?

Please find attached a copy of the Department for Education guide for parents. All students must study Health Education and the Relationships Education element of Relationships and Sex Education. However, if you do not want your son/daughter to take part in some or all of the Sex Education lessons delivered, you can ask that they withdraw.

If you have any questions, please do not hesitate to contact us via email at swilcockson@davidnieper.academy

Yours faithfully



Mrs S Wilcockson
PSCHE & Citizenship Lead