

Ref: SWI/004/22-23

September 2022

Grange Street
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Dear Parents/Carers

We are writing to you to confirm the curriculum for RSE (Relationships and Sex Education) for the academic year 2022-2023, 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; our full PSCHE & Citizenship curriculum can be found on our website. We welcome parental feedback and regularly update our curriculum based on the needs and/or concerns of our community. If you have any suggestions or feedback, please contact us via the email address below.

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 Relationships and Health education topics

1. What are healthy lifestyles?
2. How can we stay healthy? (food groups/diet/nutrition)
3. Eating responsibly (Food labels and health hazards)
4. Healthy living (exercise)
5. Not eating healthily – what are the consequences?
6. Energy Drinks – are they dangerous?
7. The dangers of Cigarettes and Alcohol
8. What are drugs and why are they dangerous?
9. Puberty – What happens, when and why?
10. Periods – what happens, when and why?
11. FGM – What is this and why is it so dangerous?
12. Keeping good friendships and avoiding toxic ones
13. Family relationships
14. Crushes and feelings – types of attraction
15. Bullying or Banter?
16. What is cyberbullying?
17. Safe and positive relationships
18. Social Media Safety.
19. Personal identity & diversity British Values
20. Extremism – why does radicalisation happen?

Year 8 Relationships, Sex and Health education topics

1. How can we look after ourselves and others in an emergency? Personal safety and first aid.
2. Understanding eating disorders and how to manage these.
3. What is vaping and is this as bad as smoking?
4. What is mindfulness? How can this aid positive mental health?
5. Cancer awareness.
6. Love and Relationships – age-appropriate relationships.

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7. How do we have safe sex? Introduction to contraception * *linked to Biology SOW (reproduction) in Y8*
8. How do we keep good sexual health and avoid STIs?
9. Why do teenage parents have it so tough? How we can avoid teenage pregnancy.
10. What is consent and why is it important we know about it?
11. What is sexting and why is it so risky to send personal images?
12. Body image and the media: focus on boys.

Year 9 Relationships, Sex and Health education

1. Why do people take illegal drugs and what does the law say about drug use?
2. Alcohol awareness.
3. The dangers of vaping.
4. How to cope with stress.
5. What is self-harm and why do people do this?
6. Managing anxiety.
7. Vaccinations
8. Who are the LGBT+ community and what would they like us to know?
9. What is pornography and how can it be dangerous?
9. Healthy and unhealthy relationships.
10. CSE – how are children and young people lured into dangerous relationships and what do these look like?
11. Body image and the media – focus on girls
12. Sexually Transmitted Infections and how to protect yourself
13. What is peer-pressure and peer on peer abuse?
14. Long term commitments – marriage and civil ceremonies.
15. What is sexual harassment?

Year 10 Relationship, Sex and Health education

1. How harmful is binge drinking?
2. Psychoactive Drugs – Cannabis focus.
3. Managing Grief and Bereavement.
4. Why do some people commit suicide?
5. Social Media and Self-Esteem.
6. Managing social anxiety
7. Using a condom to protect ourselves (double lesson)
8. What are forced and arranged marriages and what do we need to know?
9. Gender and Trans Identity LGBT+
10. Abortion – the arguments for and against
11. Why do sexism, gender prejudice and stereotypes still exist?
12. Revenge Porn – what is this and how can we prevent ourselves from being victims?
13. Same sex relationships.
14. Parenting – the facts.

Year 11 Relationship, Sex and Health education

1. Gambling and Online Gaming
2. Risks of drug use at parties, festivals and clubs
3. Relationship Break Ups
4. What is 'Good Sex'?
5. How to use a condom to protect ourselves (*revisited*)
6. Consent and Intimacy
7. Consent, rape and sexual abuse.
8. Long term commitments
9. Fertility and reproductive health **introductory lesson to Biology SOW in Year 11 (fertility/embryology)*
10. Bullying and Body Shaming

Please find attached a copy of the Department for Education guide for parents. All students must study the Health & Relationships 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 contact the headteacher to request that they withdraw.

If you have any questions, please do not hesitate to contact the lead teacher of PSCHE via email at swilcockson@davidnieper.academy

Yours faithfully



Mrs S Wilcockson
PSCHE & Citizenship Lead