

RSHE Statutory Requirements: Relationship and Sex Education

Component:	Statutory Guidance:	Headlands PSHE Scheme
Families	Pupils should know that there are different types of committed, stable relationships	Year 7- Different types of relationships (Family) Year 8- Different Levels of Intimacy and Commitment
	Pupils should know how these relationships might contribute to human happiness and their importance for bringing up children	Year 7- Role of Friendship in Life Year 8- Loneliness Year 9- Being a Parent
	Pupils should know what marriage is, including their legal status	Religious Studies Curriculum Year 8
	Pupils should know why marriage is an important relationship choice for many couples and why it must be entered into freely	Religious Studies Curriculum Year 8
	Pupils should know the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting	Year 9- Being a Parent Year 9- Teenage Pregnancy
	Pupils should know how to determine whether other children, adults or sources of information are trustworthy	Year 7- When Relationships Become Unsafe Year 8- Digital Romances and Risks Year 8- Catfish: Strangers Online Year 10- Healthy Relationships and Dating Abuse
	Pupils should know how to determine when family, friend, intimate or other relationships are unsafe and how to seek help and advice.	Year 7- When Relationships Become Unsafe Year 9- Sexual Harassment and Rape Year 10- Healthy Relationships and Dating Abuse

Respectful relationships, including friendships	<p>Pupils should know the characteristics of positive and healthy relationships (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 relationships.</p>	<p>All Relationship lessons hold this principle at its core. Examples include:</p> <ul style="list-style-type: none"> Year 7- Ingredients to a healthy friendship relationship Year 7- Positive Online Relationships and the risks Year 7- When relationships become unsafe Year 8-Digital Relationships and their Risks Year 8- Catfish: Strangers Online Year 8- Radicalisation Year 9- How to Break Up Year 9- The Problem with Ghosting Year 10- Healthy Relationships and Dating Abuse
	<p>Pupils should know practical steps they can take in a range of difficult contexts to improve or support respectful relationships</p>	<p>All Relationship lessons hold this principle at its core. Examples include:</p> <ul style="list-style-type: none"> Year 7- Ingredients to a healthy friendship relationship Year 7- Positive Online Relationships and the risks Year 7- When relationships become unsafe Year 8-Digital Relationships and their Risks Year 8- Catfish: Strangers Online Year 9- How to Break Up Year 9- The Problem with Ghosting Year 10- Healthy Relationships and Dating Abuse
	<p>Pupils should know how stereotypes, in particular stereotypes based on sex, gender, race, sexual orientation or disability, can cause damage</p>	<ul style="list-style-type: none"> Year 7- Nature of prejudice and bullying Year 8- How to challenge discrimination Year 8- Discrimination: Racism Year 8- Discrimination: Religious Intolerance Year 9: How are Groups of People Stereotyped? Year 9: Diversity in Sexuality Year 9: Challenges Faced by the Disabled Youth Year 10: Sex, Gender and Sexuality
	<p>Pupils should know that in school and in the wider society they can expect to be treated with respect by others, and in turn they should show due respect to others, including in positions of authority and due tolerance of other people's beliefs</p>	<p>All lessons found within our Religious Studies Curriculum promote this principle.</p> <p>Examples in PSHE include:</p> <ul style="list-style-type: none"> Year 7- Nature of prejudice and bullying Year 8- How to challenge discrimination Year 8- Discrimination: Racism Year 8- Discrimination: Religious Intolerance

		Year 9: How are Groups of People Stereotypes? Year 9: Diversity in Sexuality Year 9: Challenges Faced by the Disabled Youth
	Pupils should know about different types of bullying (including Cyber Bullying), the impact of bullying, responsibilities of the bystander to report bullying and how and where to get help.	Year 7: Nature and prejudice of bullying Year 7: Responsibilities of the Bystander: How to help friends when being bullied
	Pupils should know that some types of behaviour within relationships are criminal, including violent behaviour and coercive control	Year 9: Sexting Year 9: Sexual Harassment and Rape Year 10: Healthy Relationships and Dating Abuse
	Pupils should know what constitutes sexual harassment and sexual violence and why these are always unacceptable	Year 9: Sexual Harassment and Rape Year 10: Healthy Relationships and Dating Abuse
	Pupils should know the legal rights and responsibilities regarding equality and that everyone is unique and equal	Year 8- How to challenge discrimination Year 8- Discrimination: Racism Year 8- Discrimination: Religious Intolerance Year 9: How are Groups of People Stereotypes? Year 9: Diversity in Sexuality
Online and Media	Pupils should know their rights and responsibilities online, including the same expectations of behaviour apply in all contexts, including online	Year 7- Online behaviour
	Pupils should know 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 online	Year 7- Positive Online Relationships and the risks Year 8-Digital Relationships and their Risks Year 8- Catfish: Strangers Online Year 9- Sexting

	Pupils should know not to provide material to others that they would not want to shared further and not to share personal material which is sent to them	Year 9 Sexting
	Pupils should know the impact of viewing harmful content	Year 9- Harmful Content Year 10- Pornography and Distorted Sexual Behaviour
	Pupils should know that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviour, can damage the way people see themselves in relation to others and negatively affect how thy behave towards sexual partners	Year 10- Pornography and Distorted Sexual Behaviour
	Pupils should know that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries server penalties including jail.	Year 9 Sexting
	Pupils should know how information and data is generated, collected, shared and use online.	Year 9- How information is shared
Being Safe	Pupils should know 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	Year 7- When relationships become unsafe Year 7- FGM Year 8- Radicalisation Year 9- Sexting Year 9- Sexual Harassment and Rape Year 10- Healthy Relationships and Dating Abuse Year 10- Consent and Misconceptions
	Pupils should know how people can actively communicate and recognize consent from others, including sexual consent, and how and when consent can be withdrawn	Year 10- Consent and Misconceptions

Intimate and Sexual relationships, including sexual health	Pupils should know how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.	Year 7: Ingredients to a healthy friendship relationship Different types of relationships- family Year 8: Different Levels of Intimacy and Commitment Year 9: Reasons for Relationship breakdown Year 10- Consent and Misconceptions Religious Studies Curriculum Covers Purpose and Nature of Marriage
	Pupils should know that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.	Year 9: Reproductive Health Year 9- HIV/AIDS Year 10: STIs Year 10: Contraception (Including sex shields)
	Pupils should know the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	Year 9: Reproductive Health
	Pupils should know that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	Year 7- How to manage peer pressure Year 9- Sexting Year 9- Sexual Harassment and Rape
	Pupils should know that they have a choice to delay sex or to enjoy intimacy without sex.	Year 9- Sexting Year 9- Sexual Harassment and Rape Year 10- Consent and Misconceptions
	Pupils should know the facts about the full range of contraceptive choices, efficacy and options available.	Year 9- HIV/AIDS Year 10- Contraception (Including Sex Shields)
	Pupils should know the facts around pregnancy including miscarriage.	Year 9- Being a Parent Year 9- Teenage Pregnancy Year 9- Birth and Labour (Miscarriages)

	Pupils should know that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).	<p>Year 9- Choices on Pregnancy</p> <p>Religious Studies Curriculum Covers in depth learning on abortion and the law surrounding abortion</p>
	Pupils should know how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	<p>Year 9- HIV/AIDS</p> <p>Year 10- STIs</p> <p>Year 10- Sex Organs and Sexual Checks</p> <p>Year 10- Self-Examination</p>
	Pupils should know about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	<p>Year 9- HIV/AIDS</p> <p>Year 10- STIs</p>
	Pupils should know how the use of alcohol and drugs can lead to risky sexual behaviour.	<p>Year 8- Alcohol: Legal and personal consequences</p> <p>Year 8- Alcohol: Family and Social Consequences</p>
	Pupils should know how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	<p>Year 10- Healthy Relationships and Dating Abuse</p> <p>Year 10- Sex, Gender and Sexuality</p> <p>Year 10- STIs</p> <p>Year 10- Consent and Misconceptions</p> <p>Year 10- Sex Organs and STI Checks</p> <p>Year 10- Contraception (Including Sex Shields)</p> <p>Year 10- Pornography and Distorted Sexual Behaviour</p>