

## Relationships and Sex Education (RSE) at Sir Charles Parsons School

The teaching and learning of Relationships and Sex Education (RSE) is part of the Personal, Social and Health Education (PSHE) curriculum.

Since September 2020, Relationships and Sex Education has been a statutory requirement for all schools.

At Sir Charles Parsons School, the content of RSE is tailored to meet the needs of our students following the different Aspirational Pathways.

The content of RSE across Key Stages is progressive. It builds on previous learning, consolidating knowledge and introduces concepts and information in an age appropriate and sensitive way.

The aims of Relationships and Sex Education at Sir Charles Parsons are to provide our learners with:

- Knowledge and information to support their understanding of positive, healthy relationships.
- To be confident to make informed decisions about their relationships and their bodies.
- To understand the physical and emotional changes our bodies go through during puberty.
- To know what consent and bodily autonomy is and how to act in an appropriate way.
- The dangers, risks and harm of social media and how to navigate it in a safe way.

### How Relationships and Sex Education is delivered at SCP

The topic of Relationships and Sex Education is delivered as a unit of work each year in PSHE in the Spring Term.

Throughout the year, the concept of positive, healthy relationships underlines every unit of work.

Key Stage 3	Unit	What is Covered
Year 7	Relationships	My family Friends Caring for others Periods (girls only)
Year 8	Growing Up	Puberty Body parts and functions Changes to your body Periods Positive/Negative touch (Consent)
Year 9	Relationships	Positive and Negative Relationship traits Emotional Wellbeing Feelings & Emotions Bodily Autonomy (Consent) Exploring your own body in private way

<b>Key Stage 4</b>	<b>Unit</b>	<b>What is Covered</b>
Year 10	Sexual / Intimate Relationships Gender Diversity	Positive and Negative Relationship traits Consent & The Law Sexual Intimacy Pregnancy and Childbirth LGBTQ+ - different relationships Social Media – dangers and risks
Year 11	Sexual / Intimate Relationships Gender Diversity	Consent & The Law Sexual Intimacy Pregnancy and Childbirth Social Media – dangers and risks LGBTQ+ - different relationships Pornography – dangers of accessing it and the realities
<b>Key Stage 5</b>	<b>Unit</b>	<b>What is Covered</b>
6 <sup>th</sup> Form	Sexual / Intimate Relationships Gender Diversity	Consent & The Law Sexual Intimacy Pregnancy and Childbirth Social Media – dangers and risks LGBTQ+ - different relationships Pornography – dangers of accessing it and the realities