

Sawston Village College
Relationship and Sex Educations (RSE) Policy
The Purpose of the Relationship and Sex Educations (RSE) Policy



Sawston
Village College

The aims of this policy are as follows:

1. To provide clarity as to the values, learning outcomes and teaching methods that underpin our approach to Relationship and Sex Educations (RSE) at Sawston Village College in light of new statutory regulations brought in from September 2020
2. To inform key stakeholders as to the core content of this programme
3. To provide a point of reference to address any concerns and questions that may arise from the delivery of this programme and to help the College keep under review the provision it makes for Relationship and Sex Educations (RSE).

What is Relationship and Sex Educations (RSE)?

RSE is lifelong learning about physical, sexual, moral and emotional development, irrespective of gender, ethnicity or ability. It involves acquiring knowledge and information, developing skills and forming positive beliefs, values and attitudes, as well as the teaching of sex, sexuality and sexual health. It is about the understanding of the importance of stable and loving relationships, respect, love and care, for family life. It is not about the promotion of sexual orientation or sexual activity. RSE should enable pupils to make informed and appropriate choices as they become young adults and to develop responsible attitudes to sexual activity and the development of their own stable, loving relationships.

1. Principles and Values

- RSE plays a vital part in meeting the College’s safeguarding obligations. Ofsted is clear that schools must have a preventative programme that enables pupils to learn about safety and risks in relationships.
- As a secondary academy school we must provide RSE to all pupils as per section 34 of the Children and Social work act 2017. In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.
- For young people to be prepared for the physical and emotional changes they undergo at puberty.
- RSE fits within the College’s ethos and supports family commitment, love respect and affection, knowledge and openness.
- The College’s RSE acknowledges that family is a broad concept and not just one model. It includes a variety of types of family structure, and acceptance of different approaches is recognised
- Encourages pupils and teachers to share and respect each other’s views.
- Pupils should be aware of different approaches to sexual orientation and family structures without prejudice.
- Generate an atmosphere where questions and discussion on sexual matters can take place without any stigma or embarrassment.

- The College recognises that parents are the key people in teaching their children about sex, relationships and growing up. We aim to work in partnership with parents and pupils, consulting them about the content of programmes where apt.
- Recognise that the wider community has much to offer and we aim to work in partnership with health professionals, social workers, peer educators and other mentors or advisers.

2. Aims

The College's aim is to provide balanced factual information about human reproduction, together with consideration of the broader emotional, ethical, moral, and religious dimensions of sexual health. Our RSE programme aims to prepare pupils for an adult life in which they can:

- Develop positive values and a moral framework that will guide their decisions, judgements and behaviour; have the confidence and self-esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
- Understand the consequences of their actions and behave responsibly within sexual and pastoral relationships.
- Avoid being exploited or exploiting others or being pressured into unwanted or unprotected sex.
- Ensure that young people understand what is meant by 'consent' and to feel confident to use it.
- Communicate effectively by developing appropriate terminology for sex and relationship issues.
- Develop awareness of their sexuality and understand human sexuality; challenge sexism and prejudice, and promote equality and diversity.
- Understand the arguments for delaying sexual activity.
- Understand the reasons for having protected (safe) sex.
- Have sufficient information and skills to protect themselves and, where they have one, their partner from unwanted/uninvited conceptions and sexually transmitted infections.
- Be aware of sources of help and acquire the skills and confidence to access confidential health advice, support and treatment if necessary.
- Know how the law applies to sexual relationships.

The aim of RSE is NOT to:

- Encourage pupils to become sexually active at a young age.
- Promote a particular sexual orientation.
- Sexualise pupils.

The RSE programme also seeks to develop essential personal and social skills including:

- Learning to manage emotions and relationships confidently and sensitively.
- Developing self-respect and empathy for others.
- Learning to make choices with an absence of prejudice.
- Developing an appreciation of the consequences of choices made; managing conflict.
- Empower pupils with the skills to be able to avoid inappropriate pressures or advances (both as exploited or exploiter).

Finally, the RSE programme is intended to provide pupils with core knowledge and understanding including:

- Learning and understanding physical development at appropriate stages.
- Understanding human sexuality, reproduction, sexual health, emotions and relationships.
- Learning about contraception and the range of local and national sexual health advice, contraception and support services.
- Learning the reasons for delaying sexual activity, and the benefits to be gained from such delay.
- The avoidance of unplanned pregnancy.

The College seeks to deliver RSE within the guidelines established by the Department for Education, in particular in ensuring that we will:

- Raise pupils' self-esteem and confidence.
- Develop communication and assertiveness skills that can help them stay true to their values if challenged by others, their peers or what they see in the media.
- Teach pupils to be accepting of the different beliefs, cultures, religions, sexual orientations, physical and mental abilities, backgrounds and values of those around them.
- Support pupils to lead a healthy and safe lifestyle; teaching them to care for, and respect, their bodies.
- Provide pupils with the right tools to enable them to seek information or support, should they need it.
- Teach pupils about consent and their right to say no, in an age appropriate manner.
- To teach lessons that are sensitive to a range of views, values and beliefs.
- Ensure that staff teaching RSE remain neutral in their delivery whilst ensuring that pupils always have access to the learning they need to stay safe healthy and understand their rights as individuals.

3. Policy Development

This policy has been developed in consultation with staff, Governors, pupils and parents.

All College staff and Governors were given the opportunity to look at the draft of this policy and make recommendations. Parents were sent information about the changes to RSE and were able to review, and provide feedback to the College, on the draft of this policy. Pupil focus groups were conducted across a range of year groups to investigate what pupils would like from their RSE. Following this consultation, the Deputy Principal and RSE coordinator collated all relevant information including national and local guidance in order to finalise this policy and the RSE curriculum at Sawston Village College.

4. Roles and responsibilities

4.1 Governors

The Local Governing Body will approve the RSE policy, and hold the Principal to account for its implementation.

4.2 The Principal

The Principal is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from sex education delivered as part of statutory RSE.

4.3 Staff

The Deputy Principal has strategic oversight of PSHE and RSE and works alongside the PSHE co-ordinator to ensure that the RSE policy and provision reflects the needs and views of our community.

Teaching staff are responsible for:

- delivering RSE in a sensitive way;
- modelling positive attitudes to RSE;
- monitoring progress;
- responding to the needs of individual pupils;
- responding appropriately to pupils whose parents wish them to be withdrawn from the non-science components of RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Deputy Principal.

4.5 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

4.6 Parents and Carers

Parents and carers are the key people in: teaching their children about sex and relationships; maintaining the culture and ethos of their family; helping their children to cope with the emotional and physical aspects of growing up; and preparing them for the challenges and responsibilities that sexual maturity brings.

It is hoped that the College's RSE programme will complement and support the role of parents/carers. The RSE policy will be available via the school website and parents/carers will be advised when RSE lessons are to be delivered as part of the PSHE programme.

Parents/carers have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Any parent/carer wishing to withdraw their child is encouraged to make an appointment with the Deputy Principal and PSHE Coordinator to discuss further. Following this discussion, requests for withdrawal should be put in writing using the form found in Appendix 2 and sent to the Principal. In the case where a pupil is withdrawn from sex education, alternative work will be provided.

5. How Relationship and Sex Educations (RSE) is provided

RSE focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

For more information about our RSE curriculum, see Appendix 1.

Biological aspects of RSE are taught within the Science curriculum, with some areas also being covered in PSHE. Aspects of the central moral issues, including those related to marriage and religious views on sex and marriage are taught within RE. Pupils are also taught about how to protect themselves from unwanted pregnancy and sexually transmitted infections through the PSHE sessions.

RSE within PSHE is taught by a specialist team of trained teaching staff and external providers. Delivery will be in mixed gender form groups with some provision for single sex teaching if appropriate.

Those pupils who would benefit from a more differentiated and bespoke programme of study will be identified through discussion with the Director of Welfare and Inclusion, the College's SENCO and parents.

All RSE teaching is expected to reflect the values and attitudes laid out by this document. All those delivering RSE will be expected to have read and adhere to all aspects of the programme of study and its content, irrespective of personal opinion or belief.

Programme of study

KS 3 Science:

- Names of the parts of male and female reproductive organs.
- The menstrual cycle in relation to uterus lining thickness changes caused by hormones, and 'preparation' for receiving an embryo.
- Puberty - changes, both physical and emotional.
- The process of fertilisation, including sexual intercourse as sperm introduced into vagina, and the journey of the sperm.
- Phases in the development of an unborn foetus - key milestones throughout gestation.

KS 4 Science:

- Roles of hormones in human reproduction, including the menstrual cycle.
- Evaluate the different hormonal and non- hormonal methods of contraception.

Religious Education programme that includes reference to RSE:

- The nature of abortion (including legal and medical status) and ethical considerations of.
- Sexual relationships (promiscuity, pre-marital sex, cohabitation, marriage, adultery, open relationships), and Christian views on.
- Divorce and the breakdown of marriage, Christian attitudes to this and re-marriage.
- Homosexuality, attitudes to homosexuality, religious attitudes to sexual acts and sexual relationships between people of the same gender.
- Types of contraception, and religious attitudes to.
- The importance and purpose of marriage for Christians and non-religious people.
- Christian/Humanist teachings about the purpose and importance of the family including: procreation.
- Christian/Humanist teaching about family planning and regulation of births.
- Christian/Humanist teachings and attitudes towards divorce and remarriage.
- Christian/Humanist teaching about the equality of men and women in the family.
- Christian/Humanist teachings about gender prejudice and discrimination.

PSHE RSE programme:

Year 7

- Looking at the dangers of peer on peer abuse and how to avoid it.
- Managing online and offline friendships
- Learning about the different family structures and the benefits of marriage.

Year 8

- The concepts of personal space and boundaries
- The concepts of, and laws relating to honour-based violence and FGM, and how these can affect current and future relationships.
- The legal rights and responsibilities regarding equality of all people.

Year 9

- The characteristics of a healthy relationship and also healthy romantic relationships.
- Exploring the dangers and laws surrounding the sending and taking of explicit images.
- Understanding the importance of consensual sex and what is meant by 'consent'.
- Considering the risks and consequences of entering into a sexual relationship.
- Discussing STIs and the impact these can have in the future.
- Looking at the various contraception and how it is used.

Year 10

- Understand the physical and emotional issues associated with sexual relationships.
- Sexual bullying and potential CSE.
- Consider sexuality and respecting individual choice
- The characteristics of sexual exploitation, abuse and grooming.
- Develop an understanding of the differences between 'relationship' depicted through pornography and 'real life' relationships.
- Tackling of discrimination anchored in homophobia, transphobia and sexism.

Year 11

- The medical reasons behind the menopause and subsequent impact
- Facts around both male and female infertility, the potential impact of lifestyle on fertility and possible methods for treating for infertility. Understand social and ethical

issues associated with IVF treatments.

- The options surrounding pregnancy with medically and legally accurate, impartial information on all options.
- The facts around pregnancy including miscarriage.

Although these are the main areas that focus on the specific delivery of RSE it is inevitable that related issues will emerge in other lessons on occasion and that the College will support appropriate and age considerate exploration of these issues.

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

6. How Relationship and Sex Educations (RSE) is monitored, evaluated and assessed

6.1 Monitoring

It is the responsibility of the PSHE co-ordinator to ensure that the work described is taught at the stated times. This will be through staff and pupil voice, work scrutiny and learning walks.

6.2 Evaluation and assessment

- Pupils' knowledge and understanding will be assessed by teacher questioning, monitoring of written work and contributions to discussion.
- Pupils will be asked to complete the online My Health My School Survey.
- Every pupil will have their own PSHE/RSE portfolio, containing a worksheet for each topic covered, which will stay with them throughout school. This will be monitored by mentors and pupils will take these with them when they leave the College.

7. Guidelines for teachers on sensitive issues, confidentiality, advice to pupils and training.

7.1. Sensitive issues that may include:

- Puberty
- Menstruation
- Sexual intercourse
- Contraception
- Abortion
- Safer sex
- HIV, AIDs and Sexually transmitted infections (STIs)
- Grooming Child Sex Exploitation

- Abusive partnerships

Teachers understand the difference between stating facts and stating opinions. If work in sensitive areas of the curriculum causes teachers any concerns, they should discuss them with the Director of Welfare and Inclusion.

A safe framework for discussion will help teachers create an environment in which they do not feel embarrassed or anxious about unintended or unexpected questions or comments from pupils. Ground rules should be developed with each class or year group when sensitive issues are being discussed.

- No teacher or pupil will have to answer a personal question.
- No one will be forced to take part in a discussion.
- Only the correct names for the parts of the body will be used; meanings of words will be explained in a sensible and factual way.

7.2 Responding to Questioning

If a member of staff is unable to answer a question or feels uncomfortable with the question then they should reassure the pupil that they will follow this up with the appropriate staff member, most likely the Director of Welfare and Inclusion, who will meet with the pupil to discuss.

If a member of staff has concerns about questions pupils raise and feel that they are at risk or the content of the question could be a safeguarding concern they must report this to a Designated Safeguarding Lead according to the College's Safeguarding Policy.

7.3 Advice to Pupils.

Pupils can refer to their Mentor or Year Lead/Heads of House if they feel the need to discuss anything arising from the sessions. They will advise pupils on the best course of action and direct pupils in eliciting the support of the school nurse or other suitable outside agency. If there are safeguarding concerns the College's safeguarding procedures will be followed.

7.4 Training

Staff should be trained on the delivery of RSE as part of their continuing professional development. The PSHE co-ordinator may invite external bodies, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

8. Review of the Policy

Because of the nature of the content, its sensitivity and the potential impact upon the wellbeing of young people, and emerging issues and needs for RSE at school, local and national levels, this policy will be kept under review by the Local Governing Body annually.

Policy approved by the Local Governing Body 8 December 2020

Review: Autumn 2021

Appendix 1

Statutory curriculum map

Appendix 2

Parent form: withdrawal from sex education within RSE

Appendix 1: Statutory curriculum map	PSHE Core Curriculum	Embedded PSHE
RSE- pupils should know		
Families		
That there are different types of committed, stable relationships	RSE 7.4	English Y11, RE Y9, Drama Y9
How these relationships might contribute to human happiness and their importance for bringing up children	RSE 7.4, 8.4	English Y11, RE Y9, Drama Y9
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.	RSE 8.4	RE Y9
Why marriage is an important relationship choice for many couples and why it must be freely entered into.	RSE 8.4, 8.5	RE Y9
The characteristics and legal status of other types of long-term relationships.	RSE 8.4	RE Y9
The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	RSE 7.4 , 8.2	RE Y9
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.	RSE 7.1	History Y7,8,9
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.	RSE 7.2, 7.5, 9.1, 9.2, 9.3	Mentor time, assemblies, Drama Y9, Music Y8, RE Y8
Practical steps they can take in a range of different contexts to improve or support respectful relationships.	RSE 7.2, 7.5, 9.1, 9.2, 9.3	Mentor time, assemblies, Music Y8
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).	RSE 8.3 CITI 8.1, 8.2	Mentor time, assemblies, English Y9, History Y9, RE Y9
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.	RSE 8.3, 10.4	Mentor time, assemblies English Y9 & Y10, History Y9 & Y10, Food Y9

About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	RSE 7.3, 8.1	Mentor time, assemblies, Computer Science Y7, Literacy Y8
That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	RSE 8.2, 9.1, 9.2, 10.3	English Y10
What constitutes sexual harassment and sexual violence and why these are always unacceptable.	RSE 9.1, 9.2, 10.3	English Y10
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.	RSE 8.3, 10.4	Mentor time, assemblies, English Y10, History Y9, RE Y7
Online and media		
Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	RSE 8.1, 9.4, 10.2	Mentor time, Computer Science Y7
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.	RSE 9.4, 10.2	Mentor time, Computer Science Y7
Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	RSE 9.4	Mentor time, Computer Science Y7
What to do and where to get support to report material or manage issues online.	RSE 8.1, 9.4	Computer Science Y7
The impact of viewing harmful content.	RSE 10.2	
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.	RSE 10.1, 10.2	
That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	RSE 9.4	
How information and data is generated, collected, shared and used online.	RSE 8.1, 9.4 H+W 9.4	Computer Science Y7, DT Y7,8,9
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.	RSE 8.5, 10.3	English Y10

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).	RSE 7.5, 9.1, 9.2	
Intimate and sexual relationships including sexual health		
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.	RSE 9.3	English Y8
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.	RSE 9.3	English Y10
The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.	RSE 11.1	
That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	RSE 11.2	
That they have a choice to delay sex or to enjoy intimacy without sex	RSE 9.1, 9.2	RE Y9
The facts about the full range of contraceptive choices, efficacy and options available	RSE 9.5, 10.5	Science Y10, RE Y9,10
The facts around pregnancy including miscarriage.	RSE 11.3	RE Y7,10, Science Y7
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).	RSE 11.3	RE Y9,10 Science Y11
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	RSE 9.5, 10.5	Science Y10
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	RSE 9.5	
How the use of alcohol and drugs can lead to risky sexual behaviour.	RSE 9.3 H+W 9.1	English Y10
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	RSE 9.5, 10.5	Science Y10
Physical Health and Mental Wellbeing		
Mental Wellbeing		

How to talk about their emotions accurately and sensitively, using appropriate vocabulary.	H+W 7.2, 10.1	Mentor time, assemblies
That happiness is linked to being connected to others.	H+W 7.2	Mentor time, assemblies, Music Y7,8,9
How to recognise the early signs of mental wellbeing concerns.	H+W 8.2, 9.3	Mentor time, assemblies
Common types of mental ill health (e.g. anxiety and depression).	H+W 8.2	Science Y9
How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.	H+W 7.2, 8.2, 10.1	History Y7,8,9, RE Y8
The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	H+W 7.1, 7.3	Mentor time, assemblies
Internet safety and harms		
The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.	H+W 8.1, 9.4 RSE 10.2	Computer Science Y7
How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.	H+W 9.4 RSE 8.1	Mentor time, assemblies, Computer Science Y7
Physical health and fitness		
The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	H+W 7.1, 7.3, 11.2, 11.3	Mentor time, assemblies, Food Y7,8,9, Science Y9
The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health	H+W 7.3, 9.3	Mentor time, assemblies, Food Y7,8,9, Science Y8,9
About the science relating to blood, organ and stem cell donation.		RE Y9, Science Y9,Y11
Healthy eating		
How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	H+W 7.3, 9.3, 11.1	Science Y8,9, Food Y7,8,9
Drugs, alcohol and tobacco		

The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.	H+W 9.1, 10.2, 10.3, 10.4	Science Y8
The law relating to the supply and possession of illegal substances.	H+W 10.2, 10.4	
The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	H+W 9.1	Science Y10
The physical and psychological consequences of addiction, including alcohol dependency.	H+W 9.1, 9.2, 10.3	
Awareness of the dangers of drugs which are prescribed but still present serious health risks.	H+W 10.4	Science Y10
The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.	H+W 9.2	Science Y8, Maths Y9
Health and prevention		
About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.	H+W 7.4	Science Y9,10
About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.	H+W 7.3	Food Y7,8,9
The benefits of regular self-examination and screening.	H+W 11.1	
The facts and science relating to immunisation and vaccination.		Science Y10
The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	H+W 7.4, 11.2	
Basic First Aid		
Basic treatment for common injuries.	H+W 8.3	DT Y7,8,9, Science Y10
Life-saving skills, including how to administer CPR	H+W 8.3	PE Y9
The purpose of defibrillators and when one might be needed	H+W 8.3	Science Y8, PE Y9
Changing adolescent body		
Key facts about puberty, the changing adolescent body and menstrual wellbeing.	H+W 7.4	Science Y7,8,10
The main changes which take place in males and females, and the implications for emotional and physical health.	H+W 7.4	Science Y7,10
Citizenship		
Parliamentary democracy, including the role of Parliament in holding governments to account, and the different roles of the executive, legislature and judiciary	CITI 9.1, 9.2, 10.2	Mentor time, assemblies, History Y7,Y10

The different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond	CITI 11.1, 11.2	Mentor time, assemblies, History Y8,9, RE Y7,8
Other systems and forms of government, both democratic and non-democratic, beyond the United Kingdom	CITI 11.2	History Y8,9
Local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth and the wider world	CITI 9.1, 9.3, 10.1	English Y9, History Y8,9
Diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding	CITI 8.1, 8.2, 8.3, 10.3 RSE 8.3	Mentor time, assemblies, English Y9, History Y8, RE Y7
The different ways in which a citizen can contribute to the improvement of their community, to include the opportunity to participate actively in community volunteering	CITI 7.1, 7.2,7.3, 8.3, 10.1	Music Y7,8,9, RE Y7,8, History Y9, English Y10, DT Y7,8,9



Appendix 2: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Year Group	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	
School signature	