



Relationship and Sex education policy (RSE)

Rookwood School

October 2025

Date of adoption of this policy	Autum 2025
Date of last review of this policy	Summer 2026
Date for next review of this policy	Summer Term 2028
Policy owner (School)	Head of PSHE

Contents:

- 1. Purpose**
- 2. Scope**
- 3. Statutory Requirements and Guiding Principles**
- 4. Consultation and parental agreement**
- 5. Policy Review and Publication**
- 6. Curriculum design and delivery**
- 7. Parental Right to Withdrawal**
- 8. Monitoring and Evaluation**
- 9. Roles and Responsibility**
- 10. Links to other policies**
- 11. Version Control**

Appendices

- **Appendix A:** RSHE Curriculum Overview by Key Stage
- **Appendix B:** Parental Consultation and Withdrawal Request Form

Rookwood School RSHE Policy

1. Purpose

This policy sets out **Rookwood School's** approach to Relationships, Sex and Health Education (RSHE) in the Senior School and Relationship Education (RE) in the Prep School in line with the statutory guidance issued by the Department for Education (DfE), effective from **1 September 2026**.

Our aim is to ensure that every pupil receives high-quality, inclusive and age-appropriate RSHE that supports them to develop healthy, respectful relationships, physical and emotional wellbeing, and to make safe, informed choices.

2. Scope

This policy applies to all pupils at **Rookwood School**, from the Early Years Foundation Stage through to Year 11, and covers RSHE provision delivered through the curriculum, pastoral care, assemblies, enrichment and co-curricular activities.

It also applies to all staff involved in planning and delivering RSHE, Rookwood's Advisory Board, parents/carers, and external partners.

3. Statutory Requirements and Guiding Principles

Rookwood School will deliver RSHE in accordance with the **DfE Statutory Guidance (updated July 2025, effective September 2026)**.

Our provision is guided by the following principles:

1. **Engagement with pupils** – RSHE is informed by pupil voice and adapted to need.
 2. **Engagement with parents/carers** – Open, transparent consultation and communication.
 3. **Positive, strengths-based approach** – Promoting wellbeing, respect and responsibility in line with the schools ethos.
 4. **Inclusivity and diversity** – Celebrating all families, identities, and backgrounds.
 5. **Age- and stage-appropriate learning** – Sequenced progression through key stages, also considering local trends and school need.
 6. **Accuracy and legality** – Factual, evidence-based content that reflects UK law.
 7. **Safeguarding and professionalism** – Safe learning environment, trained staff, and clear protocols.
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4. Consultation and Parental Engagement

- **Rookwood School** values the role of parents as the primary educators of their children.
 - Parents/carers will be informed of this policy and updated annually of the RSHE curriculum and any changes.
 - The school will make all teaching materials available for review and will invite feedback through information evenings, parent representative meetings and electronic communication.
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5. Policy Review and Publication

- This policy will be reviewed every two years by the Advisory Board or sooner if statutory guidance changes.
 - It will be published on the **Rookwood School website**, with printed copies available on request.
 - A curriculum overview will be shared with staff, the advisory board, parents and pupils.
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6. Curriculum Design and Delivery

6.1 Overview

RSHE at Rookwood School forms part of our **Personal, Social, Health and Economic (PSHE)** programme and is complemented by elements within Science, Computing, and Religious Studies.

At Rookwood we use the WellioPSHE platform, which offers a curriculum that is spiral, progressive, and responsive to the needs of our pupils, emphasising respect, kindness, and responsibility.

6.2 Key Topic Areas

By the end of secondary education, pupils will have learned about:

- Families, friendships and different relationship types
- Respect, equality, diversity, and rights
- Consent, intimacy, sexual health, contraception, STIs and delaying sexual activity
- Online behaviour, digital safety, sexting, and emerging issues such as AI-generated imagery
- Mental health, emotional wellbeing, and resilience
- Sexual harassment, exploitation, FGM, and coercive control
- Menstrual health, puberty, and body image
- Legal and ethical aspects of relationships and sexual activity

- Health-related behaviours (alcohol, vaping, drugs, gambling) and their impact

6.3 Inclusivity and SEND

The RSHE curriculum at **Rookwood School** is inclusive and accessible for all learners, including those with special educational needs or disabilities (SEND). Teaching resources and approaches will be differentiated appropriately by the teacher to ensure understanding and participation.

6.4 Safe Learning Environment

Teachers will create a climate of trust and respect, using:

- Ground rules and confidentiality reminders
- Opportunities to question throughout the teaching
- Distancing techniques and scenario-based learning
- External visitors may contribute to lessons but will always be vetted and briefed to align with school values and safeguarding procedures.
- We also provide additional help and signposting of reputable organisations who pupils can turn to for support.

Usual whole school pastoral support systems can be accessed by pupils.

If disclosures arise during RSHE sessions, staff will follow the **Rookwood School Safeguarding and Child Protection Policy**.

7. Parental Right to Withdraw

Parents/carers of **secondary-age pupils** may request that their child be withdrawn from some or all aspects of **sex education** (but not relationships or health education).

- Requests must be made in writing to the **Headteacher**.
- The school will meet with parents to discuss their wishes and explain the educational context.
- Alternative provision will be arranged for withdrawn pupils.

8. Monitoring and Evaluation

The effectiveness of RSHE at **Rookwood School** will be monitored by the **Senior Leadership Team** and Head of PSHE through:

- Pupil and parent feedback
- Lesson observations and curriculum audits
- Safeguarding and wellbeing data
- Termly reporting to Advisory Boards (information linked to PSHE/RSHE)

Adjustments will be made as needed to ensure the policy remains current and effective.

9. Roles and Responsibilities

Role	Responsibility
Advisory Board	Approves and reviews the RSHE policy; ensures compliance.
Headteacher	Implements the policy and ensures staff training.
Head of PSHE/RSHE Lead	Designs, delivers, and evaluates the curriculum.
DSL	Ensures RSHE links with safeguarding and pupil wellbeing.
Teachers	Deliver lessons in line with policy and maintain a safe environment.
Parents/Carers	Engage with curriculum information and support discussions at home.
Pupils	Participate respectfully and responsibly.

10. Links to Other Rookwood Policies

- Child Protection and Safeguarding and Policy
- Behaviour and Discipline Policy
- SEND Policy
- Online Safety Policy
- PSHE Policy
- Anti-Bullying Policy
- Staff Code of Conduct

Version Control

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Appendices

- **Appendix A: RSHE Curriculum Overview by Key Stage**

Wellio PSHE 3-11 progression map

Wellio is an evidence-based platform that complies with the statutory requirements for Relationship and Sex and Relationship education.

The sessions are progressive and a spiral scheme of learning so that topics are covered throughout each Key Stage. The scheme is adaptable and can be changed according to the individual needs and is age appropriate in content.

Pupils are assessed regularly to check for understanding and to fill any gaps in knowledge. Wellio allows adaptability in its lessons, so that teachers can react to current events and topics that are appropriate as issue arise.

The platform is continually updated in-line with any changes in policy.

Example of Curriculum Journey – KS1 – KS4

Early Years				
	Theme	Sub-category	Code	Lesson
Autumn Term 1	Relationships	Keeping Safe	R1	We All Deserve to Be Safe
		Families & People Who Care for Me	R2	Who Helps Me?
		Privacy, Consent, & Boundaries	R3	My Body Belongs to Me
		Privacy, Consent, & Boundaries	R4	Stop Means Stop!
		Friendships & Shared Respect	R5	Kind Words, Kind Actions
		Keeping Safe	R6	Safety Superheroes
Autumn Term 2	Health & Wellbeing	Emotional Literacy & Regulation	H1	Feeling Faces
		Emotional Literacy & Regulation	H2	Dealing With Strong Feelings
		Privacy, Consent, & Boundaries	H3	No, Go, Tell!
		Keeping Safe	H4	Making Safe Choices
		Emotional Literacy & Regulation	H5	Calming Down Big Feelings
		Emotional Literacy & Regulation	H54	Working with Others

Spring Term 1	Relationships	Privacy, Consent, & Boundaries	R7	When Something Doesn't Feel Right
		Families & People Who Care for Me	R8	Family & Friends Circle
		Privacy, Consent, & Boundaries	R9	Feeling Unsafe
		Friendships & Shared Respect	R10	How We Make Others Feel
		Friendships & Shared Respect	R59	Sharing Is Caring
		Friendships & Shared Respect	R60	Gentle Hands and Words
Spring Term 2	Health & Wellbeing	Healthy Lifestyles and Choices	H55	Fitness Feels
		Mental Wellbeing & Coping	H115	Me and My Strengths
		Mental Wellbeing & Coping	H116	Finding My Calm
	Relationships	Friendships & Shared Respect		Problem-Solving Pals
		Empathy & Kindness		Circle of Compliments
		Friendships & Shared Respect	R107	Making Friends
Summer Term 1	Relationships	Teamwork & Leadership	R105	Team Goals
		Managing Bullying & Hurtful Behaviour	R106	Bullying and Being Mean
		Friendships & Shared Respect	R108	Fair and Unfair Relationships
		Gender Norms and Dynamics	R109	Thinking about Gender
		Friendships & Shared Respect	R110	Making Things Right
		Gender Norms and Dynamics	R111	Interactions around Gender
Summer Term 2	Living in the Wider World	Community and Responsibilities	L71	Building Communities
		Friendships & Shared Respect	R128	My Rights, My Responsibilities
		Respect for Diversity & Equality	L70	Cultures and Backgrounds
		Environmental Responsibility		Recycling Rockets
		Citizenship & Community		Town Map Adventure
		Environmental Responsibility		Less Screen Time

Year 1			
Theme	Sub-category	Code	Lesson
Relationships	Friendships & Shared Respect	R11	Friends Listen & Share
	Keeping Safe	R12	Staying Safe
	Families & People Who Care for Me	L1	When Home Doesn't Feel Happy
	Managing Bullying & Hurtful Behaviour	R14	When Words Hurt
	Privacy, Consent, & Boundaries	R15	Your Trusted Support Team
	Friendships & Shared Respect	R16	Friendship Fires
Health & Wellbeing	Emotional Literacy & Regulation	H6	My Feelings
	Healthy Lifestyles and Choices	H7	Moving Makes Me Feel Good
	Healthy Lifestyles and Choices	H8	Keeping Germs Away
	Healthy Lifestyles and Choices	H9	What's On My Plate?
	Healthy Lifestyles and Choices	H10	Sweet Dreams
	Body Changes & Puberty	H11	Naming Body Parts
Living in the Wider World	Friendships & Shared Respect	R13	All Toys for All Kids
	Community and Responsibilities	L2	Community Health Messages
	Community and Responsibilities		Green Fingers, Growing Together
	Media & Digital Literacy	L37	Digital Footprints
	Media & Digital Literacy	L4	Online Safety Badge Quest
	Community and Responsibilities	L5	Many Differences, One Community
Relationships	Families & People Who Care for Me	R17	Different Families, Same Care
	Families & People Who Care for Me	R18	Who Can I Trust?
	Friendships & Shared Respect	R65	Friendship Recipe
	Families & People Who Care for Me	R66	All About Marriage
	Managing Bullying & Hurtful Behaviour	R67	Seeking Help, Protecting Myself
	Teamwork & Leadership	R68	Teamwork Towers

Health & Wellbeing	Mental Wellbeing & Coping	H12	Worry Monster Box
	Mental Wellbeing & Coping	H117	My Strengths Over Time
	Mental Wellbeing & Coping	R92	Understanding Loneliness
	Keeping Safe	H62	Playing Safe in the Playground
	Keeping Safe	H90	Spot the Hazards!
	Keeping Safe	H64	When Not To Keep Secrets
Relationships	Privacy, Consent, & Boundaries	R112	Boundaries with Friends and Others
	Friendships & Shared Respect	R113	Resolving Disagreements
	Gender Norms and Dynamics	R114	Gender Dynamics
	Friendships & Shared Respect		Understanding Different Friendship Experiences
	Friendships & Shared Respect		Learning About Disabilities
	Friendships & Shared Respect	R77	Seek and Deny Permission

Year 2			
Theme	Sub-category	Code	Lesson
Relationships	Friendships & Shared Respect	R19	Guess My Feeling
	Friendships & Shared Respect	R20	Listening Pairs
	Managing Bullying & Hurtful Behaviour	R21	Bullying Stops With Us
	Managing Bullying & Hurtful Behaviour	R22	Speak Up Until You're Heard
	Privacy, Consent, & Boundaries	R23	Safe and Unsafe Secrets
	Families & People Who Care for Me	R24	Respecting All Families
Health & Wellbeing	Healthy Lifestyles and Choices	H14	What's Good For You
	Healthy Lifestyles and Choices	H15	Let's Get Moving
	Healthy Lifestyles and Choices	H16	Diet, Exercise and Sleep
	Healthy Lifestyles and Choices	H17	Teeth and Sun Care

	Keeping Safe	H18	Calling for Help
	Keeping Safe	H94	First Aid for Kids
Living in the Wider World	Media & Digital Literacy	L6	Smart Screens, Safe Kids
	Community and Responsibilities	L7	Helping Our Communities
	Media & Digital Literacy	L8	Media Health Messages
	Online & Digital Relationships	L9	Interacting Online
	Media & Digital Literacy	L10	Not Everything is True
	Community and Responsibilities	L11	Promoting Health in the Community
Relationships	Keeping Safe	R26	Safety Scenarios
	Friendships & Shared Respect	R69	Calmly Resolving Conflict
	Gender Norms and Dynamics	R115	Gender-Based Violence
	Friendships & Shared Respect	R90	Politeness, Respect & Trust
	Friendships & Shared Respect	R116	Let's Work It Out
Health & Wellbeing	Body Changes & Puberty	H20	How Bodies Change
Health & Wellbeing	Mental Wellbeing & Coping	H21	Help-Seeking Role-Play
	Healthy Lifestyles and Choices	H65	Healthy, Balanced Diets
	Mental Wellbeing & Coping	H85	Understanding Loss
	Healthy Lifestyles and Choices	H126	Reducing Screen Time
	Keeping Safe	H91	Road, Rail and Water Safety
	Mental Wellbeing & Coping	H118	My Skills and Strengths
Health & Wellbeing	Emotional Literacy & Regulation	H119	Managing Our Feelings
Living in the Wider World	Respect for Diversity & Equality	R25	Spotting Gender Stereotypes
	Media & Digital Literacy	R101	Scam Spotters
	Media & Digital Literacy	L66	Smart Gaming
	Media & Digital Literacy	L61	Online Explorers
	Respect for Diversity & Equality	L72	Differences Between People

Year 3			
Theme	Sub-category	Code	Lesson

Relationships	Teamwork & Leadership	R27	Team-Building Challenges
	Friendships & Shared Respect	R73	Friendship First Aid
	Friendships & Shared Respect	R74	Respecting Boundaries
	Friendships & Shared Respect	R75	Acting Assertively
	Managing Bullying & Hurtful Behaviour	R30	Risks and Red Flags
	Privacy, Consent, & Boundaries	R31	Recognising Abuse & Speaking Up
Relationships	Privacy, Consent, & Boundaries	R33	I Can Set Boundaries
	Friendships & Shared Respect	R34	Solving People Problems
	Friendships & Shared Respect	R29	Transition Timeline
Health & Wellbeing	Emotional Literacy & Regulation	H22	How Feelings Affect Us
	Mental Wellbeing & Coping	H23	Coping and Stress Strategies
	Healthy Lifestyles and Choices	H24	Get Up and Grow
Health & Wellbeing	Healthy Lifestyles and Choices	H25	Healthy Cooking Basics
	Body Changes & Puberty	H26	Our Bodies Over Time
	Healthy Lifestyles and Choices	H27	Sleep Is a Superpower
Living in the Wider World	Community and Responsibilities	L12	Diverse Communities
	Online & Digital Relationships	L13	Friendships: Online vs Offline
	Media & Digital Literacy	L14	Cyberbullies and Data
Living in the Wider World	Media & Digital Literacy	L15	Media Influences
	Media & Digital Literacy	L16	Trusting Information Online
	Respect for Diversity & Equality	R28	Respect & Inclusion
	Online & Digital Relationships	R32	Online Behaviour
	Online & Digital Relationships	R72	Digital Kindness Code
	Community and Responsibilities	L74	Rights, Responsibilities and Relationships
Health & Wellbeing	Keeping Safe	H28	Basic First Aid Steps

	Keeping Safe	H29	Health Prevention Basics
	Keeping Safe	H69	Safety First
	Mental Wellbeing & Coping	H71	Be Yourself
	Media & Digital Literacy	H72	Screen-Time Savvy
	Mental Wellbeing & Coping	H103	Strengths in Action
Living in the Wider World	Friendships & Shared Respect		Respect for Self and Others
	Community and Responsibilities	L73	Goals and Growth
	Mental Wellbeing & Coping		Recognising Feelings and Finding Comfort
Relationships	Teamwork & Leadership	R117	Teams and Leaders
	Friendships & Shared Respect	R118	Supporting Our Friends
	Friendships & Shared Respect	R76	Wants, Needs and Boundaries

Year 4			
Theme	Sub-category	Code	Lesson
Relationships	Friendships & Shared Respect	R36	Negotiation & Feedback
	Managing Bullying & Hurtful Behaviour	R37	Power and Kindness
	Privacy, Consent, & Boundaries	R38	Privacy, Consent, & Boundaries
	Families & People Who Care for Me	R40	Respect & Inclusion in Families
	Privacy, Consent, & Boundaries	R41	Misusing Power
	Friendships & Shared Respect	R42	Being There For a Friend
Health & Wellbeing	Mental Wellbeing & Coping	H31	Coping, Confidence, and Calm
	Mental Wellbeing & Coping	H32	Working it Out
	Emotional Literacy & Regulation	H33	Identity: What Makes Me Me
	Keeping Safe	H123	Recognising Risks and Staying Safe
	Healthy Lifestyles and Choices	H36	Forming Healthy Habits
	Healthy Lifestyles and Choices	H37	Eat Well, Feel Well
Living in the Wider World	Media & Digital Literacy	L17	Respecting Others Online

	Media & Digital Literacy	L19	Media Messages and Me
	Community and Responsibilities	L20	Balancing Rights & Respect
	Media & Digital Literacy	L46	Data-Privacy Quest
	Respect for Diversity & Equality	R35	Celebrating Diversity
	Online & Digital Relationships	R39	Being Safe Online
Living in the Wider World	Respect for Diversity & Equality	L75	The Impact of Gender Stereotypes
Relationships	Friendships & Shared Respect	R121	My Trust Network
	Friendships & Shared Respect	R122	The Art of Apologising
	Gender Norms and Dynamics	R119	Gender Norms
	Gender Norms and Dynamics	R120	Positive Gender Relationships
	Healthy Lifestyles and Choices	H44	Early Signs of Illness and Immunisations
Living in the Wider World	Citizenship & Community		Community Changemakers
	Citizenship & Community		Investment Island
	Media & Digital Literacy		Media Mythbusters
Health & Wellbeing	Healthy Lifestyles and Choices	H73	Getting Active
	Mental Wellbeing & Coping	H102	When It's Too Big to Handle
	Emotional Literacy & Regulation	H30	Working Out Our Feelings
Health & Wellbeing	Body Changes & Puberty	H34	Getting Ready for Puberty
	Keeping Safe	H35	Emergency Response Basics
	Mental Wellbeing & Coping	H120	Why Strengths Matter
	Mental Wellbeing & Coping	H121	What is Resilience?
	Healthy Lifestyles and Choices	H122	Healthy Lifestyle Habits
	Mental Wellbeing & Coping		Change, Loss and Support

Year 5			
Theme	Sub-category	Code	Lesson
Relationships	Friendships & Shared Respect	R43	Emotions That Grow With You
	Respect for Diversity & Equality	R44	Empathy and Respectful Relationships

	Managing Bullying & Hurtful Behaviour	R83	Conflict Causes and Effects
	Privacy, Consent, & Boundaries	R46	My Boundaries and Yours
	Privacy, Consent, & Boundaries	R81	Good and Bad Relationships
	Privacy, Consent, & Boundaries	R48	Speaking Up & Reporting
Health & Wellbeing	Mental Wellbeing & Coping	H38	The Power of Self-Respect
	Body Changes & Puberty	H39	All About Puberty
	Substances & Risky Behaviours	H40	Drugs and Alcohol Choices
	Healthy Lifestyles and Choices	H41	Balancing Online & Offline
	Healthy Lifestyles and Choices	H42	Healthy Lunchboxes
	Body Changes & Puberty	H43	Body Positivity & Self-Care
Living in the Wider World	Community and Responsibilities	R45	Independence vs Responsibilities
	Media & Digital Literacy	L24	Media, Identity and Belonging
	Online & Digital Relationships	R47	Digital Self-Defence
	Media & Digital Literacy	R102	Data Rights & Online Consent
	Community and Responsibilities	R49	Community Wellbeing Champions
	Respect for Diversity & Equality	R50	Challenging Stereotypes
Living in the Wider World	Respect for Diversity & Equality	R82	Rights and Inclusion
Health & Wellbeing	Mental Wellbeing & Coping	H125	Regulating Emotions
	Healthy Lifestyles and Choices	H89	Why We Get Vaccines
	Keeping Safe	H45	Community and Personal Safety
	Substances & Risky Behaviours	H79	Substance Awareness
	Healthy Lifestyles and Choices	H80	Sleep & Screen Detox
Health & Wellbeing	Healthy Lifestyles and Choices	H124	Reliable Health Information
Relationships	Friendships & Shared Respect	R89	Courtesy in Communication
	Teamwork & Leadership	R123	Working Together
	Gender Norms and Dynamics	R124	Gender Norms and Growing Up
	Respect for Diversity & Equality	X42	Equality & Inclusion
	Managing Bullying & Hurtful Behaviour		Peer-Pressure Proof

Living in the Wider World	Community and Responsibilities		Risky Business
	Community and Responsibilities		Careers Carousel
	Mental Wellbeing & Coping		Growing Through Difficult Times
	Media & Digital Literacy		Side-Hustle Startup
	Media & Digital Literacy		Online Advertising Sleuths
	Community and Responsibilities		Carbon Footprint Calculator

Year 6			
Theme	Sub-category	Code	Lesson
Relationships	Friendships & Shared Respect	R51	Moving On, Moving Up
	Friendships & Shared Respect	R52	Friendship Feels
	Families & People Who Care for Me	R54	Marriage vs Civil Partnerships
	Managing Bullying & Hurtful Behaviour	R85	Bystander to Upstander
	Managing Bullying & Hurtful Behaviour	R55	Everyone Deserves Respect
	Privacy, Consent, & Boundaries	R56	Responsibility and Respecting Rights
Living in the Wider World	Online & Digital Relationships	R53	Online Safety
	Media & Digital Literacy	L69	Behind the Search
	Media & Digital Literacy	L68	The Internet Never Forgets
	Online & Digital Relationships	R86	Digital Reputation
	Media & Digital Literacy	L67	Safe Online, Smart Every Time
	Community and Responsibilities	L30	Caring For Our Community
Health & Wellbeing	Body Changes & Puberty	H46	The Path to Puberty
	Body Changes & Puberty	H47	Period Preparedness
	Mental Wellbeing & Coping	H48	Taking Care of Mental Health
	Substances & Risky Behaviours	H49	Legal & Illegal Substances

	Healthy Lifestyles and Choices	H50	Healthy Relationships with Food
	Keeping Safe	H51	First Steps in First Aid
Relationships	Privacy, Consent, & Boundaries	R58	Consent & Communication
	Privacy, Consent, & Boundaries	R100	Speaking Up for Safety
	Friendships & Shared Respect	R104	Are Online Friendships Enough?
	Gender Norms and Dynamics	R125	Gender in Modern Society
	Gender Norms and Dynamics	R126	Gender-Based Behaviour
	Teamwork & Leadership	R127	Being a Leader
Health & Wellbeing	Keeping Safe	L29	Hazards and Safety
	Mental Wellbeing & Coping	H52	Managing Pressure
	Mental Wellbeing & Coping	H53	Resilience and Goal Setting
	Mental Wellbeing & Coping	H86	Grief and Resilience
	Mental Wellbeing & Coping	R94	Everyone Feels Lonely Sometimes
	Mental Wellbeing & Coping		Nutrition Navigators
Living in the Wider World	Respect for Diversity & Equality	L76	Identities Over Time
	Respect for Diversity & Equality	R57	Celebrating Everyone
	Community and Responsibilities	L43	Gambling Traps
	Body Changes & Puberty	H127	The Human Lifecycle
	Media & Digital Literacy		Digital Ethics Debate
	Media & Digital Literacy		Sustainable Tech Challenge

Year 7			
	Area	Code	Lesson
Autumn Term 1	Relationships & Sex Education	R1	Connecting With Your Teachers
		R2	From Strangers to Friends

Autumn Term 2		R3	How To Have Healthy Relationships
		R4	Tackling Cyberbullying
		R5	Understanding Bullying
		R6	Safe & Healthy Relationships
	Living in the Wider World	L1	Examining the Equality Act 2010
		L2	The Role of Courts & Tribunals
		L3	Making Sense of Money
		L4	Budgeting Basics
		L5	Bank Accounts
		L6	What's Real Online
Spring Term 1	Health and Wellbeing	HW1	Combat Worry, Stress & Anxiety
		HW2	The Stress Scales
		HW3	Rewiring Your Brain
		HW4	Sleep Essentials
		HW5	Phones And Sleep
		HW6	Investing In Your Health
Spring Term 2	Health and Wellbeing	HW7	Managing Privacy Online
		HW8	The Dangers Of Your Internet Algorithm
		HW9	Social Media Addiction
		HW11	Healthy Eating, Healthy Living
		HW14	Escaping the Social Media Trap
Summer Term 1	Relationships & Sex Education	R7	Different Types of Families
		R8	Positive Parenting

		R9	The Changing Adolescent Body & The Menstrual Cycle
		R10	Body Changes During Puberty
		R11	Sexual Consent
		R12	Building Healthy Relationships
Summer Term 2	Health and Wellbeing	HW12	Vaping: A Global Dilemma
		HW17	Healthy & Balanced Lifestyles
		HW13	The Balanced Diet
		HW10	Alcohol And Your Health
		HW16	Fire and Water Safety
		HW18	Safety in Public

Year 8		
Area	Code	Lesson
Relationships & Sex Education	R18	The Many Forms of Relationships
	R13	Managing Unhealthy Relationships
	R14	Repairing Relationships
	R15	Peer Pressure Survival Guide
	R16	Together Against Bullying
	R17	Online Relationships
Health and Wellbeing	HW19	Sharing Information Online
	HW20	The Limitless Internet
	HW21	Viewing Harmful Content
	HW22	Gender-Based Discrimination
	HW23	Racism and Discrimination
	HW24	Homophobia

Living in the Wider World	L7	Exploring the Democratic Process
	L8	Respecting and Celebrating Religious Diversity
	L9	The Evolution of Money
	L10	Taking Control of My Money
	L11	Making Health Decisions
	L12	Fundamentals of Business
Health and Wellbeing	HW47	The Truth About Vaping
	HW25	First Aid Beyond Emergencies
	HW26	Oral Hygiene
	HW27	Health & Hygiene
	HW29	Drug Awareness
	HW30	Alcohol and Social Inhibitions
Relationships & Sex Education	R23	Assessing The Trustworthiness of Others
	R19	Understanding Consent
	R20	Power Dynamics & Consent
	R21	Contraception Essentials
	R22	Discussing Pornography
	R24	Introduction to FGM
Relationships & Sex Education	R56	Respecting Ourselves
	R57	Ending Relationships
Living in the Wider World	L23	Explicit Sexual Imagery
	L24	Online Masculine Narratives
Health and Wellbeing	HW35	Changing Emotions
	HW36	Drug Laws in the UK

Year 9		
Area	Code	Lesson

Health and Wellbeing	HW37	The Happiness Trap
	HW38	Managing Anxiety
	HW39	Combating Negative Self Talk
	HW42	Expressing Gratitude
	HW52	Character Strengths In Focus
	R36	Positive vs Negative Humour
Relationships & Sex Education	R25	Safe & Healthy Sex
	R26	Sexually Transmitted Infections
	R27	Reproductive Health
	R28	Pregnancy Choices
	R29	Forced Marriages
	R55	Stalking and Unwanted Behaviour
Health and Wellbeing	HW44	Substance Addiction
	HW75	Gambling Addiction
	HW45	Informed Drug & Alcohol Choices
	HW46	Drugs and County Lines
	HW51	Evaluating Eating Habits
	HW43	Saving Lives With First Aid
Living in the Wider World	L17	Financial Risk
	L15	Exploitation
	L13	Volunteering In My Community
	L14	How Laws Are Made
	L16	The Fundamentals of AI
	L18	Deepfakes and AI

Health and Wellbeing	HW49	Sextortion
	L30	Knife Crime
	HW48	Instagram vs Reality
	HW56	Digital Footprint
	HW53	Understanding Eating Disorders
	HW54	Organ Donation
Relationships & Sex Education	R31	Empowering Positive Masculinity
	R32	Relationships & Their Legal Status
	R33	Avoiding & Preventing Harassment
	R34	Online Grooming
	R35	Rising Above Cyberbullying
	R30	Respecting Transgender Identities

Year 10		
Area	Code	Lesson
Health and Wellbeing	HW72	Inclusivity & Belonging
	HW55	Who Should You Trust?
	HW63	Self-Esteem and Respect
	HW66	R.E.S.P.E.C.T
	HW70	Safety Instincts
	HW76	Managing Emergencies
Relationships & Sex Education	R37	The Spectrum of Relationships
	R41	Will You Marry Me?

	R38	Recognising Signs of Coercive Control
	R39	Sexting
	R40	The Distorted Reality of Pornography
	R42	Self-Examination and Screening
Living in the Wider World	L19	AI and Society
	HW57	Keeping Your Online Data Safe
	L20	Understanding Democracy
	HW60	The UK's Relationship with the World
	L21	Public Money
	L22	Your Pension, Your Future
Relationships & Sex Education	R43	Understanding Sexual Consent
	R44	Different Kinds of Intimacy
	R45	Sexual Orientation
	R48	The Psychology of Bullies
	R47	Sharing Illegal Images
	R60	Female Genital Mutilation
Health and Wellbeing	HW61	Unrealistic Online World
	HW65	Fake News & Misinformation
	HW62	Online Radicalisation
	HW64	Online Stalking
	HW58	The Hidden Scars of Knife Crime
	L31	The Rule of Law
	HW87	The Healthcare System
	HW79	Menstrual Health and Conditions
	HW67	Understanding Vaccination And Immunisation
	HW68	Drugs
	HW69	Prescription Medication Misuse

	HW71	Sleep, Exercise & Diet
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Year 11		
Area	Code	Lesson
Health and Wellbeing	HW77	Discrimination and the Equality Act
	HW73	Stereotypes & Prejudice
	HW78	Respecting Human Rights
	HW74	Gender Biases
	HW80	Criminal Exploitation
	HW81	The Question Around Deepfakes
Relationships & Sex Education	R49	Fertility & Pregnancy
	R51	Contraceptive Considerations
	R52	Sex & Substances
	R50	Differences Between Forced & Arranged Marriages
	R54	Sexual Violence & Abuse
	R53	Safe Relationships Online
Relationships & Sex Education	R58	Relationship Fall-Outs
	R59	Domestic Abuse
	R46	Sexual Harassment and Aggression
Living in the Wider World	L25	The Dangers of Sextortion
	L28	Credit & Debt
	L29	Insurance
	L26	Online Content and Mental Health

Health and Wellbeing	HW82	Caring for Your Mental Health
	HW83	Managing Stress and Overthinking
	HW85	Rethinking Masculinity
	HW86	Health Conditions
	HW84	Exam Stress

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

To be completed by parents			
Name of child		Form	
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 school	
Agreed actions from discussions with parents	
Signed:	
Date:	