

## **Relationship and Sex Education (RSE) Scheme of learning**

Students will have 10 lessons on a carousel basis in each Year group alongside their Citizenship, Health and RE lessons.

### Year 7

Lesson	Theme & Topic	Useful links
1	Intro lesson What is Health & relationships education and Family Life <b>Topic:</b> Types of family	<a href="https://www.guidetolife.co.uk/family-relationships-2/">https://www.guidetolife.co.uk/family-relationships-2/</a>
2	Family Life <b>Topic:</b> Long-term commitments	<a href="https://www.guidetolife.co.uk/family-relationships-2/">https://www.guidetolife.co.uk/family-relationships-2/</a>
3	Family Life <b>Topic:</b> The legal status of marriage	<a href="https://www.guidetolife.co.uk/family-relationships-2/">https://www.guidetolife.co.uk/family-relationships-2/</a>
4	Family Life <b>Topic:</b> Parenting	<a href="#">Responsible parenting - Parenting - GCSE Learning for Life and Work (CCEA) Revision - BBC Bitesize</a>
5	Relationships <b>Topic:</b> Friendships	<a href="#">Friendship: Just The Facts   Health For Teens</a>
6	Changing adolescent body <b>Topic:</b> Puberty	<a href="https://www.always.com/en-us/puberty-talk-materials-for-parents">https://www.always.com/en-us/puberty-talk-materials-for-parents</a>
7	Changing adolescent body <b>Topic:</b> Puberty	<a href="https://www.always.com/en-us/puberty-talk-materials-for-parents">https://www.always.com/en-us/puberty-talk-materials-for-parents</a>
8	Health & prevention <b>Topic:</b> Personal hygiene	<a href="https://lifetimemontessorischool.com/hygiene-tips-parents-guide-and-implement">https://lifetimemontessorischool.com/hygiene-tips-parents-guide-and-implement</a>
9	Health & prevention <b>Topic:</b> Smoking	<a href="https://www.ashscotland.org.uk/media/835157/talking-to-teens-about-smoking-pdf.pdf">https://www.ashscotland.org.uk/media/835157/talking-to-teens-about-smoking-pdf.pdf</a>
10	Recap and assessment of knowledge	<a href="#">Teenagers: How To Stay Healthy - Health and Wellness   familydoctor.org</a>

### Year 8

Lesson	Mental Wellbeing - Topic	Useful links
1	Attitudes to mental health	<a href="https://www.youngminds.org.uk/parent/">https://www.youngminds.org.uk/parent/</a>
2	Promoting wellbeing and resilience	<a href="https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens">https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens</a>
3	Mental health conditions	<a href="https://www.youtube.com/watch?v=n7gPUaEQT48">https://www.youtube.com/watch?v=n7gPUaEQT48</a> <a href="https://www.youngminds.org.uk/young-person/mental-health-conditions/">https://www.youngminds.org.uk/young-person/mental-health-conditions/</a>
4	Digital resilience and body image	<a href="https://kidshealth.org/en/parents/body-image.html">https://kidshealth.org/en/parents/body-image.html</a>
5	Bullying versus banter	<a href="https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/">https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/</a>

6	Unhealthy coping strategies	<a href="https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/">https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/</a>
7	Healthy coping strategies	<a href="https://www.youngminds.org.uk/parent/">https://www.youngminds.org.uk/parent/</a>
8	Coping strategies practical	<a href="https://www.therapistaid.com/therapy-article/grounding-techniques-article">https://www.therapistaid.com/therapy-article/grounding-techniques-article</a>
9	Wellbeing & media lesson	<a href="#">Child-friendly films about mental health to watch with your kids   BBFC</a>
10	Reflection & assessment	<a href="#">Home - Kooth</a>

Year 9

Lesson	Topic /AO ref/ Spec Ref / Curric Objective	Useful links
1	Equality and Positivity <b>Topic:</b> Respectful relationships	<a href="https://www.barnsley.gov.uk/services/children-families-and-education/schools-and-learning/healthier-futures-barnsley/secondary-pshe-and-rshe-education/equality-and-diversity/">https://www.barnsley.gov.uk/services/children-families-and-education/schools-and-learning/healthier-futures-barnsley/secondary-pshe-and-rshe-education/equality-and-diversity/</a>
2	Gender and Stereotypes <b>Topic:</b> Respectful relationships	<a href="https://www.liftinglimits.org.uk/wp-content/uploads/2020/03/Parent-guide-final-1.1.pdf">https://www.liftinglimits.org.uk/wp-content/uploads/2020/03/Parent-guide-final-1.1.pdf</a>
3	Relationships and Abuse <b>Topic:</b> Online and media	<a href="https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/domestic-violence/">https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/domestic-violence/</a>
4	Communication, consent and sex <b>Topic:</b> Being safe, intimate and sexual relationships including sexual health	<a href="http://www.teachconsent.org/parents">http://www.teachconsent.org/parents</a>
5	Viewing Explicit Content - <b>Topic:</b> Intimate and sexual relationships including sexual health & Being safe	<a href="https://hwb.gov.wales/api/storage/f08c65bb-b017-41b7-b9c1-8a9ec5187d11/a-family-guide-to-talking-about-pornography.pdf">https://hwb.gov.wales/api/storage/f08c65bb-b017-41b7-b9c1-8a9ec5187d11/a-family-guide-to-talking-about-pornography.pdf</a>
6	Safer sex <b>Topic:</b> Intimate and sexual relationships including sexual health & Being safe	<a href="https://www.letstalkaboutit.nhs.uk/other-services/support-for-parents/">https://www.letstalkaboutit.nhs.uk/other-services/support-for-parents/</a>
7	STI's/STD's <b>Topic:</b> Intimate and sexual relationships including sexual health & Being safe	<a href="https://www.nhs.uk/conditions/contraception/">https://www.nhs.uk/conditions/contraception/</a>
8	Pregnancy and fertility <b>Topic:</b> Intimate and sexual relationships including sexual health & Being safe	<a href="#">Teenage pregnancy support - NHS (www.nhs.uk)</a>
9	Problem solving and the law	<a href="#">Keeping children safe online   NSPCC</a>

	<b>Topic:</b> Intimate and sexual relationships including sexual health & Being safe	
10	Reflection and assessment  <b>Topic:</b> Intimate and sexual relationships including sexual health & Being safe	<a href="https://www.bigtalkeducation.co.uk/parents/">https://www.bigtalkeducation.co.uk/parents/</a>

The specification for curriculum content requirements can be found here:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1019542/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1019542/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Other useful links:

Bereavement support: [www.childbereavement.org.uk](http://www.childbereavement.org.uk) ; [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

Gender identity: [www.gendertrust.org.uk](http://www.gendertrust.org.uk) ; [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

Sexual orientation: [www.stonewall.org.uk/our-work/education-resources](http://www.stonewall.org.uk/our-work/education-resources) ; [www.diversityrolemodels.org/](http://www.diversityrolemodels.org/)

Bullying and abuse: [www.kidscape.org.uk/](http://www.kidscape.org.uk/) ; <https://www.womensaid.org.uk/>

Alcohol education: <http://www.alcoholeducationtrust.org/teacher-area/> ; <http://www.talkaboutalcohol.com/>

Eating disorders: [www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/eatingdisorders.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/eatingdisorders.aspx)  
[www.b-eat.co.uk/](http://www.b-eat.co.uk/)

Self-esteem and body image: <http://www.selfesteem.dove.co.uk/>

Please contact K. Tonks if you would like any more information

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