



Overview of Relationships and Sex Education and Health Education taught in the PSHE Curriculum at STAGS

Year	Relationships Education	Sex Education	Health Education
7	<ul style="list-style-type: none"> • Rights and responsibilities • Social interactions • Resilience Skills • Anti-Bullying • Online Safety including online pornographic imagery 		<ul style="list-style-type: none"> • Resilience Skills - mental health • Puberty • Reproduction • Menstruation • Personal Hygiene • Basic First Aid Skills
8	<ul style="list-style-type: none"> • Online Safety and Social Media • Government and Democracy • Crime and Personal Safety • Healthy Relationships <ul style="list-style-type: none"> • Human variation and LGBT • Developing positive, healthy relationships 	<ul style="list-style-type: none"> • Sexual Relationships <ul style="list-style-type: none"> • Masturbation 	<ul style="list-style-type: none"> • Dove Confident Me Self Esteem Programme • Media and Health • Alcohol and Drugs Education • Sexual Relationships <ul style="list-style-type: none"> • Effective reproduction • Fertility • Conception
9	<ul style="list-style-type: none"> • Healthy and unhealthy relationships • Chelsea's Choice, sexual exploitation • Sexual Health <ul style="list-style-type: none"> • What is Sex? • Consent and Control • Sexual and gender identity 	<ul style="list-style-type: none"> • Sexual Health <ul style="list-style-type: none"> • How to use a male/female condom 	<ul style="list-style-type: none"> • First Aid • Drugs Education • Making resilient decisions • Sexual health <ul style="list-style-type: none"> • STIs • Maintaining good Sexual health
10	<ul style="list-style-type: none"> • Finance Education- impact of debt • Healthy relationships <ul style="list-style-type: none"> • Recap on Consent • Role and impact of pornography 		<ul style="list-style-type: none"> • Bloom Resilience • Drugs Education • First Aid
11	<ul style="list-style-type: none"> • Impact of Teen Pregnancy • Parental skills • Pregnancy <ul style="list-style-type: none"> • Termination • Fertility Treatments 	<ul style="list-style-type: none"> • Contraception including how to use a condom 	<ul style="list-style-type: none"> • Self-Esteem • Plastic Surgery/Tattoos • Personal well-being drugs education • Prevention of STIs and how to access treatment • Emotional Health • Stress, Anxiety, Depression • First Aid

The PSHE Curriculum also includes lessons on citizenship, personal finance and careers education. From September 2020 it is a statutory duty that the school teaches Relationships, Sex and Health Education (RSHE). If you have any questions about RSHE content please contact Ms K Thomas, Deputy Head Teacher in writing.

Years 7-9 receive one PSHE lesson per week and are taught by staff who have received specific training on how to teach these topics. In Year 10 students receive 18 weeks of PSHE lessons in a carousel with REP. In Year 11 students receive 12 weeks of PSHE lessons in a carousel with REP (students finish Year 11 lessons in May each year due to GCSE examinations)