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

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| **Year**  | **Relationships Education** | **Sex Education** | **Health Education**  |
| **7** | * Rights and responsibilities
* Social interactions
* Resilience Skills
* Anti-Bullying
* Online Safety including online pornographic imagery
 |  | * Resilience Skills - mental health
* Puberty
* Menstruation
* Personal Hygiene
* Basic First Aid Skills
 |
| **8** | * Online Safety and Social Media
* Government and Democracy
* Crime
* Relationship Smarts
* Developing positive, healthy relationships
* Sex Ed Sorted (pt 1)
* Human variation and LGBTQ+
 | * Sex Ed Sorted (pt 1)
* Masturbation
 | * Puberty
* Menstruation
* Dove Self Esteem Programme
* Media and Health
* Alcohol and Drugs Education
* Sex Ed Sorted (pt 1)
* Effective reproduction
* Fertility
* Conception
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| **9** | * Healthy and unhealthy relationships
* Chelsea’s Choice, sexual exploitation
* Sex Ed Sorted pt 2
* What is Sex?
* Consent and Control
* Sexual and gender identity
 | * Sex Ed Sorted (pt 2)
* Contraception including how to use a condom
 | * First Aid
* Drugs Education
* Making resilient decisions
* Sex Ed Sorted (pt 2)
* Safer Sex including STIs
* Good Sexual health
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| **10** | * Finance Education- impact of debt
* Healthy relationships
* Recap on Consent
* Role and impact of pornography
 |  | * Mental Illness Investigated
* Drugs Education
* First Aid
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| **11** | * Impact of Teen Pregnancy
* Parental skills
* Unplanned pregnancy
* Termination
 | * Contraception including how to use a condom
 | * 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
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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)