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

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| **Year**  | **Relationships Education** | **Sex Education** | **Health Education**  |
| **7** | * Rights and responsibilities
* Social interactions
* PENN Resilience Programme- developing self-esteem
* Anti-Bullying
* Online Safety
 |  | * PENN Resilience Programme - mental health
* Puberty
* Menstruation
* Personal Hygiene
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| **8** | * Online Safety and Social Media
* Government and Democracy
* Crime
* Relationship Smarts
* Developing positive, healthy relationships
 | * Sex Ed Sorted (pt 1)
* Effective reproduction
* Human Variation including LGBTQ+
* Fertility
* Conception
 | * Body Image
* Media and Health
* Alcohol and Drugs Education
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| **9** | * Healthy and unhealthy relationships
* Chelsea’s Choice, sexual exploitation
* Who am I, I think I am?
* Britishness
* Multicultural Britain
* Racism
* LGBTQ+
* Radicalisation
 | * Sex Ed Sorted (pt 2)
* What is Sex?
* Consent and Control
* Sexual and gender identity
* Contraception including how to use a condom
* Safer Sex including STIs
* Good Sexual health
 | * School Health and Alcohol Reduction Project
* Making resilient decisions
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| **10** | * My money- impact of debt
 | * Risks of unprotected sex is a lesson included within the lessons on substance misuse
 | * Mental Illness Investigated
* Unplugged Substance Misuse programme
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| **11** | * Impact of Teen Pregnancy
* Parental skills
* Unplanned pregnancy
* Termination
 | * Contraception including how to use a condom
* Prevention of STIs and how to access treatment
 | * Self-Esteem
* Plastic Surgery
* Personal well-being drugs education
* Emotional Health
* Stress, Anxiety, Depression
* Mindfulness
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The PSHCE Curriculum also includes lessons on citizenship, personal finance and careers education. From September 2020 it is a statutory duty that the school teaches RSHE. If you have any questions about RSHE content please contact Ms K Thomas, Deputy Head Teacher.

Years 7-9 receive one PSHCE 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 PSHCE lessons in a carousel with REP. In Year 11 students receive 12 weeks of PSHCE lessons in a carousel with REP (students finish Year 11 lessons in May each year due to GCSE examinations)