

Shirebrook Academy

Parental Support – (RSHE) Relationships, Sex Education

The Curriculum

Students can explain how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts. Students can evaluate my success at managing emotions in different contexts. Students can give advice about how to deal with negative relationships, including bullying, abuse, violence, and online encounters and can justify my values on moral issues using mature and detailed argument which is backed up by evidence. Students can demonstrate discernment in assessing others' arguments and can identify increasingly sophisticated thinking traps. Students can effectively demonstrate strategies to manage peer influence and can explain the importance of consent in all relevant contexts.

The rationale behind the curriculum is enable students to make good choices and become successful adults. They should be able to manage positive relationships through the delivery of high-quality resources which are evaluated and considered for their age.

Examples of resources used can be found on the academy website.

Year 7 -Half term 3 and 5

Staying safe online
Identifying and coping with cyber-bullying
Banter – what is it and how to recognise when this becomes bullying
Challenging prejudice and discrimination
Responding to bullying
Developing self -worth
Keeping safe in relationships – building positive relationships
Falling in love
Puberty support (PSHE day)

Year 8 – Half term 3 and 5

Understanding sexual identities
Hate crime, Homophobia and Transphobia
Challenging homophobia
Gender identity
Body image and self-worth
Child exploitation
Risks of sexting / online image sharing
Basic information contraception / STIs
Dangers of pornography
Preventing radicalisation

Year 9 – Half term 3 and 5

Identifying abusive relationships and where to seek help
Domestic violence – unhealthy relationships
Sexual harassment / inappropriate touching
Stalking online / offline

Child Sexual Exploitation
How to manage relationships
Readiness for sex
Myths about consent
Media and sex (pornography)
Image sharing online.
Contraception and sexual health (PSHE day)

Year 10 -Half term 3 and 5

What is safe sex?
Online relationships – the dangers
Revenge pornography
Gender and trans identity
Challenging homophobia
Relationships and role models
Social media and LGBTQ+
Recognising hate crimes
Contraception (PD Day Half-term 5)

Implementation

Shirebrook Academy have a flexible programme of study based on the PSHE/RSHE framework. This will take place during form time for all students twice a week – 1 hour of study (Year 7 – 10)

There is a scheme of work available to all teachers with relevant resources.

Students will be exposed to high quality resources and lessons will be engaging through discussion and practical teaching styles.

The resources will be based on age-appropriate guidance.

The lessons will be quality assured on a regular basis.

Staff will be offered CPD to ensure high quality teaching for all students.

The curriculum will be supported by five Personal Development Days per year.