

Relationships Education, Relationships & Sex Education, and Physical Health & Mental Wellbeing Policy



Mildenhall College
ACADEMY

Review Date

March 2023

Ratified

29 March 2022

Next Review

March 2024

Responsible Directorate

Education

Our Vision



Transforming Lives of our learners

We seek to ensure that all our learners receive a high-quality education from expert staff and aspire to achieve the best they possibly can, no matter their background or ability. Our learners have safe, supportive learning environments in which they develop, grow, and challenge themselves. We are determined that our learners will receive the very best enrichment and opportunities to help them reach their full potential and ensure they are prepared for the future, wherever it might take them.



Transforming Lives of our colleagues

Our colleagues are supported with the very best professional development through our innovative ATT institute, allowing them to stay focused on learning and developing as practitioners whilst they progress in their careers. We share the very best practice across our community of academies to help build systems and processes that really work.



Transforming Lives in the communities we serve

We are committed to actively engaging with and addressing inequality in our local areas. We understand that every one of our academies and their diverse communities are different, so we aim to build a supportive, collaborative, and nurturing relationship with each whilst sharing our key values across our Trust.

Commitment to Education

Transparency and Integrity

Innovation and Improvement

Dedication to Inclusivity

Our Values

Commitment to Education

Our core purpose is to positively impact the lives of all our learners. Education will always be at the heart of everything we do.

Transparency and Integrity

We are proud of our success whilst being open and honest about our areas for improvement. Our actions are always ethical and in the best interests of all our stakeholders.

Innovation and Improvement

We are committed to innovative education- always moving forward and never standing still. Our learners are ambitious and prepared for a future that is constantly changing and developing.

Dedication to Inclusivity

Our learners are all different and all important to us. We aspire to support, challenge, and help each one of them reach their full potential, regardless of their background or level of ability.

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1 | Introduction

- 1.1 Our Trust believes that in order to create a happy and successful adult life, children and young people need to have the self-confidence to make informed decisions about their wellbeing, health and relationships. Relationships Education and Relationships and Sex Education (RSE) is about giving children and young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. Health Education is giving pupils information to make well-informed, positive choices about their own health and wellbeing. Our Trust recognises that physical health and mental wellbeing are interlinked, so it is important that pupils understand that good physical health contributes to good mental wellbeing and vice versa.
- 1.2 Our Trust has a responsibility under the Equality Act (2010) to ensure the best for all pupils at our academies, irrespective of disability, educational needs, race, nationality, ethnic or national origin, sex, gender identity, pregnancy, maternity, religion or sexual orientation. As a result, Relationships Education, RSE and Health Education will be sensitive to the different needs of individual pupils and may need to adapt and change over time to reflect the needs of the particular cohort. The Trust may also take positive action, where it can be shown that it is proportionate, to deal with particular disadvantages affecting one group because of a protected characteristic.
- 1.3 Our Trust is aware of the need to be mindful of and respectful to a wide variety of faith and cultural beliefs across its academies, and will make every attempt to be appropriately sensitive. Equally, it is essential that children and young people have access to the learning they need to stay safe, healthy and understand their rights as individuals. Our Trust believes that our pupils deserve the right to honest, clear, impartial scientific and factual information to help better form their own beliefs and values, free from bias, judgement or subjective personal beliefs of those who teach them.
- 1.4 All teaching will be sensitive and age appropriate in approach and content. At the point at which the Trust considers it appropriate to teach pupils about lesbian, gay, bisexual, and transgender (LGBT) issues, the Trust will ensure that this content is fully integrated into programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. The Trust will encourage wider pupil awareness of LGBT.
- 1.5 This policy has been developed in consultation with parents, pupils, and staff from all academies within the Trust to ensure that it meets the needs of the whole Trust community. The review of the policy will include:
 - Annual parent consultation to inform them of any changes. Parents are asked for their feedback
 - Staff, pupil, and Local Governing Boards will be asked to provide feedback through stakeholder voice opportunities such as feedback during SKL lessons, house and academy councils, my health my future questionnaire (provided by Suffolk County Council) and specific SKL student voice workshops.
 - Ratification- once any required amendments are made the policy is shared with the Trust Board to be ratified.

- 1.6 The policy will be reviewed annually and parents will be consulted in advance about significant changes.

2 | Aims and Objectives

- 2.1 Through the delivery of high-quality, evidence-based, and age-appropriate Relationships Education, RSE and Health Education, the Trust aims to help prepare pupils for the onset of puberty, give them an understanding of sexual development and the importance of health and hygiene, create a positive culture in relation to sexuality and relationships, and to ensure pupils know how and when to ask for help and where to access support. By the end of their education, the Trust hopes pupils will have developed resilience and feelings of self-respect, confidence and empathy in preparation for the responsibilities and experiences of adult life.
- 2.2 Relationships Education, RSE and Health Education are intended to help pupils to:
- Build healthy, respectful relationships focusing on family and friends
 - Understand how to be healthy and be aware of potential risk areas (such as drugs and alcohol)
 - Learn about intimate relationships and sex
 - Learn about mental wellbeing
 - Develop key personal attributes, such as kindness, integrity, generosity, and honesty.

3 | Definitions

- 3.1 Relationships Education at the primary phase is about teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, relationships with other children and with adults, and who can support them. It includes how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy, establishing personal space and boundaries.
- 3.2 RSE is lifelong learning about physical, sexual, moral, and emotional development. It is about teaching sex, sexuality and sexual health in a way that gives pupils the confidence to make sound

decisions when facing risks and other challenges. It includes teaching about friendship, the importance of caring, stable and mutually supportive relationships with other people, and how to control and understand feelings that come with being in a relationship.

- 3.3 **RSE does not encourage early sexual experimentation.** It teaches children and young people to understand human sexuality and to respect themselves and others, to build self-esteem and understand the reasons for delaying sexual activity so that they can develop safe, fulfilling, and healthy sexual relationships, at the appropriate time.
- 3.4 RSE will outline that there are different types of committed, stable relationships, the characteristics and legal status of other types of long-term relationships, the importance of marriage as a relationship choice and why it must be freely entered into, how relationships might contribute to human happiness and their importance for raising children, as well as highlighting the roles and responsibilities of parents with respect to raising children, characteristics of successful parenting and how to judge when relationships have become unsafe as well as how to seek help or advice and report concerns about others.

4 | Roles and Responsibilities

- 4.1 All members of the Trust community are expected to follow this policy. Roles, responsibilities, and expectations of each section of the Trust and academy community are set out in detail below.
- 4.2 **Board of Trustees:** Trustees will monitor and evaluate the impact of the policy by reviewing pupils' progress in achieving the expected educational outcomes. They will hold the Chief Executive Officer and Principals to account for the implementation of the policy.
- 4.3 **The Chief Executive Officer (CEO):** The CEO will ensure that Relationships Education, RSE and Health Education is taught consistently across the academies within the Trust and will report back to the Board of Trustees on educational outcomes. They will ensure that senior staff receive regular professional development training in how to deliver Relationships Education, RSE and Health Education.
- 4.4 **Local Governing Boards:** Local governors in each academy will review and monitor the application and implementation of this policy by receiving regular feedback from the academy Principal on educational outcomes. Local governors will scrutinise relevant data, review any issues that might arise, and act as a point of challenge for decisions taken by the Principal. The Local Governing Board will annually feedback its findings to the Board of Trustees.
- 4.5 **Principals:** Each academy Principal, with support from their respective Senior Leadership Team, will ensure that staff are supported and up to date with policy changes. They will ensure that Relationships Education, RSE and Health Education is well led, effectively managed, and well

planned across various subjects (to avoid unnecessary duplication of topics) and that the quality of provision is subject to regular and effective self-evaluation. The Principal will ensure that teaching is age-appropriate, delivered in ways that are accessible to all pupils with SEND and that the subjects are resourced, staffed and timetabled appropriately. They will ensure that teaching delivered by any external organisation is age-appropriate and accessible for pupils and will liaise with parents regarding any concerns or opinions regarding Relationships Education, RSE and Health Education provision and will manage parental requests for withdrawal of pupils from non-statutory, non-science components of Relationships Education, RSE and Health Education.

- 4.6 **Staff:** Teachers of Relationships Education, RSE and Health Education will ensure that they are up to date with school policy and curriculum requirements regarding sex education and will attend and engage in professional development training. Teachers will encourage pupils to communicate concerns regarding their social, personal and emotional development in confidence, listen to their needs and support them seriously. If a pupil comes to a member of staff with an issue that that member of staff feels they are not able to deal with alone, they will take this concern to their line-manager.
- 4.7 **Parents:** The Trust hopes to build a positive and supporting relationship with parents through mutual understanding, cooperation and trust. Parents are expected to share the responsibility of sex education and support their children's personal, social and emotional development. The Trust hopes parents will create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through school. Parents are also encouraged to seek additional support in this from the academy their child attends where they feel it is needed.
- 4.8 **Pupils:** Pupils are expected to take Relationships Education, RSE and Health Education seriously. Pupils are expected to listen, be considerate of other pupils' feelings and beliefs, comply with class-set confidentiality rules and support one another with issues that arise during class. Pupils who fail to follow these standards of behaviour will be dealt with under the Trust's Behaviour Policy.

5 | Delivery

- 5.1 Relationships Education, RSE and Health Education will be delivered in a non-judgmental, factual way allowing scope for children and young people to ask questions in a safe environment. Teachers will tailor the delivery of Relationships Education, RSE and Health Education to meet the specific needs of the pupils in that class, and to be responsive to their behaviour and development. Classes will explore different attitudes, values and social labels, and develop skills that will enable our pupils to make informed decisions regarding sex and relationships as well as being able to differentiate between fact, opinion and belief and an understanding of the law on various topics. Pupils will be taught the anatomically correct names for body parts, but slang or everyday terms used in certain social circles will be discussed; this will surround discussion about what is and isn't acceptable language to use.

- 5.2 Staff will ensure that all resources used in the delivery of Relationships Education, RSE and Health Education are appropriate for the age and needs of their pupils. Examples of these resources are included in the Annexes of this policy.
- 5.3 **Primary Academies:** In our primary academies Relationships Education will be delivered in science, computing and Personal, Social, Health and Economic Education (PSHEE). Children of the same age may be developmentally at different stages, leading to differing types of questions or behaviours. Staff will use teaching methods that take account of these differences and the potential for discussion on a one-to-one basis or in small groups.
- 5.4 **Secondary Academies:** In our secondary academies RSE will be delivered in science, religious education, computing and Personal, Social, Health and Economic Education (PSHEE) and will build on the foundation of Relationships Education delivered in primary school.

6 | Relationships Education and RSE: Curriculum and Outcomes

- 6.1 By the end of their primary education the Trust expects pupils to know the information set out at Appendix 1. The Trust recognises that primary-age pupils may ask their teachers or other adults questions pertaining to sex or sexuality which go beyond the designed curriculum for Relationships Education. Teaching methods will take account of the potential different types of questions and behaviours likely to arise and staff will assess which types of teaching methods would be most appropriate (for example, a full class setting, one-to-one discussions or in small groups).
- 6.2 By the end of their secondary education, the Trust expects pupils to know the information set out at Appendix 2.

7 | Health Education: Physical Health and Mental Wellbeing

- 7.1 The Trust wishes to promote pupils' health and well-being by encouraging self-control, their ability to self-regulate and strategies for doing so. This will enable pupils to become confident in their ability to achieve well and persevere even when they encounter setbacks or when their goals are distant, and to respond calmly and rationally to setbacks and challenges. The Trust believes that an integrated, whole-school approach to the teaching and promotion of health and wellbeing will have a positive impact on behaviour and attainment. Health Education will be delivered in science, computing, Physical Education (PE) and Personal, Social, Health and Economic Education (PSHEE).
- 7.2 By the end of their primary education, the Trust expects pupils to know the information set out at Appendix 3.
- 7.3 By the end of their secondary education, the Trust expects pupils to know the information set out at Appendix 4.

8 | Pupils with Special Educational Needs and/or Disabilities

- 8.1 The Trust will endeavour to ensure that Relationships Education, RSE, and Health Education is accessible for all pupils. We are aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education, RSE and Health Education may be particularly important for such pupils, for example those with Social, Emotional and Mental Health needs or learning disabilities. Teaching will be sensitive, age-appropriate, developmentally appropriate, differentiated and personalised to meet the specific needs of pupils at different developmental stages.
- 8.2 Staff will make reasonable adjustments to alleviate disadvantage faced by pupils with disabilities and will be mindful of the SEND Code of Practice and the Trust's SEND Policy when planning for these subjects. Staff will use a variety of different strategies to ensure that all pupils have access to the same information, which include quality first teaching, interactive teaching methods like use of expert guest speakers, practical activities, group and paired activities, drama and discussion-based activities. Those with specific coloured paper needs will be catered for also.

9 | Right to Request Withdrawal from Sex Education

- 9.1 The Trust hopes that parents will feel comfortable with, and understand the importance of, the education provided to their children as described in this policy.
- 9.2 Parents of children in primary academies have the right to withdraw their child from sex education and should state this in writing and send (NA at MCA). Parents of children in secondary academies have the right to request that their child be withdrawn from some or all of the sex education aspects of RSE.
- 9.3 Before withdrawing or making a request, the Trust strongly urges parents to carefully consider their decision as sex education is a vital part of the school curriculum and supports child development. Parents cannot withdraw their child from Relationships Education or Health Education or the elements on human growth and reproduction which fall under the National Curriculum science and the science curriculum.
- 9.4 Any parent wishing to withdraw their child from sex education in a secondary academy should put their request in writing and send it to Miss N Hood – Principal. who will arrange a meeting to discuss their concerns. Once those discussions have taken place, except in exceptional circumstances, the school will respect the parents’ request to withdraw the child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school will make arrangements to provide the child with sex education during one of those terms.
- 9.5 If a pupil is excused from sex education the respective academy will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal and will be supervised in the academy library.

10 | Confidentiality and Child Protection

- 10.1 The Trust hopes to provide a safe and supportive school community where pupils feel comfortable seeking help and guidance on anything that may be concerning them about life either at school or at home. All teachers will receive training around confidentiality and should ensure that pupils understand that they cannot offer unconditional confidentiality. If a child protection issue is disclosed to a member of staff, that member of staff should follow the Trust’s Child Protection and Safeguarding procedures.
- 10.2 If a staff member is approached by a pupil under 16 who is having, or is contemplating having sexual intercourse, the teacher should:
- Ensure that the pupil is accessing all the contraceptive and sexual health advice available and understands the risks of being sexually active

- Encourage the pupil to talk to their parent or carer. Pupils may feel that they are more comfortable bringing these issues to a teacher they trust, but it is important that children and their parents have open and trusting relationships when it comes to sexual health and the academy will encourage this as much as possible
- Decide whether there is a child protection issue. This may be the case if the teacher is concerned that there is coercion or abuse involved. If a member of staff is informed that a pupil is having, or is contemplating having sexual intercourse, this will be dealt with under child protection procedures.

10.3 Pupils with special educational needs may be more vulnerable to exploitation and less able to protect themselves from harmful influences. If staff are concerned that this is the case, they should seek support from the Designated Safeguarding Lead to decide what is in the best interest of the child.

11 | Equal Opportunities

11.1 Relationships Education, RSE, and Health Education will be delivered equally to both genders, normally in mixed classes. There are, however, certain topics that may be delivered in single sex groupings e.g. menstruation and personal hygiene.

11.2 The Trust has a commitment to ensure that Relationships Education, RSE and Health Education is relevant to all pupils and is taught in a way that is age and stage appropriate. Pupils are encouraged to openly and freely discuss diversity of personal, social and sexual preferences. Prejudiced views will be challenged, and equality promoted. Any bullying that relates to sexual behaviour or perceived sexual orientation will be dealt with swiftly and seriously in accordance with the Trust's behaviour policy.

12 | Complaints

12.1 If parents have any concerns or complaints over the application or implementation of this policy they should raise their concerns with a staff member or the Principal in accordance with the Trust's Complaints Policy.

Appendix 1- Relationships Education Primary Stage Curriculum and Outcomes.

By the end of year 6 it will be presumed that all students will have the following knowledge from their feeder primary school.

Relationships Education

Families and people who care for me

- That families are important for children growing up because they can give love, security and stability.
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

	<ul style="list-style-type: none"> • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others if needed.
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. • Practical steps they can take in a range of different contexts to improve or support respectful relationships. • The conventions of courtesy and manners. • The importance of self-respect and how this links to their own happiness. • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. • What a stereotype is, and how stereotypes can be unfair, negative or destructive. • The importance of permission-seeking and giving in relationships with friends, peers and adults.
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not. • That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • How information and data is shared and used online.

Sex Education

The National Curriculum for Science covers:

- Naming the main external parts of the human body
- The human body as it grows from birth to old age (including puberty)
- Processes of reproduction and growth in animals
- Reproduction in some plants

Appendix 2- RSE Secondary Stage Curriculum and Outcomes

Year Group	Topic/Theme	Resources	
Year 7	Introduction to SKL	The rules and expectations of this subject	
		The topics that will be covered this year	
	Feelings and Relationships	The differences between your own family and someone else's	
		The roles and responsibilities within families	
		The qualities and behaviours of a good friend	
		How to describe different feelings and emotions	
		How to describe myself and others with positive language	
	Peer on Peer Abuse (in person and online) and Peer Pressure	The differences between conflict and bullying	
		The actions that constitute bullying and cyberbullying and their impact	
		How to report incidents of bullying and cyberbullying	
		Peer pressure and how it influences our decision making	
		The positive and negative effects of peer pressure	
	Internet Safety and Social Media	How to stay safe online	
		How are actions are influenced by others while online	
	Health and Wellbeing	Puberty and the changes experienced	
		How food and hydration effect our mood and ability to learn	
	Human Rights	The importance of fairness with how rules are applied	
		What Human Rights are	
		How Human Rights apply to our everyday life	
		The rights every child has, regardless of where they are born	
	Fairtrade	The food options available through the Fairtrade scheme	
		What a fair price for food means for farmers and purchasers	
	Building Connections	How to make friends	
		How to talk to people	
	Cultural Diversity (society and religion)	What Culture is	
		How to respect people's difference	
		Why it is important people are different	
		The impact of prejudice	
	FGM	What it is and who it effects	
		It's long term impact	
		The cultures it exists in	
	Upskirting	What it is	
		How it could affect members of our community and the support available	
		The repercussions of committing this offence	
	Discrimination	What discrimination means	
		How some people are treated unfairly due to characteristics	
		How to identify and react to positive and negative discrimination	
	Community	What 'community' means	
		Why a community is important	
		What needs to happen for a community to function effectively	
	Young People and the law	The main powers of the police with regards to stop and search	
		The balance of power needed to prevent abuse of power	
		What happens when a crime is committed by an adult v. a child	
	Smoking, Alcohol and Drugs	The risks and harm caused by smoking	
		The laws regarding smoking, cigarettes and tobacco	
		What alcohol is and why people drink it	
		How alcohol is measured and why there are limits	
The risks and harm from alcohol			

		The support available in the community	
	Government (UK and similarities and differences to the rest of the world)	What a government is	
		How it affects the way the UK works	
		How a parliament works	
		What a political party is and why they produce a manifesto	
		Voting and why it is important to take part	
Year 8	Reflection and Goal Setting	The importance of reviewing and reflecting	
		Setting goals for the year ahead that are SMART	
	Personal Safety and Sexual Harassment	The actions you should take in person and online to keep safe	
		What harassment is	
		How you may become a victim of it and what to do	
	Prejudice and Discrimination	The importance of tolerance and understanding	
		The importance of equality	
	Disability	Different types of disability	
		How to support others	
	Healthy Lifestyle	What constitutes a healthy lifestyle	
		How to achieve mental, physical and social balance	
	First Aid	The importance of first aid	
		How to administer first aid	
	Drugs and Medicine	The differences and similarities between a drug and a medicine	
		The law and drugs	
	Drugs and the law	How illegal drugs affect our society	
		What we can do to reduce their impact	
	Smoking	What people choose to smoke	
		The health implications of smoking	
	Media Literacy	The impact media has on our views of the world and ourselves	
		How to fact check information and posts viewed online	
	Conspiracy Theories	What a conspiracy theory is	
		How it affects our views and opinions	
	Online Stress and FOMO	The impact of using social media on our mental health	
		How to reduce the stress caused by being online	
	Relationships	What behaviours are part of a healthy relationship	
		The impact of gender stereotypes on relationships	
	Love and Relationships (Sexting)	What is sexualised behaviour	
		What to do if you or someone you know is subjected to sexualised bullying	
	Sexual Harassment and Objectification	What harassment is	
		How it is depicted in society	
		What to do if you witness or are subjected to it	
Safe Sex	What happens at conception		
	How contraception is used to prevent pregnancy		
Finances	What money is used to pay for		
	How to create a budget and stick to it		
	Why tax is paid and its impact on society		
Gambling	The different types of gambling		
	The impact it has on families		
Environment and Climate Change	Sustainability		
	How small changes in our behaviours can have a big impact		
Year 9	World Government and Democracy	What democracy is	
		How different countries govern their subjects	

		How different religions have shaped democracy across the world		
Religion, Society and Governing		How does religion impact a government?		
		What do secular countries have in common? What about religious ones?		
Relationships and Social Constructs		Stereotypes surrounding relationships		
		The role of religion plays in our society still		
Sexual Harassment and Objectification		What harassment is		
		Equality Act 2010 and how it protects you from harassment		
		How to tackle any form of harassment		
Social Media and Stereotyping		Social media's influence on the view we have of ourselves		
		How to tackle stereotypes		
Discrimination		What discrimination is		
		How it happens in society		
		How to tackle it		
Religion and Discrimination		What is religions role in society and discrimination?		
		How does religion work to overcome discrimination?		
Religion, Crime and Punishment		The purpose of punishment is		
		What does religion say about crime and punishment		
		How does religion interpret capital punishment		
		What does religion say about crimes and their impact on society		
Careers, Goal Setting and Future Plans		What is you want your future to look like		
		The types of careers available to you		
		How to set goals regardless of whether you know what you want to do after leaving school		
Religion, Science and the UK		How do science and religion exist		
		How does religion feel about euthanasia		
		How does religion feel about animal testing		
		How does religion feel about creation vs evolution		
Sex and Relationships (Fertility and Pregnancy)		The law and sex		
		The importance of safe sex		
		How can be adversely affected		
Smoking, Alcohol, Drugs and County Lines		The law and smoking		
		The law and alcohol		
		The law and drugs		
		What county lines is and how you could be targeted		
Year 10	Respectful Relationships and My Values. Sexual Harassment and Objectification	What a respectful relationship entails		
		What your personal values are and what is non-negotiable for you in a relationship		
		How and when harassment and sexual harassment happens		
		How to challenge sexualised comments and behaviours		
	Religion v. Relationships and My Values	How does religion define marriage?		
		How does religion define divorce?		
		What are the familial roles within the different religions?		
	Give 'n' Get Consent	The legal definition of consent		
		The legal definition of rape, sexual assault and sexual assault by penetrations		
		The support available to victims		
		The damage victim blaming rather than perpetrator blaming causes		
	Contraception (condom demo), when it fails & STIs	The different types of contraception and its effectiveness		
		The different options available to your chosen contraceptive method fails		
The different types of STI's and their implications				
		The impact of pornography on body image and mental health		

	Pornography, Body Image & Upskirting	The impact of Upskirting on mental health		
	Mental Health, Suicide, Self-Harm & Eating Disorders	The impact on ignoring your mental health		
		The support available if you suffer with poor mental health		
		How to recognise and implement good mental health practices		
	Conflict, Religion and Social Media	How does social media escalate or deescalate conflicts?		
		How is religion using social media to spread their messages?		
		How is religion used as a tool to push/end conflicts?		
	Knife Crime and Content that insights hate	The increase of knife crime in society		
		The links between knife crime and violence		
		The law and knives		
	Where my money goes & Waste not want not	What is a budget?		
		How do I make enough money to achieve my goals in life?		
		What do I need to do make sure I am able to afford my lifestyle?		
	Poverty, Religion and Society	How does religion view charity?		
		How does religion fight against charity?		
		How does religion keep these stereotypes alive? How do they fight them?		
	Smoking, alcohol and drugs	The effects of alcohol and drugs		
		The implications of county lines in our area		
	Careers – skills and apprenticeships	How to present your skills to an employer		
		What an apprenticeship is and its appropriateness for you		
Finances	The information contained on a payslip			
	The difference between credit and debt			
	How to stay in control of your money			
Gender Identity	The origins of gender identity			
	The different genders			
	The impact of imposing social constructs on others			
Year 11	Post 16 and Further Education	The importance of lifelong learning		
		The difference and appropriateness of A Levels and BTECs depending on career path		
		The nuances of apprenticeships and University pathways		
		Where to find the information needed to support decision making		
	Career and Future planning & CV writing	Where to find information on		
		What to include in a CV and how to write it		
	Careers for positive change	What careers support the future of planet earth		
		How to increase your awareness of careers that have a positive influence on climate change		
	Teenage sex & Different types of contraception (Condom demo)	The law and sex		
		How and where to find reliable information on different types of contraception to ensure informed decisions regardless of sexual orientation		
		How to use a condom safely to ensure its effectiveness		
	Social media concerns, sending nudes and revenge porn	What to do if asked to send nudes		
		How to report incidences that occur on social media		
		What to do if revenge porn is seen or threatened		
	Keeping safe, emergency situations, key advice, first aid	How to get help in different situations		
		How to help someone if they are hurt		
		How to keep your self safe in dangerous situations		
	Extremism and Terrorist Groups (PREVENT)	The history of terrorism		
		The different types of terrorist incidents that have happened		
		The stereotypes surrounding religion and terrorism		

	Political and Media Literacy (religion and current affairs)	Misinformation and its impact on truth
		How to identify misleading information
		How to fact check information
	Role of religious organisations in the fight for Human Rights and Forced Marriage	How different religions support and promote human rights
		What does human and civil rights mean to religion?
		The difference between forced marriage and arranged marriage
		Which societies and religions promote forced marriage
	Exam resilience	What to do if feeling stressed?
		How to organise my time
		How to create an exam revision timetable
	Sexual Harassment and Objectification	What harassment, sexual harassment and objectification are
		How harassment happens in person and on social media
		How to tackle any form of harassment as a bystander
		The actions you should take if you feel you are being harassed
	Relationships & LGBTQ+	Gender as a social construct
		PRIDE: it's origins and importance in raising awareness in society of difference
		Aggression within relationships
	Health Education – leading a healthy lifestyle as an adult	What being healthy means as an adult
		How to join sports groups and fitness centres and what to expect
		How to plan healthy meals and budget
	Planning for GCSE success	How to timetable your revision before your exam
		Different revision techniques
		Which revision techniques work best for you and how you learn

Study Skills – being a successful student

Online and the media

Dangerous Dating Apps
 Digital Footprint
 Internet safety and harms
 Vardy v Rooney case study

Careers and getting ready for work experience

Investigating careers and options for post 18 – NEACO – Becky Powells
 Interview techniques – Camden Boss
 CV writing

Further
 Education

How to search for jobs. LinkedIn, indeed,

Relationships and Sex Education

Porn and its impact on society
 Fertility and what impacts it
 Importance of sexual health
 Healthy relationships – committed
 Icash (sexual health clinic BBC documentary) Schools nurse talk, chlamydia testing.
 Depp v Heard case study or other case study

Drugs and Risk Education

Drug classifications and groups
 Festivals, Drugs and Nitrous Oxide
 Cannabis Products explored
 The War on drugs
 New Psychoactive Substances

	<p>GHB/ spiking/ injecting</p> <p>Emotional Wellbeing Causes of mental health Addiction – gambling, social media, drugs, alcohol, meds, gaming. Looking after yourself first Importance of physical health and exercise Improving body image and exploring ideas.</p> <p>Ready for year 13</p> <p>UCAS Focus Work Experience Oscar</p>	
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Families	<ul style="list-style-type: none"> • That there are different types of committed, stable relationships. • How these relationships might contribute to human happiness and their importance for bringing up children. • What marriage is, including their legal status – for example, that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • Why marriage is an important relationship choice for many couples and why it must be freely entered into. • The characteristics and legal status of other types of long-term relationships. • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • How to determine whether other children, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others’ relationships), how to seek help or advice, including reporting concerns about others, if needed.
Respectful relationships, including friendships	<ul style="list-style-type: none"> • The characteristics of positive and healthy friendships, in all contexts including online, such as: <ul style="list-style-type: none"> • Trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict • Reconciliation and ending relationships, this includes different (non-sexual) types of relationship. • Practical steps they can take in a range of different contexts to improve or support respectful relationships.

- How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice).
- That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.
- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
- That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.
- What constitutes sexual harassment and sexual violence and why these are always unacceptable.
- The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.

Online and media

- Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.
- About online risks, including that any material someone provides to another has the potential to be shared online, "sexting", and the difficulty of removing potentially compromising material placed online.
- Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.
- What to do and where to get support to report material or manage issues online.
- The impact of viewing harmful content.
- That specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.
- That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.
- How information and data is generated, collected, shared and used online.

Being safe	<ul style="list-style-type: none"> • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online.
Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none"> • How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health and wellbeing. • The facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause. • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. • That they have a choice to delay sex or to enjoy intimacy without sex. • The facts about the full range of contraceptive choices, efficacy and options available. • The facts around pregnancy including miscarriage. • That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help). • How the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. • How the use of alcohol and drugs can lead to risky sexual behaviour. • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

The National Curriculum for Science covers:

Key Stage 3:

- Reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, menstrual cycle (without details of hormones), gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta
- Reproduction in plants, including flower structure, wind and insect pollination, fertilisation, seed and fruit formation and dispersal, including quantitative investigation of some dispersal mechanisms.

Key stage 4:

- Hormones in human reproduction, hormonal and non-hormonal methods of contraception
- Communicable diseases including sexually transmitted infections in humans (including HIV/AIDs)
- Genes and sex determination in humans.

Resources

All resources can be found under the curriculum pages of the academy website.

Appendix 3- Health Education Primary Stage Curriculum and Outcomes.

Students will arrive at MCA will the following already been taught at their primary school.

Mental wellbeing	<ul style="list-style-type: none">• That mental wellbeing is a normal part of daily life, in the same way as physical health.• That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.• How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.• How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.• The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.• Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.• Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.• That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.• Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).• It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet safety and harms	<ul style="list-style-type: none">• That for most people the internet is an integral part of life and has many benefits.• About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.

	<ul style="list-style-type: none"> • How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • Why social media, some computer games and online gaming, for example, are age restricted. • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • Where and how to report concerns and get support with issues online.
Physical health and fitness	<ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular exercise into daily and weekly routines and how to achieve this e.g., walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • The risks associated with an inactive lifestyle (including obesity). • How and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	<ul style="list-style-type: none"> • What constitutes a healthy diet (including understanding calories and other nutritional content). • The principles of planning and preparing a range of healthy meals. • The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> • The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	<ul style="list-style-type: none"> • How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.

	<ul style="list-style-type: none"> • The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • The facts and science relating to allergies, immunisation and vaccination.
Basic first aid	<ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body	<ul style="list-style-type: none"> • Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • About menstrual wellbeing including the key facts about the menstrual cycle.

Appendix 4- Health Education Secondary Stage Curriculum and outcomes

Mental wellbeing	<ul style="list-style-type: none"> • How to talk about their emotions accurately and sensitively, using appropriate vocabulary. • That happiness is linked to being connected to others. • How to recognise the early signs of mental wellbeing concerns. • Common types of mental ill health (e.g., anxiety and depression). • How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others’ mental health. • The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
Internet safety and harms	<ul style="list-style-type: none"> • The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. • How to identify harmful behaviours online (including bullying, abuse, or harassment) and how to report, or find support, if they have been affected by those behaviours.
Physical health and fitness	<ul style="list-style-type: none"> • The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. • The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health. • About the science relating to blood, organ and stem cell donation.
Healthy eating	<ul style="list-style-type: none"> • How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.

Drugs, alcohol and tobacco	<ul style="list-style-type: none"> • The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. • The law relating to the supply and possession of illegal substances. • The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. • The physical and psychological consequences of addiction, including alcohol dependency. • Awareness of the dangers of drugs which are prescribed but still present serious health risks. • The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.
Health and prevention	<ul style="list-style-type: none"> • About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. • About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist. • (Late secondary) the benefits of regular self-examination and screening • The facts and science relating to immunisation and vaccination. • The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.
Basic first aid	<ul style="list-style-type: none"> • Basic treatment for common injuries. • Life-saving skills, including how to administer CPR. • The purpose of defibrillators and when one might be needed.
Changing adolescent body	<ul style="list-style-type: none"> • Key facts about puberty, the changing adolescent body and menstrual wellbeing. • The main changes which take place in males and females, and the implications for emotional and physical health.