

# Relationships & Sex Education

Consultation with Parents

October 2023

Jodi Carter

The Cotswold School

Your thoughts?

What do we want our children to go to school for?

What makes an outstanding global citizen?

What kind of world do we want our children to live in?

1 - What percentage of 15 year olds have used illicit drugs?

2 - What percentage of 11-17 year olds have been exposed to some form of community violence?

3 - By the time they reach 18, what percentage of children have been exposed to domestic violence?

4 - What percentage of 18-24 year olds reported that they had experienced contact sexual abuse under the age of 18?

5 - What percentage of young people self-harm?

6 - What percentage of teenagers experience suicidal thoughts?

1 - What is the average age that UK children see online pornography?

2 - 25% of school children have seen online pornography by the age of.....

# The Cotswold School – Relationships & Sex Education – Curriculum Organisation

**Years 7, 8 & 9**

**Called PD**

**One hour a fortnight**

**Taught by JC, CL, VC, (LA)**

**All specialists**

**Taught in their main classes**

**No homework**

**Three assessments a year**

**Discussion based and folders**

**Year 10**

**Called PD**

**One hour a fortnight for 10 lessons**

**Taught by JC, SB**

**All specialists**

**Taught in mixed classes**

**No homework**

**One assessment**

**Discussion based and folders**

<div data-bbox="274 1041 758 1146" style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p><b>PERSONAL DEVELOPMENT</b></p> </div> <div data-bbox="391 1220 638 1355" style="text-align: center; margin-top: 20px;"> <p>Outstanding</p> <p>Good</p> <p>Requires Improvement</p> <p>Inadequate</p> </div>	<p style="text-align: center; color: red; font-weight: bold;">PSHEE</p> <p style="text-align: center;"><b>Personal, Social, Health &amp; Economic Education</b></p> <p style="text-align: center; color: green; font-weight: bold;">Tutors – Tuesdays – 25 minutes</p> <p style="text-align: center; color: red; font-weight: bold;">RSE</p> <p style="text-align: center;"><b>Relationships and Sex Education</b></p> <p style="text-align: center; color: green; font-weight: bold;">Fortnightly – one hour - specialists</p> <p style="text-align: center; color: red; font-weight: bold;">SMSC</p> <p style="text-align: center;"><b>Social, Moral, Spiritual &amp; Cultural Education</b></p> <p style="text-align: center; color: green; font-weight: bold;">Tutors – once a fortnight</p> <p style="text-align: center; color: red; font-weight: bold;">Curriculum &amp; Ex – Curricular Offer</p> <p style="text-align: center;"><b>Lessons, Clubs, Trips, Visits, Leadership</b></p> <p style="text-align: center; color: green; font-weight: bold;">Daily</p>
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**PERSONAL DEVELOPMENT AT THE COTSWOLD SCHOOL**

<p><b>“Schools will retain freedom to determine an age-appropriate, developmental curriculum which meets the needs of young people, is developed in consultation with parents and the local community.</b></p> <p>Schools are required to comply with relevant requirements of the <b>Equality Act 2010</b>.</p> <p>Schools should consider what they can do to foster <b>healthy and respectful peer-to-peer communication</b> and behaviour between boys and girls, and provide an environment, which <b>challenges perceived limits on pupils</b> based on their gender or any other characteristic, including through these subjects and as part of a whole-school approach.</p> <p>Schools should be alive to issues such as everyday <b>sexism, misogyny, homophobia and gender stereotypes</b> and take positive action to build a culture where these are <b>not tolerated</b>, and any occurrences are identified and tackled.</p> <p>Staff have an important role to play in <b>modelling positive behaviours</b>. School pastoral and behaviour policies should support all pupils</p>	<p style="text-align: center;"><b>Addresses discrimination at all levels of school</b></p> <p style="text-align: center;"><b>Develops home/school communication and engagement</b></p> <p style="text-align: center;"><b>Increased community cohesion</b></p> <p style="text-align: center;"><b>Safeguarding supporting prevention and early intervention</b></p> <p style="text-align: center;"><b>Outcomes impact academic attainment and improved wellbeing</b></p>
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THE RSE CURRICULUM

**Families and people who care for me**

Importance of family  
Characteristics of healthy family life  
Respect for family diversity  
Importance of stable relationships  
Marriage / Civil Partnerships  
How to recognise unsafe situations and how to seek advice / help

THE RSE CURRICULUM

**Online and Media**

Rights, responsibilities and opportunities online  
Online risks including sharing personal data  
Impact of viewing harmful content including sexually explicit material  
Law with regards to sharing illegal images  
How personal data is shared and used online

THE RSE CURRICULUM

**Being safe**

Understanding sexual consent, exploitation, abuse and grooming  
How to recognise and communicate consent

THE RSE CURRICULUM

**Changing adolescent body**

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

THE RSE CURRICULUM

**Respectful Relationships including friendships**

Characteristics of positive and healthy friendships  
Negative impact of stereotypes  
Importance of respect and tolerance of difference  
Impact of bullying and how to respond  
Criminal behaviour in relationships including sexual harassment, coercive control and violence  
Legal rights and responsibilities regarding equality

THE RSE CURRICULUM

**Intimate and sexual relationships, including sexual health**

How to recognise healthy intimate relationships based on trust and mutual respect  
Facts of reproductive health, including fertility  
Strategies for managing sexual pressure, the choice to delay  
Full range of contraceptive choices, where to get help  
Facts of pregnancy and miscarriage  
How STI's are transmitted and the importance of testing  
Alcohol and drugs and their impact on sexual behaviour

THE RSE CURRICULUM

**What is statutory?**

RSE in every primary and secondary school  
Education about reproduction, puberty, menstruation, miscarriage  
Health Education  
Must comply with The Equality Act 2010  
Providing an accessible curriculum (SEND)

**Right to be excused from sex education (commonly referred to as the right to withdraw.)**

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.

Before granting any such request it would be good practice for the head teacher to discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. Schools will want to document this process to ensure a record is kept.

**Parents do not have the right to withdraw their child from Relationships or Health Education.**

## Links and Further Reading

Ofsted - <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Children's Commissioner - <https://www.childrenscommissioner.gov.uk/>

PSHE Association - <https://pshe-association.org.uk/>

## Year 7

	Today we will be learning about	Lesson Attended?
Lesson 1	What is RSE?	
Lesson 2	Bullying or Banter?	
Lesson 3	Cyberbullying	
Lesson 4	Attractions and Crushes	
Lesson 5	Healthy Friendships	
Lesson 6	Families and Relationships	
Lesson 7	Assessment 1	
Lesson 8	Your Online Life	
Lesson 9	Keeping Safe	
Lesson 10	Introduction to Consent 1	
Lesson 11	Introduction to Consent 2	
Lesson 12	Assessment 2	
Lesson 13	Emotional Puberty	
Lesson 14	Physical Puberty	
Lesson 15	Periods	
Lesson 16	Human Reproduction	
Lesson 17	Reproduction, Puberty & Periods Recap	
Lesson 18	Assessment 3	
Lesson 19	Respectful Language	

L2	Banter Consequences Offensive Derogatory	Sinister Sexist Demeaning	L11	Assumption Bodily autonomy
L3	Abusive Hostile Persistent	Harassment Humiliating Threatening	L13	Puberty
L4	Dopamine Infatuation Platonic		L14	Periods Oestrogen Hormone Testosterone Sperm Ova
L5	Jealousy		L15	Menstrual cycle Uterus Fallopian tubes Womb Sanitary towels Period pants Tampons
L8	Relationships		L18	Adolescence
L9	CEOP Exploitation Protection		L19	A slur A bystander An upstander support
L10	Consent Capacity Verbal	Non-verbal	Any additional vocabulary....	

## Year 8

	Today we will be learning about	Lesson Attended?
Lesson 1	What is RSE and why do we do it?	
Lesson 2	Online safety 1	
Lesson 3	Online safety 2	
Lesson 4	Peer Pressure	
Lesson 5	Sexism and Misogyny	
Lesson 6	Supportive Relationships	
Lesson 7	Assessment 1	
Lesson 8	Consent	
Lesson 9	Contraception	
Lesson 10	Sexually Transmitted Infections	
Lesson 11	Pornography	
Lesson 12	Assessment 2	
Lesson 13	Sharing Nudes	
Lesson 14	Body Image	
Lesson 15	Sexuality	
Lesson 16	Female Genital Mutilation	
Lesson 17	Breast Ironing	
Lesson 18	Assessment 3	
Lesson 19		

L2	Phishing Hacking Cyber Social Engineering	Consequences Identity Theft Impersonation	L10	Chlamydia HIV AIDS	
L3	Critical Thinking Hidden Agenda Trustworthy		L11	Pornography Online Sexual Content Sexual abuse / sexual violence	
L4	Peer Pressure Bystander	Upstander	L14	Self-Bullying	
L5	Sexism Misogyny		L15	Sexuality Gender Lesbian Queer / Questioning Transphobic	Bi-sexual Transgender Homophobic Gay
L6	Respectful Inclusive Peer	Assumptions Conflict Stereotypes	L16	Female Genital Mutilation Adolescence Migration	Anaesthetic Modesty
L8	Consent Prosecutions Suspects	Capacity Perpetrator	L17	Cultural Consequences Heritage	
L9	Contraception Sexually Transmitted Infections Pregnancy Pill Injection	Coil Condom Natural Family Planning Implant		Any additional vocabulary....	

**Year 9**

	<b>Today we will be learning about</b>	<b>Lesson Attended?</b>
<b>Lesson 1</b>	<b>Relationships and Legalities</b>	
<b>Lesson 2</b>	<b>Consent</b>	
<b>Lesson 3</b>	<b>Exposed</b>	
<b>Lesson 4</b>	<b>Public Sexual Harassment</b>	
<b>Lesson 5</b>	<b>Grooming</b>	
<b>Lesson 6</b>	<b>Child Sexual Exploitation</b>	
<b>Lesson 7</b>	<b>Assessment 1</b>	
<b>Lesson 8</b>	<b>Your Relationship with yourself - Eating Disorders</b>	
<b>Lesson 9</b>	<b>Your Relationship with yourself – Self Harm</b>	
<b>Lesson 10</b>	<b>Healthy Coping Strategies</b>	
<b>Lesson 11</b>	<b>Contraception and STI's</b>	
<b>Lesson 12</b>	<b>Assessment 2</b>	
<b>Lesson 13</b>	<b>Coercion</b>	
<b>Lesson 14</b>	<b>Harmful Sexual Relationships and Domestic Violence</b>	
<b>Lesson 15</b>	<b>Extremism, Racism and Xenophobia</b>	
<b>Lesson 16</b>	<b>Preventing Radicalisation</b>	
<b>Lesson 17</b>	<b>UNICEF – The Convention for the Rights of the Child</b>	
<b>Lesson 18</b>	<b>Assessment 3</b>	
<b>Lesson 19</b>	<b>Pornography – A Debate</b>	

<b>L1</b>	<b>Consent Homosexual</b>	<b>Heterosexual Civil Partnership</b>	<b>L11</b>	<b>Contraception STI</b>
<b>L2</b>	<b>Informed Mutual Retractable</b>	<b>Coercion Capacity</b>	<b>L13</b>	<b>Coercion</b>
<b>L3</b>	<b>Debate</b>		<b>L14</b>	<b>Abusive Domestic Violence</b>
<b>L4</b>	<b>Harassment Bystander</b>		<b>L15</b>	<b>Extremism Racism Xenophobia Radicalisation Ideology White Supremacy</b> <b>Refugee Scapegoat Islam Fascism Right Wing Terrorism</b>
<b>L5</b>	<b>Grooming Sexual Exploitation</b>		<b>L16</b>	<b>Migration Propaganda Allegiance</b> <b>Allah Jihad</b>
<b>L6</b>	<b>Exploitation</b>		<b>L17</b>	<b>UNICEF Convention Human Rights</b>
<b>L8</b>	<b>Bulimia Anorexia</b>	<b>Obesity</b>	<b>Any additional vocabulary....</b>	
<b>L9</b>	<b>Self-harm Dermatillomania CBT – Cognitive Behaviour Therapy</b>			
<b>L10</b>	<b>Coping Strategies</b>			

# Year 10

	Today we will be learning about	Lesson Attended?
Lesson 1	Stalking and Harassment 1	
Lesson 2	Stalking and Harassment 2	
Lesson 3	Pornography and Teenage Relationships	
Lesson 4	FGM and Breast Ironing	
Lesson 5	Child Criminal Exploitation - Hidden Girls	
Lesson 6	Child Sexual Exploitation - Sextortion	
Lesson 7	Contraception and Consent	
Lesson 8	Pregnancy and Termination	
Lesson 9	Assessment	

L1 L2	Harassment Stalking Fixation Persistent Cyber Stalking The Equality Act 2010 Dignity Intimidation Degrading Humiliating	Subtle Hostile Obsession	L6	Sextortion Blackmail Exploitation CEOP Revenge porn
			L7	Consent Misconceptions Informed Decisions Manipulation Coercion Capacity Intimidation
L3	Pornography Domestic Violence Sexual Violence Addiction Exploitation Misogyny		L8	Termination Abortion Contraception Sexually Transmitted Infections Surgical Procedure Ultrasound Scan Miscarriage Financial Stability Maturity
L4	Female Genital Mutilation Adolescence Anaesthetic Migration Modesty Debilitating		L9	Assessment
L5	Exploitation Vulnerability Manipulation Trap-house Rough sleeping Isolation Safeguarding Legislation Trauma Domestic abuse Poverty		Any additional vocabulary....	