

The Priory Academy LSST Relationship and Sex Education Curriculum

We deliver our RSE Curriculum through a range of channels. RSE is delivered through:

- Awareness – a lesson delivered by the form tutor in form groups each week.
- Assemblies – delivered in year groups and designed to support the Awareness lessons and used to deliver specific content.
- Awareness Day – a full day off timetable where students spend the day focusing on a specific area of personal development pertinent to each year group. These include multi-agency days where multiple external agencies are invited in to deliver sessions.
- External speakers – specialists are invited to speak with our students on topics such as drug and alcohol awareness, contraception, higher education etc.
- Curriculum – some of the topics are covered directly through our curriculum areas such as Science, RE and PE.

RSE Learning Outcome	Delivery
Families:	
that there are different types of committed, stable relationships.	Delivered in RE.
how these relationships might contribute to human happiness and their importance for bringing up children.	Delivered in RE.
what marriage is, including their legal status e.g. 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.	Delivered in RE.
why marriage is an important relationship choice for many couples and why it must be freely entered into. And the characteristics and legal status of other types of long-term relationships.	Form time awareness session in Year 9.
the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	Delivered in RE.
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); and, how to seek help or advice, including reporting concerns about others, if needed.	Form time awareness sessions in Year 8, Year 11 and Year 13.
The law relating to 'honour'-based violence and forced marriage; the consequences for individuals and wider society and ways to access support	Form Time awareness session in Year 9.

Respectful relationships, including friendships:	
the characteristics of positive and healthy friendships (in all contexts, including online) including: 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. and practical steps they can take in a range of different contexts to improve or support respectful relationships.	Delivered in an assembly.
that some types of behaviour within relationships are criminal, including violent behaviour and coercive control and what constitutes sexual harassment and sexual violence and why these are always unacceptable.	Form time awareness sessions in Year 10 and Year 12.
how the media portrays relationships and the potential impact of this on people's expectations of relationships	Form Time awareness session in Year 8.
how to safely and responsibly form, maintain and manage positive relationships, including online	Covered as part of multiple Form Time awareness sessions across all year groups.
to develop conflict management skills and strategies to reconcile after disagreements	Form Time awareness session to Year 7.
<p>how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships</p> <p>strategies to manage the strong emotions associated with the different stages of relationships</p> <p>the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support</p> <p>to safely and responsibly manage changes in personal relationships including the ending of relationships; ways to manage grief about changing relationships including the impact of separation, divorce and bereavement; sources of support and how to access them</p> <p>to manage the ending of relationships safely and respectfully, including online</p>	Form Time awareness sessions in Year 8, 11 and 13.
to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied	Form Time awareness sessions in Year 8, 9 and 10.
<p>about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice.</p> <p>the need to promote inclusion and challenge discrimination, and how to do so safely, including online</p> <p>strategies to challenge all forms of prejudice and discrimination</p> <p>to recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion; ways to celebrate</p>	Form Time awareness sessions to all year groups.

cultural diversity, promote inclusion and safely challenge prejudice and discrimination	
Being safe	
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.	Delivered in an assembly by our designated safeguarding officer.
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).	Form time awareness sessions in Year 7, Year 9, Year 11, Year 13.
how to identify risk and manage personal safety in increasingly independent situations, including online in new social settings, workplaces, and environments about support in place to safeguard them in these contexts and how to access it	Form time awareness sessions across all Key Stages.
about the factors that contribute to young people joining gangs; the social, legal and physical consequences of gang behaviours to recognise situations where they are being adversely influenced, or are at risk, due to being part of a particular group or gang; strategies to access appropriate help to evaluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon	Awareness Day session to Year 8.
motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon to evaluate ways in which their behaviours may influence their peers, positively and negatively, including online, and in situations involving weapons or gangs to evaluate the dangers and consequences of carrying a weapon	Delivered in assemblies to all year groups.
Intimate and sexual relationships, including sexual health	
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.	Form time awareness sessions in Year 8, Year 9 and Year 10.
that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.	Form time awareness sessions in Year 8, Year 9, Year 10 and Year 11.
the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women.	Delivered in Science.
that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	Form time awareness sessions in Year 7, Year 9 and Year 11.

that they have a choice to delay sex or to enjoy intimacy without sex.	Form time awareness sessions in Year 8, Year 10 and Year 12.
the facts about the full range of contraceptive choices, efficacy and options available. AND how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Delivered in Science. Delivered in RE. Assembly – NHS Nurse.
the facts around pregnancy including miscarriage. about healthy pregnancy and how lifestyle choices affect a developing foetus that fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors	Delivered in Science.
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).	Delivered in RE.
how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	Delivered in Science.
about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Delivered in Science.
how the use of alcohol and drugs can lead to risky sexual behaviour.	Multi-Agency Day
the difference between biological sex, gender identity and sexual orientation	Form time awareness session in Year 7.
to recognise that sexual attraction and sexuality are diverse about diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them	Form time awareness session in Year 8.
to manage the strong feelings that relationships can cause (including sexual attraction)	Form Time awareness sessions in Year 7, 9, 11 and 13.
to understand a variety of faith and cultural practices and beliefs concerning relationships and sexual activity; to respect the role these might play in relationship values to recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships	Delivered in RE.
about the impact of attitudes towards sexual assault and to challenge victimblaming, including when abuse occurs online	Form Time awareness session delivered to Year 11.
about the current legal position on abortion and the range of beliefs and opinions about it	Delivered in RE.
how to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities strategies to recognise, de-escalate and exit aggressive social situations	Form Time awareness session to Year 12.
Mental wellbeing	
how to talk about their emotions accurately and sensitively, using appropriate vocabulary.	

that happiness is linked to being connected to others.	Separate Form Time awareness sessions taught to all year groups. Delivered in an assembly. Exam stress session from an external speaker for Years 10 to Year 13. Common Mental Illnesses sessions delivered during an awareness day to Year 8, Year 9 and Year 10.
how to recognise the early signs of mental wellbeing concerns.	
common types of mental ill health (e.g. anxiety and depression).	
the characteristics of mental and emotional health and strategies for managing these	
how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need	
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.	Delivered in an assembly.
the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.	Mental Health sessions delivered during an awareness day to Year 8, Year 9 and Year 10.
Physical health and fitness	
the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	Delivered in PE. Physical Health sessions delivered during an awareness day to Year 8, Year 9 and Year 10.
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.	Delivered in Food Technology, specifically at Key Stage 3.
the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices	Delivered in Science.
the purpose of vaccinations offered during adolescence for individuals and society.	Delivered in Science.
about the science relating to blood, organ and stem cell donation.	Delivered in Science.
Healthy eating	
how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.	Delivered in Food Technology, specifically at Key Stage 3.
Drugs, alcohol and tobacco	
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.	Delivered in Science.
the law relating to the supply and possession of illegal substances.	Delivered in Science. Form time awareness sessions taught to all year groups.

	Multi-Agency Day.
the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Multi-Agency Day.
the physical and psychological consequences of addiction, including alcohol dependency.	Delivered in Science. Addaction (External Agency).
awareness of the dangers of drugs which are prescribed but still present serious health risks.	Delivered in Science.
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.	Delivered in Science.
the positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines	Delivered in Science.
to evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle	Multi- Agency Day.
about the concepts of dependence and addiction including awareness of help to overcome addictions	Addaction (External Agency).
the personal and social risks and consequences of substance use and misuse including occasional use	Addaction (External Agency).
Health and prevention	
about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.	Form time awareness sessions in Year 7 and Year 9.
about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.	Form time awareness sessions in Year 7 and Year 9.
the benefits of regular self-examination and screening.	Form time awareness sessions in Year 12 and Y13. Delivered in an assembly by an external agency to Year 10. Taught workshop sessions to Year 11 during an awareness day.
the facts and science relating to immunisation and vaccination.	Delivered in an assembly. Delivered in Science.
the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	Form time awareness sessions in Year 8, Year 10 and Year 12.

Basic first aid	
basic treatment for common injuries.	<p>Delivered in RE.</p> <p>Offered as part of the Duke of Edinburgh scheme.</p> <p>Offered to students who join the Combined Cadet Force.</p>
life-saving skills, including how to administer	Delivered in RE.
the purpose of defibrillators and when one might be needed.	Delivered in RE.
Changing adolescent body	
key facts about puberty, the changing adolescent body and menstrual wellbeing.	Delivered in Science.
the main changes which take place in males and females, and the implications for emotional and physical health.	Delivered in Science.