

## Religious Studies (RS) and Relationships, Sex and Health Education (RSHE) Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 7	Friendship and bullying	Judaism	Puberty Keeping healthy	Christianity	Healthy relationships Healthy lifestyle	Islam
YEAR 8	Commitment and communication in relationships	Judaism	Smoking First aid	Christianity	Stereotypes and community The online world	Islam
YEAR 9	Relationships: Staying safe	Religion and medical ethics	Mental wellbeing Alcohol	Life after death	Online behaviour and risks Keeping healthy	The Holocaust
YEAR 10	Relationships	Healthy choices	Online risks	Mental wellbeing	Study skills and revision	Study skills and revision
YEAR 11	Facts on reproduction	Risky behaviour	Relationships: The law	Managing pressure and wellbeing	Study skills and revision	

## Understanding Relationships, Sex and Health Education at Future Academies Watford

At Future Academies Watford we want all students to grow up healthy, happy, safe and able to manage the challenges and opportunities of life in modern Britain. It has been compulsory since September 2020 that all secondary age children are taught Relationships, Sex and Health Education.

These subjects are designed to equip students with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

At Future Academies Watford the curriculum has been carefully planned and resourced to ensure that topics are taught in a sensitive and age appropriate way. The curriculum is divided into two main themes.

<u>Relationships and Sex Education</u>	<u>Health Education</u>
<p>Relationships and Sex Education aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds. Students will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.</p> <p>By the end of secondary school, pupils will have been taught content on:</p> <ul style="list-style-type: none"><li>• <i>families</i></li><li>• <i>respectful relationships, including friendships</i></li><li>• <i>online media</i></li><li>• <i>being safe</i></li><li>• <i>intimate and sexual relationships, including sexual health</i></li></ul>	<p>Health Education aims to give students the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.</p> <p>By the end of secondary school, pupils will have been taught content on:</p> <ul style="list-style-type: none"><li>• <i>mental wellbeing</i></li><li>• <i>internet safety and harms</i></li><li>• <i>physical health and fitness</i></li><li>• <i>healthy eating</i></li><li>• <i>drugs, alcohol and tobacco</i></li><li>• <i>health and prevention</i></li><li>• <i>basic first aid</i></li><li>• <i>changing adolescent body</i></li></ul> <p>You can find further details by searching 'relationships, sex and health education' on GOV.UK.</p>

The statutory guidance for RSE and Health Education came into effect in all secondary schools in 2020.

The statutory guidance states that parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.

Parents will be able to withdraw their child (following discussion with the academy) from any or all aspects of Sex Education, other than those which are part of the science curriculum, up to and until three terms before the age of 16. After that point, the guidance states that '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.'

If you wish to discuss any aspects of the curriculum including the right to withdraw please contact Miss L Davies ([l.davies@watford.futureacademies.org](mailto:l.davies@watford.futureacademies.org))