



# CURRICULUM PLAN

**SUBJECT**

**RSE**

**OVERVIEW**

Relationships Education, Relationships and Sex Education and Health Education (RSHE) at All Saints means learning about the body, feelings, beliefs, relationships, rights and responsibilities and knowing how and when to ask for help if it is needed. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes. Learning RHSE empowers students to build self-esteem, offer positive and open views and support mutual respect and celebration of self and others, providing a strong foundation to be successful in life by:

- Providing a spiral curriculum, allowing for the development of knowledge relevant to the age and stage of the learner
- Providing an inclusive learning environment which is safe and empowering for everybody involved
- Teaching non-biased, accurate and factual information that is positively inclusive
- Developing character skills to support healthy and safe relationships, ensuring comfortable communication about emotions, bodies and relationships and using appropriate terminology
- Promoting critical awareness of differing attitudes and views presented through society, the media and peers to enable the nurturing of personal values based on respect
- Providing protection from shock or guilt

This is taught as a part of our wider PSHE programme and is mindful and respectful of the differing needs and experience our students have.

Our RSE curriculum has been developed in consultation with parents/carers and students, parents/carers will always be informed ahead of the lessons and have permission to remove their child from lessons apart from those with a biological focus.

**KEY STAGE 2**

Our focus at Key Stage 2 is to explore what caring and respectful relationships look like and how to develop them. We explore how bodies change and develop as we grow older with a focus in adolescence and puberty.

**KEY STAGE 3**

At Key Stage 3 students will learn about relationship values, including how to develop and maintain respectful and positive relationships. We will discuss the changes that puberty brings and how to look after our sexual health, including lessons about contraception and parenthood and where to go for advice. We will explore what consent means and ensure that all students feel empowered to make their own, informed choices.

**KEY STAGE 4**

At KS4, students follow the ASDAN Short Course in PSHE. This covers elements of the national guidance such as Emotional Wellbeing, Sexual Health, Respectful Relationships and Families and Parenting.

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