



## YEAR 7 RELATIONSHIPS AND SEX EDUCATION LESSONS

At Highcliffe School, we believe that promoting the health and wellbeing of our students is an important part of their overall education. Throughout the academic year and as part of our broader Ethical and Personal Development curriculum (EPD) we will be exploring a range of topics related to Personal, Social, Health Education (PSHE). **From February we will introduce the Relationships and Sex Education (RSE) element into lessons.**

Some parts of RSE are compulsory, such as elements taught within the science curriculum. Other topics will be taught discretely within the context of the rest of the EPD curriculum. For guidance on how to withdraw your child from the RSE lessons, please refer to the policy link at the bottom of this letter.

We believe that it is important for all young people to have a place to discuss peer pressures, check facts and dispel myths. Even if a child is withdrawn, students will inevitably discuss such issues with each other outside the classroom resulting in hearing about the content second hand. We hope all children will have the opportunity to participate in our carefully planned lessons and assemblies to ensure they receive correct information and advice.

Content covered in this academic year:

### Relationships

- Different relationships and types of love
- Exploring sexual attraction and orientation (Key words, assumptions and defining). This will cover sexual orientation definitions for Bi, Lesbian, Gay, Heterosexual, LGBTQ
- Transgender term defined
- Different attitudes to sex (Age, religion and culture) including UK Law of sexual consent

### You and Your Body - Puberty

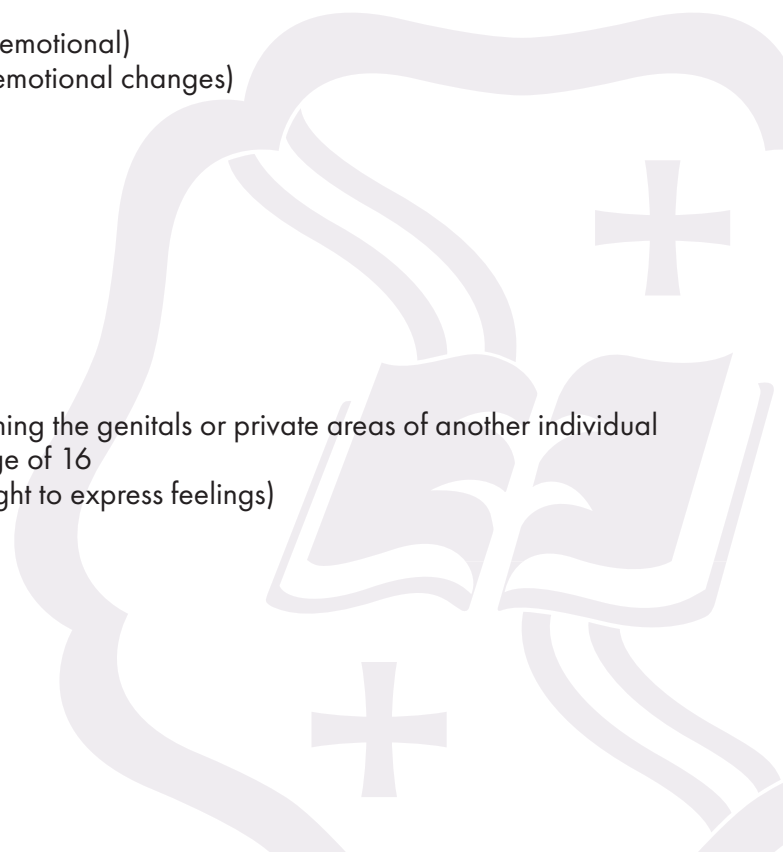
- What causes puberty
- What is puberty
- What happens to boys in puberty (physical changes, emotional)
- What happens to girls in puberty (physical changes, emotional changes)
- Periods: The Facts

### You and Other People

- You and your family (roles within the family)
- Family conflict resolution
- Friendships (Good and bad) – links to relationships
- Rivalries

### Sex – Rights, Responsibilities and the Law

- Sex: Definition of sexual activity as any contact/touching the genitals or private areas of another individual
- Sex: The Law regarding sex being illegal under the age of 16
- Right and Responsibilities (consent, right to privacy, right to express feelings)
- Indecent images (up-skirting, down-blousing, sexting)



## **Bullying**

- Types of bullying (physical, verbal indirect, cyber, neglect and sexual)
- Reasons for bullying and solutions to bullying

## **The Internet**

- Advantages and disadvantages
- Pornography – dangers and potential challenges in relation to teenage modelling
- Pornography – UK law regarding age to access
- Cyber bullying – How to deal with it
- How to be safe online

More information about the school approach to Relationship and Sex Education can be found in our policy at <https://highcliffe.school/1/Relationship>. Our curriculum is in line with both the school Sex Education and Child protection policies.

If you have any questions about the delivery or content covered in RSE, please do not hesitate to contact Mrs Downie.

**The RSE curriculum is due for review this Summer 2024, should there be any changes to the delivery of this or the RSE policy we will notify you.**