

Relationships and Sex Education, and Health Education – summary of curriculum content

Year group	Content
Year 7	RSE and Health lessons in year 7 include learning about <i>Healthy relationships, including friendships and romantic relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; keeping safe; developing and maintaining good mental and physical health.</i>
Year 8	RSE and Health lessons in year 8 include learning about <i>Healthy relationships, including friendships and romantic relationships; families; changing feelings and managing emotions; becoming more independent; keeping safe and consent and contraception; developing self-esteem and confidence.</i>
Year 9	RSE and Health lessons in year 9 will include learning about <i>Healthy relationships, including friendships and intimate relationships; families; changing feelings; becoming more independent; keeping safe (drugs and relationships); developing and maintaining good physical and mental health; awareness of warning signs and coping with poor mental health.</i>
Year 10	RSE and Health lessons in year 10 will include learning about <i>Healthy relationships, including friendships and intimate relationships; managing changing feelings; becoming more independent and preparing for adulthood; keeping safe and making positive choices; maintaining good mental and physical health; awareness of warning signs and coping with poor mental health.</i>
Year 11	RSE and Health lessons in year 11 will include learning about <i>Healthy relationships, including the maintenance and importance of positive and respectful relationships; managing changing feelings; becoming more independent and preparing for adulthood; keeping safe and consent; maintaining good mental and physical health (Well-woman / Wellman); Recognising warning signs and managing mental health in self and others.</i>
Year 12 & 13	RSE and Health in the sixth form will include learning about <i>Healthy relationships, including the maintenance and importance of positive and respectful intimate relationships and encounters; managing changing feelings; becoming more independent and preparing for parenthood; keeping safe and consent; maintaining good mental and physical health (Well-woman / Wellman); Recognising warning signs and managing mental health in self and others.</i>

If you would like further information on RSE and HE please contact Mrs Hurst-Ramsay (Head of PCSHE)
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