

Altrincham Grammar School for Girls

Relationships Education, Relationships and Sex Education and Health Education (RSHE) Curriculum Mapping (2022-2023)

Points to Note

- Students **can only be** withdrawn from Sex Education. It is now **a statutory requirement** for students to receive Relationships and Health Education.
- The following prescribed content, as listed in the Department for Education Statutory Relationships Education, Relationships and Sex Education and Health Education Guidance, will be wholly taught by the AGGS science department: **'the science relating to blood, organ and stem cell donation'**.
- Basic first aid will be taught by an external and regulated organisation in Year 9, Year 10 or 11 (tbc) – this is part of Health Education and is mandatory for all students.
- The curriculum will be supported by visiting speakers and organisations. Moreover, topics are also delivered through other subjects studied by your child, notably: PE, science, computing, citizenship, food and nutrition, religious studies and the whole-school ethos and pastoral programme e.g. assemblies and form time.
- Only the prescribed content as listed in the Department for Education Statutory Relationships Education, Relationships and Sex Education and Health Education Guidance is listed within this document. PSHE is taught in combination with Citizenship, therefore where there are empty spaces, this denotes students being taught content from the citizenship national curriculum or material in PSHE outside the prescribed RSHE content.

	Year 7	Year 8	Year 9	Year 10	Year 11
Relationships Education	<p>Term 1</p> <p>Respectful Relationships: Features & Types of Relationships <i>This topic will explore the different relationships a student may be part of e.g. friendships, romantic (including reference to a range of sexualities), parent/children, student/teacher etc. The notion that all relationships should be underpinned by respect and consent and individuals should be celebrated for their uniqueness and that nobody should be treated unfavourably due to their beliefs/characteristics in any relationship.</i></p> <p><i>Reference will be made to in person and online relationships and the potential risks of online friendships.</i></p> <p><i>Students will consider how to overcome difficulties and differences within relationships.</i></p> <p>Respectful Relationships: Bullying <i>This topic will explore the types (including cyberbullying), the bystander effect and impact of bullying and where to get support if students become the victim of bullying.</i></p>	<p>Term 1</p> <p>Online & Media: The Media <i>This topic will explore the relationship between the media and students. It will consider the rights, behaviour and responsibilities of students regarding their use of media. It will equip them with the skills to be critical media consumers and consider the information they are presented with and its accuracy (e.g. malinformation, disinformation, and misinformation).</i></p> <p><i>The benefits and potential dangers of media usage (including harmful behaviours, encouraging stereotypes etc.) and steps to take if they encounter online dangers/content e.g. CEOP, IWF etc.</i></p> <p><i>The uses and misuses of online data/information/sharing information, with reference to personal details and financial information.</i></p>			<p>Term 1</p> <p>Intimate & Sexual Relationships <i>This topic will explore the characteristics of healthy, safe and consensual sexual relationships and the consequences of these relationships for themselves.</i></p> <p><i>We will also explore the issue of harassment and strategies to help overcome this, if students are a victim of this behaviour.</i></p> <p>Being Safe: Domestic Abuse <i>This topic will explore the signs/features of a domestically abusive relationship and how some behaviours within a relationship maybe criminal.</i></p> <p><i>Students will be signposted to support for victims of domestic violence e.g. the work of TDAS.</i></p>
Sex Education	<p>NOT DELIVERED IN YEAR 7. NOT DELIVERED IN YEAR 8.</p>				<p>Term 1</p> <p>Intimate & Sexual Relationships <i>Students will consider reasons for and against engaging in sexual relations and how sex should be a decision free from pressure and the importance of delaying sex until both partners are ready.</i></p> <p><i>Students will be signposted to information to help/advice them about their sexual relationships e.g. NHS, Brooke.</i></p> <p><i>Sexual relationships will encompass a range of different sexual identities e.g. heterosexual, gay, bisexual, asexual, pansexual etc.</i></p> <p>Online and Media: The Impact of Viewing Harmful Content and the Effect of Sexually Explicit Material (Pornography) <i>This topic will explore the impact of viewing explicit material online and how viewing this material may impact how students see themselves and relate to one another.</i></p> <p>Sexual Health <i>This topic will equip students with knowledge about how to ensure they remain sexually healthy and practice safe sex when they choose to engage in sexual relationships. For example, contraception (the range of methods), STIs (range of STIs, identification & treatment).</i></p>

	Year 7	Year 8	Year 9	Year 10	Year 11
Health Education	<p>Term 1</p> <p>Health and Prevention: Keeping Physically and Mentally Well</p> <p><i>This topic will explore the foundations of physical and mental wellbeing. It will introduce students to strategies and knowledge to effectively monitor their health e.g. physical exercise, healthy diets, talking to trusted adults etc.</i></p> <p><i>It will allow them to talk about their wellbeing with reference to appropriate vocabulary and reference to common emotions.</i></p> <p><i>Students will be signposted to internal (AGGS) and external support for worries concerning wellbeing e.g. Kooth and Young Minds.</i></p> <p>Health and Prevention: Sleep</p> <p><i>This topic will explore the functions and importance of sleep and highlight key practices to ensure good sleep hygiene, for example minimal use of technology in the bedroom etc.</i></p> <p>Health and Prevention: Personal and Dental Hygiene</p> <p><i>This topic will reinforce and review the importance of good personal and dental hygiene.</i></p> <p>Health and Prevention: Changing Adolescent Body</p> <p><i>This topic will reinforce and review key changes which happen to students during puberty and menstrual wellbeing. There will also be reference to FGM and how if students feel they are at risk, where to source support and guidance e.g. the NHS.</i></p>	<p>Respectful Relationships: Online Harassment</p> <p><i>This topic will explore how the online world may encourage somebody to harass another person. It will signpost students to features of many social media sites which may help them deal with this, if they become a victim.</i></p>		<p>Term 1</p> <p>Drugs, alcohol and tobacco</p> <p><i>This topic will explore some facts about legal and illegal drugs, including alcohol and their associated risks, linking to both physical and mental health.</i></p> <p><i>Students will receive information about sources of support should they feel they need more information/ support e.g. TalktoFrank, KnowtheScore, Alcohol Education Trust, Daniel Margo Spags Foundation.</i></p>	<p>Term 1</p> <p>Health and Prevention: Keeping Physically and Mentally Well</p> <p><i>This topic will explore how to cope with stress in relation to examinations and support available for mental and physical health outside AGGS, this will prepare students for leaving AGGS.</i></p>

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Relationships Education					
Sex Education	NOT DELIVERED IN YEAR 7. NOT DELIVERED IN YEAR 8.				<p>Term 2</p> <p>Fertility & Pregnancy <i>This topic will explore the issue of fertility and choices in relation to pregnancy e.g. miscarriage, keeping the baby and starting a family, adoption, abortion. It will signpost students to further information e.g. NHS, Brooke. .</i></p>
Health Education		<p>Term 2</p> <p>Drugs, alcohol and tobacco <i>This topic will offer a broad introduction to the topic of drugs. Equipping students with some facts about legal and illegal drugs e.g. classifications, types, reasons for use etc.</i></p> <p><i>It will explore the associated risks of engaging in drug use on both an individual's physical and mental health.</i></p> <p><i>There will be a particular focus on caffeine, smoking and vaping.</i></p> <p><i>Students will be provided with information/sources of support connected to drug use e.g. TalktoFrank, KnowtheScore etc.</i></p> <p>Health and Prevention: Changing Adolescent Body <i>This topic will reinforce and review menstrual wellbeing and give students an overview of the different menstrual products available to them.</i></p> <p>Health and Prevention, Immunisation and Vaccination <i>This topic will introduce students to the science and importance of immunisation and vaccination, focusing on HPV.</i></p>	<p>Term 2</p> <p>Drugs, Alcohol, Tobacco, Gambling, Sexting, Eating and Mood Disorders: Risky Behaviours <i>This topic will explore the risks associated with the use of drugs, including alcohol and other illegal substances. Moreover, students will explore the risks associated with mood disorder, self-harm and the online world/relationships, such as online relationships and sexting. Lessons will consider the physical, psychological, social, economic impacts where appropriate on the individual and society.</i></p> <p><i>It will provide students with access to information to overcome addiction to these substances/support e.g. Talk to Frank, KnowtheScore, Drink Aware, Beat, YoungMinds, CEOPs, IWF etc.</i></p> <p><i>It will provide students with an insight to the legality of action and how some actions they may engage in are illegal e.g. underage drinking, sharing explicit material and the consequences of this for young people.</i></p>	<p>Term 2</p> <p>Drugs, alcohol and tobacco <i>This topic will explore some facts about legal and illegal drugs, including alcohol and their associated risks, linking to both physical and mental health. Students also cover basic First Aid responses.</i></p> <p><i>Students will receive information about sources of support should they feel they need more information/support e.g. TalktoFrank, KnowtheScore, Alcohol Education Trust, Daniel Margo Spags Foundation.</i></p> <p>Health and prevention: Sleep <i>This topic will revisit the subject of sleep. Reminding students of the importance of good sleep hygiene and practical steps they can implement to aid their sleep/rest.</i></p> <p>Health and Prevention: Changing Adolescent Body <i>This topic will reinforce and review menstrual wellbeing and give students an overview of the different menstrual products available to them.</i></p>	<p>Term 2</p> <p>Health and Prevention: Cancer <i>This topic will explore breast and gynaecological cancers. It will provide an overview of signs and symptoms. Highlight the importance of regular self-breast examination and cervical screening (when invited). Signpost students to further information e.g. NHS, Coppafeel, Cancer Research, Jo Trust, Teenager Cancer Trust etc.</i></p> <p>Drugs, Alcohol, Tobacco <i>This topic will explore the dangers of prescription drugs if used in contradiction to medical advice.</i></p> <p><i>Additionally, students will explore the debate surrounding the legalisation of cannabis in the UK and wider world.</i></p>

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Relationships Education	<p>Term 3</p> <p>Respectful Relationships: Harassment This topic will explore the societal issue of harassment and how it can be tackled.</p> <p>Term 3</p> <p>First Aid This topic will explore the basics of First Aid, using the British Red Cross resources.</p>	<p>Term 3</p> <p>Families: The Family This topic will explore the family and its role in contemporary society. For example, types of family and other committed relationships, the roles and responsibilities of those within the family (e.g. parents and children), marriage (including arranged vs forced) and other long-term relationships and their legal and relational status, abuse within the home and support available for victims.</p>	<p>Term 3</p> <p>Being Safe: Features of a Healthy Relationship This topic will explore features of legal and healthy relationships. For example, consensual, free of exploitation, free of harassment, free of violence (e.g. rape).</p> <p>Being Safe: FGM This topic will explore the practice of FGM and honour-based violence and illegal designation in the UK. Students will know types of FGM and where to seek support and advice if they are in danger of being a victim/have been a victim e.g. NHS.</p>	<p>Term 3</p> <p>Respectful Relationships: Stereotypes This topic will explore discrimination and prejudice explicitly in the workplace but also reference wider society. Reference will be made to the Equalities Act (2010) and Universal Declaration of Human Rights.</p> <p>Being Safe: Features of a Healthy Relationship This topic will explore features of legal and healthy relationships. For example, consensual, free of exploitation, free of harassment, free of violence (e.g. rape).</p> <p>Being Safe: Consent This topic will explore the concept of consent and 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.</p>	
Sex Education	<p>NOT DELIVERED IN YEAR 7.</p> <p>NOT DELIVERED IN YEAR 8.</p>		<p>Term 3</p> <p>Intimate & Sexual Relationships This topic will explore the characteristics of healthy, safe and consensual sexual relationships and the consequences of these relationships for themselves. Students will consider reasons for and against engaging in sexual relations and how sex should be a decision free from pressure and the importance of delaying sex until both partners are ready. Students will be signposted to information to help/advise them about their sexual relationships e.g. NHS, Brooke. Sexual relationships will encompass a range of different sexual identities e.g. heterosexual, gay, bisexual, asexual, pansexual etc.</p> <p>Sexual Health This topic will equip students with knowledge about how to ensure they remain sexually healthy and practice safe sex when they choose to engage in sexual relationships. For example, contraception (the range of methods), STIs (range of STIs, identification & treatment).</p>		
Health Education				<p>Term 3</p> <p>Internet Safety and Harms This topic will explore the risks associated with online financial activity and online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. Students will be signposted to external sources of support e.g. YGAM.</p>	