

Relationships and Sex Education Policy

Aurora Brampton Valley School

Policy Reference:	A133-BVS
Version Number:	1
Applies to:	Schools
Associated documents:	Curriculum policy PSHE policy Child protection policy
Approved by:	Quality
Implementation date:	September 2026
Next review due by:	September 2027
<i>This policy has been reviewed to ensure it promotes safeguarding and does not present barriers to participation or disadvantage any protected groups</i>	

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1. Aims

This policy aims to:

Provide a framework in which sensitive discussions can take place. Through the curriculum we will help prepare children and young people for puberty, and to understand the importance of health and hygiene and sexual development. We will teach the correct vocabulary to describe themselves and their bodies. At Aurora we help our children and young people to develop feelings of self-respect, confidence and empathy and create a positive culture around issues of sexuality and relationships.

2. Legislation and statutory requirements

This Policy fulfils the requirements of:

- › **The Department for Education's** Statutory guidance on relationships education, relationships and sex education (RSE) and health education. ([RSE](#)) [July 2025](#)
- › Section 34 of the [Children and Social work act 2017](#).

3. Scope

This policy applies to all staff, children and young people at Aurora Brampton Valley School.

4. Roles and responsibilities

4.1 The Headteacher and Deputy Headteacher will:

4.1.1 Be responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSE. The Headteacher and deputy are also responsible for communication with Parents and Carers, the school recognises that parents and carers are the primary educators of their children in matters relating to relationships, health and wellbeing. We are committed to working in partnership with parents and carers to ensure that the Relationships and Sex Education curriculum is delivered sensitively, appropriately and in line with statutory requirements.

The school will communicate information about the RSE programme through:

- Publication of the RSE Policy on the school website.
- Information provided through newsletters and parent communications.
- Curriculum overviews outlining the content to be taught in each year group.
- Parent information sessions and workshops where appropriate.
- Opportunities for parents to view teaching materials and ask questions about the curriculum.
- Direct communication regarding any significant changes to the RSE curriculum or policy.

Parents will be reminded of their right to request withdrawal from the sex education elements of RSE that are not part of the statutory National Curriculum for Science, in accordance with current government guidance.

4.2 Staff will:

4.2.1 Deliver RSE in a sensitive way

4.2.2 Model positive attitudes to RSE

4.2.3 Monitor progress

4.2.4 Respond to the needs of individual pupils

4.2.5 Respond appropriately to young people whose parents wish them to be withdrawn from the non-statutory/non-science components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns should discuss them with the Site Lead.

Name:	Role:	Responsible for:
Rob Delucchi	Deputy Headteacher	Ensuring the teaching and learning standards are being upheld in relation to RSE as well as support provided where appropriate. Ensure that all resources relating to RSE are up to date.
Ian Bradley	SENCo	Ensuring the teaching and learning standards are being upheld in relation to RSE as well as support provided where appropriate.

4.3 The governing board will:

4.3.1 The governing board will hold the headteacher to account for the implementation of this policy.

4.3 Children/young people will:

4.3.1 Engage fully in RSE and, treat others with respect and sensitivity, when discussing related issues.

4.3 Parents and Carers will:

4.3.2 Parents will be reminded of their right to request withdrawal from the sex education elements of RSE that are not part of the statutory National Curriculum for Science, in accordance with current government guidance.

5. Definitions

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

6. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

- Review
- Staff consultation
- Parent consultation
- Pupil consultation
- Ratification

Gathering and Responding to Parent Views

The school values the views of parents and carers and will seek their feedback when developing, reviewing and evaluating the RSE programme and policy.

Parent views will be gathered through:

- Consultation surveys and questionnaires.
- Feedback from parent forums, meetings and workshops.
- Opportunities to comment on draft versions of the RSE Policy.
- Discussions with individual parents where appropriate.
- Feedback received through established school communication channels.

The school will carefully consider the views expressed by parents during policy reviews, while ensuring that the curriculum continues to meet statutory requirements and the needs of all pupils. Feedback received will help inform future developments to the RSE curriculum and the ways in which it is delivered.

7. Curriculum

At Aurora Brampton Valley School our pupils are taught the skills and attitudes required to enable them to become as independent as they can be and to prepare for adulthood. Our overarching aim is that pupils are prepared for life after school. As part of this, we are committed to ensuring each young person receives high-quality relationship and sex education.

We are committed to ensuring all pupils have access to an enriched and stimulating curriculum to give them every opportunity to reach their full potential regardless of their gender, race, learning disability, or physical disability. We ensure that RSE fosters gender and LGBTIA+ equality. The school is committed to the provision of RSE to all of its pupils and to meeting the differing needs of male and female pupils as well as those who are non-binary and gender fluid.

Teachers and pupils will agree ground rules at the start of the year which will be adhered to in all sessions, ensuring that pupils have an understanding that what is said in RSE lessons can be quite sensitive. Pupils will be encouraged not to talk about sensitive personal experiences in the groups. This ensures other pupils do not find out sensitive information about a child/young person or situations they may have been through in the past, although staff will always be available to support any responses to difficult topics and will ensure support is offered where needed.

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Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection or safeguarding issue. Pupils will be aware that if staff think that there might be a safeguarding issue, a safeguarding officer within the school will be informed.

Pupils will be able to raise questions anonymously by using the 'ask it basket' or other in class forms of anonymous questioning. The teacher can either address the issues raised by a pupil in private if they wish or address the question as part of a lesson. Pupils' questions will always be answered. We believe that providing accurate information is the most effective way to ensure pupils have a sound understanding.

As part of our whole school approach to RSE, parents are encouraged to contact us if they wish to discuss any aspect of what will be delivered. We are happy to arrange a phone conversation, or a face-to-face meeting as required. Parents will be made aware of any sensitive topics being covered in class.

Due to the vulnerabilities and needs of our cohort, we teach consent and appropriate / inappropriate touch / reporting in every year throughout school.

7.1 Aims

The aims of relationships and sex education (RSE) at our school are:

- To help pupils develop feelings of self-worth, self-respect, confidence and empathy
- To create a positive culture around issues of sexuality and relationships, and encourage pupils to form positive and healthy relationships
- To prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- To ensure pupils know how to keep themselves safe and how to behave respectfully towards others.
- To ensure pupils understand what sexual abuse and sexual harassment are, be aware of different types (including online), and that ALL sexual behaviour must be reported
- To ensure pupils understand key issues around consent, can identify appropriate and inappropriate touch and behaviours (off and on-line) and know how to raise a concern
- To teach pupils the correct vocabulary to describe themselves and their bodies
- To provide a framework in which sensitive discussions can take place

7.2 Rationale and Ethos

At Aurora Brampton Valley School we define Relationships and Sex Education as learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. The purpose of Relationships and Sex Education (RSE) at Aurora Hanley is to assist our pupils to prepare for adult life through physical, emotional and moral support. Significantly this policy places RSE firmly in the context of relationships as a whole and seeks to develop it as such. We will emphasize the understanding of the importance for families of stable, caring, responsible and loving relations between adults.

Relationships and Sex Education is an excellent forum to provide pupils with life-skills that will enable them to make informed decisions and protect themselves against harmful and exploitative situations. Relationships and Sex Education is therefore a tool to safeguard

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children. We recognise that our pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND.

Relationships and Sex Education contributes to the foundation of PSHE and Citizenship and offers a valuable vehicle for promoting equality between individuals and groups. It involves an exploration of human and social diversity, and a fostering of self-worth whilst recognising, accepting and respecting differences.

Due to the nature of our pupils RSE is taught in a considerate and delicate way, ensuring that pupils feel comfortable and confident to ask questions. We believe that relationship and sex education is particularly important for our pupils because some do not have access to wider friends and networks and therefore rely on the internet to gain information. This can impact on a pupil's views, outlook and expectations around relations and sex.

We ensure that RSE is inclusive and meets the needs of all our pupils, including those with special educational needs and different religious views. Pupils follow different pathways through the RSE curriculum. Many pupils have been out of education for some time before joining us. Others may be less mature or more vulnerable and therefore content and coverage is adapted to meet their needs and address gaps appropriately.

RSE is not delivered in isolation. It is taught in subjects including Personal, Social, Health Education (PSHE), Computing and Science. This includes lessons on how to keep themselves safe both in the physical world and in the online world, how to keep their bodies' safe and what to do if they are worried about any changes to their body.

7.3 Training

Staff are trained on the delivery of RSE as part of our continuing professional development calendar in house. We will also invite visitors from outside the school, such as the school nurse or sexual health professionals, to provide support and training to staff teaching.

7.4 Working with Parents/Carers

Our RSE Policy is available on our school website and is also sent out via email annually to all parents/carers. We carry out an annual parent/carer RSE survey to gather feedback to inform our approach. We also offer a range of parents workshops across the year attended by key staff including the clinical team, who are able to advise on any specific issues.

Review

This policy will be reviewed at least every year, or sooner if required by changes to legislation, guidance or the needs of the school community. Parents and carers will be invited to contribute their views as part of the review process.

7.5 Whole School Coverage

Half Term	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12 – Building Independence & Identity	Year 13 – Responsibility, Risk & Future Planning
Autumn 1	Making Friends – Playing, sharing, cooperation and recognising bullying	Mental Health & Wellbeing – Naming feelings, managing emotions and coping with change	Me, My Friends & Belonging – Identity, friendship skills and inclusion	Mental Health & Wellbeing – Self regulation strategies and wellbeing factors	Friendships, Stereotypes & Bullying – Respectful relationships and challenging prejudice	Mental Health & Wellbeing – Managing emotions and preparing for transition	Emotional Wellbeing & Transition – Managing change, settling into secondary school and developing self awareness	Health & Wellbeing – Lifestyle choices, physical health and emotional resilience	Mental Health & Wellbeing – Applying self regulation strategies to more complex situations	Independence, Health Choices & Wellbeing – Making informed health choices as pupils enter KS4	Life long Wellbeing – Managing stress, workload and emotional health during exam years	Transition to Adulthood & Personal Identity – Developing independence, managing responsibility, values, decision making and pressure	Intimate Relationships & Sexual Health – Healthy intimacy, readiness, contraception, STIs, communication and boundaries
Autumn 2	Mental Health & Wellbeing – Recognising feelings and early self regulation strategies	Online Safety – Safe online choices and protecting personal information	Mental Health & Wellbeing – Managing worries and applying coping strategies	Managing Risk – Assessing risk and understanding peer influence	Mental Health & Wellbeing – Developing positive habits for wellbeing	Money & Online Spending – Financial awareness and online financial risks	Friendships & Bullying – Recognising healthy friendships and responding to bullying	Personal Safety & Managing Risk – Road safety, risk assessment and substance awareness	Careers & Future Choices – Exploring aspirations and preparing for option choices	Navigating the Online World – Understanding AI, misinformation, digital risk and online behaviour	Drugs & Personal Safety – Substance risks, gang awareness and staying safe	Positive & Healthy Relationships – Respect, trust, communication, setting boundaries and managing changing relationships	Equality, Inclusion & Discrimination – Protected characteristics, rights, power dynamics, challenging prejudice and extremism
Spring 1	Me, You & Our Families – Celebrating difference and family diversity	My Body & Staying Safe – Body awareness, privacy and safety (Talk PANTS)	Building Healthy Habits – Diet, exercise and dental care	Forming Respectful Relationships – Conflict resolution and kindness	Engaging with the World – Managing emotions linked to news and global issues	Puberty & Sex Education – Physical and emotional changes during puberty	Families & Changing Relationships – Family roles, separation and caring responsibilities	Belonging & Community – Challenging discrimination and promoting inclusion	Drug Education – Managing situations involving substances and peer pressure	Friendship, Diversity & Challenging Extremism – Recognising and responding to harmful beliefs	Safe Relationships & Sexual Health – Boundaries, consent, conflict and making informed choices	Consent, Power & Personal Safety – Legal models of consent, coercion, online abuse, reporting concerns and accessing support	Risk, Safety & Harm Prevention – Exploitation, coercive control, online harms, travel safety and emergency response
Spring 2	Safety at Home – Identifying risks and keeping safe at home	Money & Work – Understanding jobs, money, needs and wants	Making Choices Online – Safe digital behaviour and age appropriate content	Money & News Literacy – Managing money and emotional responses to news	Respecting Boundaries – Consent, personal space and permission	Drug Education – Understanding substances, risk and influence	Puberty & Keeping Safe – Physical development, body confidence and recognising abuse	The Online World – Algorithms, online influence and digital manipulation	Managing Risk & the Law – Understanding criminal behaviour and consequences	Managing Influence – Online attitudes, misogyny and the impact on wellbeing	Families, Fertility & Pregnancy – Parenthood, fertility and choices around pregnancy	Mental Health & Wellbeing – Stress, anxiety, resilience, loneliness, sleep, workload and help seeking	Drugs, Alcohol & Lifestyle Choices – Substance use, health impacts, peer influence and accessing treatment and support
Summer 1	Being Healthy – Healthy lifestyles, hygiene and sun safety	Safety Outside the Home – Road, rail safety and emergencies	Keeping Safe Out & About – Identifying risk around water and travel	My Body & Growing Up – Physical and emotional changes	Safe Online Connections – Online safety, communication and cybercrime	AI Literacy – Understanding AI, risks, opportunities and safe use	Influences on Relationships – Media, peer and online influences on expectations	Healthy & Unhealthy Relationships – Harassment, consent, image sharing and support	Intimate Sexual Relationships – Healthy sexual relationships, consent and contraception	Exploring Consent & Recognising Abuse – Deepening understanding of consent and safeguarding	Online Financial Harms – Financial exploitation, scams and managing money safely	Introduction to Economic Wellbeing – Budgeting, needs vs wants, emotional relationship with money, scams and gambling risks	Advanced Economic Wellbeing – Pay, tax, student finance, credit, contracts, savings and financial planning
Summer 2	Kindness & Empathy – Caring for self and others	Looking Back & Moving On – Reflection and transition skills	Looking Out for Each Other – Basic first aid and emergency support	Families & Change – Understanding how families grow and change	Healthy Habits & First Aid – Goal setting, wellbeing and emergency skills	Looking to the Future – Careers, aspirations and secondary transition	Financial Decisions – Budgeting, spending choices and financial literacy	Managing Money – Bank accounts, saving, borrowing and everyday money skills	Navigating Online Harms – Misogyny, AI deepfakes and online safety	Study, Work & Careers – Post 16 options, applications and work readiness	-	Careers & Aspirations – Strengths, skills, challenging stereotyping, post 18 pathways and goal setting	Preparing for Adult Life – Workplace rights, professionalism, online presence, managing change and lifelong support networks

8. Delivery of RSE

Relationship and Sex Education will be delivered explicitly through PSHE lessons during the Summer Term, each year. We may use external professionals to support this teaching, where necessary. Elements of human reproduction will be taught through compulsory science at varying stages of the curriculum at Aurora Brampton Valley, in an age appropriate manner.

The purpose of RSE is to provide knowledge about the processes of growth and development and human reproduction, different gender identities including challenging stereotypes, as well as the importance of relationships. At the same time it should lead to the acquisition of skills and attitudes which prepare children to manage their relationships in a responsible and healthy manner. It provides an important forum for pupils to discuss their own issues and ideas, clarifying issues, gaining correct information and reaching balanced views.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

9. Safeguarding and child protection

At Aurora Brampton Valley School we are aware that discussion with children and young people during RSE lessons, may lead to a disclosure. If this happens we will follow the procedures described in our Child Protection Policy. Ensuring that the needs of the child/young person are met sensitively and in a timely manner are paramount to everything that we believe in.

10. Parents right to withdraw

Parents of primary age pupils do **not** have the right to withdraw their children from relationships education. Parents of secondary age pupils do have the right to withdraw their children from the non-statutory components of sex education within RSE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

To opt a child/young person out of RSE lessons, complete Appendix 2 and return it to the Head Teacher who will then arrange a meeting to discuss your request with you. The opt out form is also included in all new starter student admission packs.

10. Training

Staff are trained on the delivery of RSE as part of their induction via Safeguarding and it is included in our continuing professional development calendar.

The headteacher may also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

11. Monitoring arrangements

This policy will be reviewed annually by the Deputy Head Teacher.

Appendix 1: Curriculum map

Relationships and sex education curriculum map

The curriculum allows for deeper examination of topics at age-related appropriateness. Due to the way in which students join the school it also ensures that all areas are covered no matter at which point the student joins the school.

Year 1

Term	Topic/Theme Details	Resources
Autumn 1	Belonging & Families - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Friendships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Staying Safe - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Feelings & Emotions - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Growing & Changing - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Transition - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Aurora

Year 2

Term	Topic/Theme Details	Resources
Autumn 1	Families & Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Friendship Skills - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Body Awareness & Safety - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Managing Feelings - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Growing Independence - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Transition - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 3

Term	Topic/Theme Details	Resources
Autumn 1	Family Roles - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect	RSE planning resources, videos, worksheets, discussion activities

Aurora

	- Prepare for personal development and life stages	
Autumn 2	Friendships & Conflict - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Online Safety - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Respect & Boundaries - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Body Changes - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Transition - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 4

Term	Topic/Theme Details	Resources
Autumn 1	Relationships & Emotions - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Conflict Resolution - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Aurora

Spring 1	Respect & Consent - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Growing & Puberty Intro - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Body Confidence - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Transition - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 5

Term	Topic/Theme Details	Resources
Autumn 1	Online Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Healthy Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Puberty & Changes - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Consent & Boundaries - Develop understanding of relationships and	RSE planning resources, videos, worksheets, discussion activities

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	wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	
Summer 1	Self-image - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Transition - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 6

Term	Topic/Theme Details	Resources
Autumn 1	Mental Health - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Healthy Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Puberty & Reproduction - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Consent & Respect - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Online Safety - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and	RSE planning resources, videos, worksheets, discussion activities

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	respect - Prepare for personal development and life stages	
Summer 2	Transition - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 7

Term	Topic/Theme Details	Resources
Autumn 1	Healthy Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Friendships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Body Changes - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Self-esteem - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Emotions - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Identity - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect	RSE planning resources, videos, worksheets, discussion activities

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	- Prepare for personal development and life stages	
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Year 8

Term	Topic/Theme Details	Resources
Autumn 1	Relationships & Control - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Consent - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Online Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Risk & Influence - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Body Image - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Emotions - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 9

Term	Topic/Theme Details	Resources
Autumn 1	Power & Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and	RSE planning resources, videos, worksheets, discussion activities

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	respect - Prepare for personal development and life stages	
Autumn 2	Consent - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Sexual Health Intro - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Contraception - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Peer Pressure - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Mental Health - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 10

Term	Topic/Theme Details	Resources
Autumn 1	Long-term Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Identity - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect	RSE planning resources, videos, worksheets, discussion activities

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	- Prepare for personal development and life stages	
Spring 1	Sexual Health - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 2	Consent & Law - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Respect & Equality - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Decision Making - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 11

Term	Topic/Theme Details	Resources
Autumn 1	Healthy Relationships - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Autumn 2	Sexual Health - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Spring 1	Managing Stress - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Aurora

Spring 2	Consent & Safety - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 1	Life Choices - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities
Summer 2	Transition to adulthood - Develop understanding of relationships and wellbeing - Build knowledge of safety, consent and respect - Prepare for personal development and life stages	RSE planning resources, videos, worksheets, discussion activities

Year 12 – Building Independence & Identity

Term	Topic/Theme Details	Resources
Autumn 1	Personal Identity & Values - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Autumn 2	Healthy Relationships - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Spring 1	Consent & Communication - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Spring 2	Sexual Health Awareness - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Summer 1	Mental Health & Wellbeing - Develop deeper understanding of	RSE planning resources, case studies, discussion activities, real-life scenarios

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	relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	
Summer 2	Preparing for Adulthood - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios

Year 13 – Responsibility, Risk & Future Planning

Term	Topic/Theme Details	Resources
Autumn 1	Advanced Relationships - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Autumn 2	Consent, Power & Law - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Spring 1	Sexual Health & Parenthood - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Spring 2	Risk, Safety & Exploitation - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Summer 1	Financial & Emotional Wellbeing - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios
Summer 2	Transition to Adult Life - Develop deeper understanding of relationships, identity and wellbeing - Apply knowledge to real-life adult contexts - Build independence, decision-making and responsibility	RSE planning resources, case studies, discussion activities, real-life scenarios

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Appendix 2: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			