Relationships, Sex and Health Education (RSHE)

Vision Statement

Creating the best opportunities for all those in our Matravers Family.

STATUTORY STRANDS

Key:

R Relationships
S Sex Education
H Health

Delivered through curriculum lessons, tutor time, assembly and specialist visitors.

KS5

- Healthy, positive relationships **R**
- Boundaries, consent and harmful behaviours **R + S**
- Harmful relationship behaviours **R**
- Inclusion, bullying and discrimination **R**
- Sexual health and parenthood **S**
- Online life and online harms **R + H**
- Mental and physical health **H**
- Substances and personal safety **H**
- Support networks beyond school **R + H**

Year 10

- Healthcare consent, screening, donation and first aid **H**
- Alcohol guidance, smoking cessation, drugs and exploitation **H**
- Sexual health, contraception and STIs **S + H**
- Abuse law, strangulation and harmful practices **R + S**
- Family law, fertility, pregnancy and pregnancy loss **R + S**
- Online harms, self-harm content, gambling and finance **R + H**

Year 9

- Diversity, discrimination and extremism **R**
- Intimate relationships and consent **R + S**
- Abuse, coercion and control **R + S**
- Media influence and harmful content **R**
- AI, sextortion, image-sharing law and Report Remove **R**
- Lifelong wellbeing and support **H**

Year 8

- Rights and responsibilities online **R + H**
- Mental health and emotional regulation **H**
- Personal safety: road, rail, water and emergencies **H**
- Drugs, alcohol, smoking, vaping and safer choices **H**
- Law, money and gambling risk **H**
- Online harms, harmful content and reporting **R + H**

Year 7

- Positive friendships and bullying **R**
- Influences on relationships **R**
- Healthy and unhealthy relationships **R**
- Puberty, menstrual health and keeping safe **H**
- Healthy habits and wellbeing **H**
- Belonging and community **R**

Year 11

- Consent: communication, capacity and choice **R + S**
- Contraception and informed choice **S**
- STIs, HIV prevention, stigma and services **S + H**
- Vaping: risk, pressure and quitting **H**
- Mental, physical health and personal safety **H**
- Sleep, mood and brain function **H**
- Knowing where to get help **H**

British Values and the nine protected characteristics are integrated through the journey, not taught as isolated add-ons.