

## **Relationships, Sex and Health Education (RSHE) at Arrow Vale**

Under the Children and Social Work Act 2017 the government committed to making Relationships and Sex and Health Education (RSHE) statutory in all secondary schools, including local authority maintained schools, academies, free schools and independent schools.

In secondary education from September 2026:

- Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents will be able to withdraw their child (following discussion with the school) from aspects of Sex Education, other than those which are part of the science curriculum, up to and until three terms before the age of 16.

We at Arrow Vale recognise that school and college leaders should: promote knowledge of healthy relationships; create a culture where sexual harassment and online sexual abuse are not tolerated, and where they identify issues and intervene early to better protect children and young people.

In order to do this, they should assume that sexual harassment and online sexual abuse are happening in their setting, even when there are no specific reports, and put in place a whole-school approach to address them. This should include:

- a carefully sequenced RSE curriculum, based on the Department for Education's (DfE's) statutory guidance, that specifically includes sexual harassment and sexual violence, including online. This should include time for open discussion of topics that children and young people tell us they find particularly difficult, such as consent and the sending of 'nudes'
- a Trust agreed RSE policy that is compliant with the 2026 statutory update

At Arrow Vale, we deliver our RSHE through a range of provision throughout the year including Learning for Life timetabled sessions, Learning for Life tutor sessions, assemblies, drop down lessons, external visitors and Experience Events.

Our RSHE resources are reviewed regularly and in conjunction with the nationally recognised 'PSHE Association'

**PSHE Association Director of Education & Deputy CEO Jenny Barksfield said:**

"We're delighted to have worked with Medway Public Health once more, to fully update and expand this great RSE resource – and are grateful that our colleagues in Medway have again agreed to share their materials with PSHE Association members nationwide. In addition to updating the key stage 3 lessons to be fully in line with DfE statutory guidance for Relationships and Sex education (and elements of Health education), there are now ten new lessons for key stage 4, giving you

comprehensive, sequenced schemes of work for both key stages and everything you need to teach topic areas such as healthy relationships, intimacy, relationship conflict, consent, contraception, and the effects of pornography, effectively and with confidence.” (PSHE Association June 2022)

Our RSHE teaching begins week beginning 28<sup>th</sup> September 2026

	<b>Year 9 Outcomes</b>	<b>Year 10 Outcomes</b>	<b>Year 11 Outcomes</b>
Lesson 1	<ul style="list-style-type: none"> <li>Introduction and establishing ground rules. Why is relationships and sex education important?</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to scheme overview and re-establishing ground rules.</li> <li>The breakdown of romantic relationships and how mental health and relationships are linked.</li> <li>Ways to manage a breakup safely and appropriately</li> <li>Strategies to help manage emotions when a relationship ends</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to scheme and re-establishing ground rules.</li> <li>That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, including strangulation, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners</li> </ul>
Lesson 2	<ul style="list-style-type: none"> <li>Understanding the differences between friendship groups and gangs.</li> </ul>	<ul style="list-style-type: none"> <li>The concepts of, and laws relating to, consent.</li> <li>How people can actively communicate and recognise consent from others, including sexual consent and how and when that consent can be withdrawn (in all contexts, including online)</li> </ul>	<ul style="list-style-type: none"> <li>To explore different types of commitment and why many people value commitment in relationships.</li> <li>To be able to articulate: committed relationships, marriage, and families, and consider the nature of commitment.</li> </ul>
Lesson 3	<ul style="list-style-type: none"> <li>Develop an understanding of the impact of modern technology on relationships.</li> <li>Online portrayals - The media portrayal of relationships.</li> </ul>	<ul style="list-style-type: none"> <li>How to recognise the characteristics and positive aspects of healthy 1:1 intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</li> </ul>	<ul style="list-style-type: none"> <li>Building on knowledge around sexual health, fertility &amp; effects of the menopause and pregnancy choices.</li> <li>Ways to promote sexual health and prevent unplanned pregnancy</li> <li>How fertility changes over time and the different routes to becoming a parent</li> </ul>
Lesson 4	<ul style="list-style-type: none"> <li>Understand intimate relationships, the law and that they are within their rights to set boundaries.</li> </ul>	<ul style="list-style-type: none"> <li>AI Literacy &amp; disinformation - How to determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe</li> </ul>	<ul style="list-style-type: none"> <li>To explore understanding of fertility and pregnancy choices, teaching students about the possible outcomes in the event of an unplanned</li> </ul>

	<ul style="list-style-type: none"> <li>• Explicit images and the law, how to handle any pressure to share explicit images.</li> </ul>	<p>(and to recognize this in others' relationships); and how to seek advice, including reporting concerns about others if needed.</p>	<p>pregnancy and how to access advice and support.</p>
Lesson 5	<ul style="list-style-type: none"> <li>• Misogyny &amp; masculinity</li> <li>• Understanding the terms related to sex, gender, identity and sexual orientation.</li> </ul>	<ul style="list-style-type: none"> <li>• Misogyny - How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).</li> <li>• Legal rights and responsibilities regarding equality (protected characteristics Equality Act 2010)</li> </ul>	<ul style="list-style-type: none"> <li>• Explore the laws related to abortion, addresses myths and misconceptions and explores options for help and support</li> <li>• Identify key legal considerations in relation to abortion.</li> <li>• Understand why there are strongly held views on abortion</li> <li>• Understand and explain where and how to access related medical services and emotional support</li> </ul>
Lesson 6	<ul style="list-style-type: none"> <li>• Understand the terms related to discrimination within relationships.</li> <li>• Understand different types of relationships and the pressures/discrimination people may face.</li> </ul>	<ul style="list-style-type: none"> <li>• The facts about sexual health, productive health, inducing fertility, and the potential impact of lifestyle on fertility for men and women and menopause.</li> <li>• The facts around pregnancy and miscarriage.</li> </ul>	<ul style="list-style-type: none"> <li>• The facts around the full range of contraceptive choices available, efficacy and options.</li> </ul>
Lesson 7	<ul style="list-style-type: none"> <li>• Understand the term consent and concept of coercion in relation to the law.</li> <li>• Understand consent in the various forms of sexual contact.</li> <li>• Recognise peer pressure and to develop strategies to deal with the effects of this within relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Building on our knowledge of the facts around the law and sexual exploitation, abuse, grooming and coercion.</li> <li>• Analysis of a sexual exploitation case study</li> </ul>	<ul style="list-style-type: none"> <li>• The importance of gynaecological health</li> <li>• How the different STIs, including HIV and AIDs are transmitted, how risk can be reduced through safer sex (including condom use) and the importance about facts and testing.</li> <li>• About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.</li> </ul>
Lesson 8	<ul style="list-style-type: none"> <li>• Understanding the concept of financial exploitation</li> <li>• Understand the concept of sexual exploitation and forced marriage and that they are illegal.</li> </ul>	<ul style="list-style-type: none"> <li>• Abusive relationships and how these can impact current and future relationships.</li> <li>• Embedding knowledge of sexual explicit material including the laws around 'Deep fakes'</li> </ul>	<ul style="list-style-type: none"> <li>• Public safety – how the use of alcohol and drugs can lead to risky sexual behaviour.</li> <li>• How to get further advice, including how and where to access confidential sexual and</li> </ul>

			reproductive health advice and treatment.
	<ul style="list-style-type: none"> <li>• Key Stage 3 Year 9 RSE end of topic review.</li> <li>• Student understanding and confident is checked and addressed by teacher.</li> </ul>	<ul style="list-style-type: none"> <li>• Key Stage 4 Year 10 RSE end of topic review.</li> <li>• Student understanding and confident is checked and addressed by teacher.</li> </ul>	<ul style="list-style-type: none"> <li>• Key Stage 4 Year 11 RSE end of topic review. Student understanding and confident is checked and addressed by teacher</li> </ul>

If you wish to speak to someone at the school about our RSHE teaching, please contact your child's Head of Year or Year Team Leader.

If you wish to carry out further reading around RSHE, the following documents may be of use to you:

Government guidance

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907640/RSE\\_secondary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907640/RSE_secondary_schools_guide_for_parents.pdf)

The Department for Education guidance

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-and-sex-education-rse-secondary>

If wish to discuss this statutory teaching further, please contact your child's Head of Year.