

Suggested Spiral Curriculum - Delivering RSE in the Modern World

Year 7	Year 8	Year 9	Year 10	Year 11
<p style="text-align: center;">Puberty</p> <p style="text-align: center;"><i>To Develop further knowledge around the emotional & physical changes during puberty.</i></p>	<p style="text-align: center;">Pressure to have Sex</p> <p style="text-align: center;"><i>To understand why people choose to have sex. To raise awareness of the pressures young people face when it comes to sex and relationships.</i></p>	<p style="text-align: center;">The Main Methods of Contraception (SN)</p> <p style="text-align: center;"><i>To develop knowledge about a range of contraception which is available and relevant to young people</i></p>	<p style="text-align: center;">What is Love?</p> <p style="text-align: center;"><i>To appreciate the range of feelings involved in relationships.</i></p>	<p style="text-align: center;">Pregnancy Choices (SN)</p> <p style="text-align: center;"><i>To increase the students' knowledge of the choices available to them before a pregnancy is confirmed. Once a pregnancy is confirmed and after the baby is born.</i></p>
<p style="text-align: center;">Conception & Reproduction (SN)</p> <p style="text-align: center;"><i>To explore how puberty enables reproduction.</i></p>	<p style="text-align: center;">The Condom & other Barrier Methods (SN)</p> <p style="text-align: center;"><i>To introduce the condom and other barrier methods as a means of preventing STIs and unwanted pregnancies.</i></p>	<p style="text-align: center;">Sexually Transmitted Infections (SN)</p> <p style="text-align: center;"><i>To develop knowledge about STI transmission, prevention and treatment.</i></p>	<p style="text-align: center;">Sexuality (LGBTQI)</p> <p style="text-align: center;"><i>To examine society's attitudes towards sexuality.</i></p>	<p style="text-align: center;">Looking after your sexual health</p> <p style="text-align: center;"><i>To encourage students to take responsibility for looking after their own health, especially their sexual health.</i></p>
<p style="text-align: center;">Personal Relationships & Diversity</p> <p style="text-align: center;"><i>To understand that people have multiple roles and responsibilities in relationships and that making positive relationships is important.</i></p>	<p style="text-align: center;">Introduction to Sexually Transmitted Infections</p> <p style="text-align: center;"><i>To learn some basic information about how STIs are transmitted.</i></p>	<p style="text-align: center;">Responsibilities in a Relationship</p> <p style="text-align: center;"><i>To consider issues which relate to responsible sexual behaviour.</i></p>	<p style="text-align: center;">Long Acting Reversible Contraception (LARC) (SN)</p> <p style="text-align: center;"><i>To increase students' knowledge around LARC as a method of contraception.</i></p>	<p style="text-align: center;">Safe/Unsafe Relationships</p> <p style="text-align: center;"><i>To consider the issues around why a man or woman stays on an abusive relationship. Signposting to help and support services.</i></p>
<p style="text-align: center;">Gender Stereotypes</p> <p style="text-align: center;"><i>To provide the opportunity to consider and challenge Gender stereotyping.</i></p>	<p style="text-align: center;">Myth Busting STI's</p> <p style="text-align: center;"><i>To discuss STI's and the myths around how they are contracted and treated.</i></p>	<p style="text-align: center;">Confidence in Relationships</p> <p style="text-align: center;"><i>To understand what qualities make up positive and negative relationships.</i></p>	<p style="text-align: center;">First Sex</p> <p style="text-align: center;"><i>To recognise and consider the importance of relationships. To consider at what point in a relationship sexual activity leading to conception might occur.</i></p>	<p style="text-align: center;">Revenge Porn</p> <p style="text-align: center;"><i>To understand the consequences of taking part in revenge porn.</i></p>

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<p>Healthy Relationships <i>To explore why compromise and negotiation are needed to build healthy relationships.</i></p>	<p>Internet safety <i>To highlight the dangerous side of the internet. To look at ways of keeping safe online.</i></p>	<p>Under the Influence <i>To consider the issues relating to alcohol, drugs and sexual behaviour.</i></p>	<p>Healthy/Abusive Relationships <i>To raise awareness of types of violence and abusive behaviours which may occur in relationships. To identify different types of abusive relationship. To focus on how young people are exploited through the grooming process.</i></p>	<p>The Importance of Self-Examination Testicular (SN) <i>To provide information about testicular cancer, breast cancer and cervical screening which helps young people understand how it can affect them. To understand the importance of regular self-examination.</i></p>
<p>Recognising Risk <i>To discuss ways of minimising risky situations.</i></p>	<p>Homophobic Bullying <i>To look at the use of language around Homophobia and how this can impact young people. To identify appropriate language.</i></p>	<p>Social Media & Sexting <i>Explore the impact of social media and the consequences of posting images online and sending images to peers.</i></p>	<p>Consent <i>To ensure young people are clear on how to recognise consent. To explore a range of different situations to identify of consent has been given or not.</i></p>	<p>Support for Delivery Key: (SN) Can be delivered/supported by your School Nurse</p>
<p>Consequences <i>To introduce students to the concept of risk in relations to health and sexual behaviour To discuss consequences of different risky behaviour.</i></p>	<p>Body Image <i>To discuss the importance of a positive body image & to look at the influences which surround young people</i></p>	<p>FGM Awareness <i>Information around the definition, impact, legalities and where to go for help and support.</i></p>	<p>Impact of Pornography <i>To discuss the fantasy v's realities of pornography. Dispelling myths around how images and sexual stories are portrayed in relation to a healthy relationship.</i></p>	