

St Paul's Catholic School Relationships & Sex Education Overview 2020-2021

| Main themes | All | Created & loved by God | | | Created to love others | | Created to live in community |
|-------------|-------------------------|---|---|--|---|--|--|
| Sub themes | Religious Understanding | Me, my body, my health | Emotional wellbeing | Life Cycles | Personal relationships | Keeping safe | Living in the wider world |
| Year 7 | Who am I? | Changing bodies Physical activity, movement of skeleton and digestion | Healthy inside and out Character values Wellbeing Assertiveness | Where we come from Reproduction topic, puberty changes, menstrual cycle and development of the body | Respect Programme Healthy relationships Friendships, family & friends Anti-bullying Week | Internet safety: My life on show Knife crime prevention Resisting peer pressure | Yr 7 Think Day: Community Student Council elections: Democracy Cafod Harvest & Lent Fast Day HMD Refugee awareness |
| Year 8 | Created and chosen | Appreciating differences Healthy life choices sleep, exercise, eating Physiology-digestion and healthy eating | Feelings Mental Health & stress awareness Grange-enders module (SEAL) Character values | Before I was born | Tough relationships Anti-bullying week | Internet safety: think before you share & safe surfing Knife crime prevention Extremism | Yr 8 Think Day: Vocation Cafod Harvest & Lent Fast Day HMD, Refugee awareness Stereotypes & propoganda |
| Year 9 | The search for love | Love people, use things | In control of my choices Wellbeing & Mindfulness | Fertility and contraception | Marriage Pregnancy Miscarriage Abortion Anti-bullying week | One hundred per cent STI's Grooming Pornography Female Genital Mutilation (FGM) Criminal justice system | Knowing my rights & responsibilities Core values- (Democracy, Rule of Law, Respect, Respecting belief, individual liberty) LGBT BLM Yr 9 Think Day: Visit to Holocaust Memorial Centre, Stand up to Hate campaign, HMD Refugee awareness |

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| Year 10 | Authentic freedom | Self image Health Fair (October) | Values, attitudes & beliefs Mental Health awareness | Parenthood | Internet safety Respecting difference Anti-bullying week | Abuse Extremism Communicable and non-communicable diseases Immunisation and vaccination | Solidarity BLM, HMD Diversity Refugee awareness WOW Week |
| Year 11 | Authentic freedom | Self image Health sleep & fitness Menstrual cycle, hormonal control of the cycle, IVF, fertilisation, | Wellbeing & Mindfulness Resilience | | Internet safety Anti-bullying week | | Yr 11 Think Day: Knowing me, knowing you HMD |
| Year 12 | Authentic freedom | Mental Health First Aid Depression Theology of the Body- sexual ethics | GRIT (Growth Mindset) Gaining control Harnessing your strengths Knowing yourself Building connections Dreaming Big Limiting Beliefs Dealing with expected and unexpected change | | Communication | Online stress and FOMO Social Media | BLM HMD Martin Luther King Interfaith dialogue Refugee awareness British values Attitude matters Health and safety at work Wants and needs |
| Year 13 | Authentic freedom | Mental Health First Aid Depression & Stress Theology of the Body – | Being Assertive Active listening Influence and Empathy | | Marriage & celibacy | Alcohol & Drug awareness Pornography Propaganda Social Media and relationships | BLM HMD LGBT Martin Luther King Interfaith Dialogue |

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| | | euthanasia & eugenics | Influence and trust Influence and persuasion Mental health and Stress MH and depression | | | | Managing risk in risky situations Financial management |
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Key:

○ Sessions from Ten Ten Resources

○ Sessions from Ten Ten Resources taught in Yr 10 RSE Module Pentecost Term in RE

○ Sessions in Sixth Form General RE

○ Science Curriculum