



# Relationship and Sex Education (RSE) Programme

The RSE programme has been designed in conjunction with national '*Relationships and sex education (RSE) and health education*' guidance.

Whilst national guidance is aimed at primary and secondary age ranges, we have endeavoured to design our programme to best suit the needs of our middle school children.

Our programme is a key element of our spiral PSHE curriculum – revisiting topics with enhanced topic content as children progress seamlessly through middle school.

Resources used are selected from a variety of sources although concentrating on those produced and accredited by the *PSHE Association*. Units of study are as follows:

## **Year 5** (Autumn term 2)

Puberty & reproduction: ***'What's the point of puberty?'***

Menstrual wellbeing; managing the changes of puberty; developing independence; how a baby is made.

*Additional presentations on 'Periods' are also delivered by female staff to all year 5 girls.*

## **Year 6** (Autumn 2)

Puberty and reproduction: ***What do I know about puberty?'***

Body changes for boys and girls; understanding our bodies and changes in feelings.

(This topic is followed by our *Student Voice Puberty Survey*)

*Additional presentations on 'Periods' are also delivered by female staff to all year 6 girls.*

## **Year 7** (Autumn 2)

Puberty and Healthy Relationships: ***'How does it feel?'***

Healthy and positive relationships, including intimate relationships; expectations and stereotypes in relationships; managing strong feelings; the concept of consent.

## **Year 8** (Summer 1)

Sexual Health: ***'Sexual relationships – what is appropriate?'***

Healthy relationships and responsibilities; starting relationships; sexual consent; contraception.