

## **Teaching Statutory Relationships, Sex and Health Education**

Statutory Relationships, Sex and Health education is covered in Citizenship, Science and R.E. lessons, and also in Tutor Time sessions for Key Stage 4 students. This is in line with government guidance <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education> and in line with Icknield Community College's Relationships and Sex Education (RSE) and Health Education Policy <https://icknield.oxon.sch.uk/attachments/article/21/Relationships%20and%20Sex%20Education%20Policy%202020-21.pdf>

### **Mental Well-being**

Citizenship lessons throughout Years 7, 8 and 9 discuss mental well-being. Lessons cover themes such as 'What should we know about mental health?' and 'How can we manage our anger?'. Students learn about common types of mental ill health, such as anxiety and depression, and self-harm (in Year 9), and examine things that can have a positive impact, such as exercise and volunteering (in Years 7, 8 and 9).

### **Internet Safety and Harms**

In Computing, Year 7 students study an e-safety module, which explores differences between the online and physical worlds, and enables students to stay safe online.

In Citizenship lessons throughout Years 7, 8 and 9, students explore the impact of social media and the online world. In Year 8, they are taught critical thinking, and how to identify fake news and conspiracy theories online. Students also investigate the risks of potentially harmful behaviours, such as sharing explicit images online (Year 8) and becoming involved in online gambling (in Year 9).

### **Physical Health and Fitness**

In Citizenship lessons in Years 7, 8 and 9, students investigate what a healthy lifestyle should include, and how physical activity can help to manage stress.

Stem cells and blood and organ donation are taught within Science lessons to Year 9 and 10 students. The ethics of donation are also evaluated in Tutor Time sessions for Key Stage 4 students.

### **Healthy eating**

Students learn about the importance of healthy eating in Year 7 Citizenship lessons, and Year 8 and 9 Science lessons.

### **Drugs, alcohol and tobacco**

In Year 8 Citizenship lessons, students learn the facts about the risks of drugs, tobacco and alcohol. This reinforces their learning in Year 8 science lessons on the dangers of tobacco and alcohol, including foetal alcohol syndrome.

The risks of prescription drugs are explored by Key Stage 4 students in Citizenship, and in Tutor Time sessions.

### **Health and prevention**

In Science lessons in Years 8 and 10, students learn about topics such as bacteria, viruses, antibiotics and vaccinations.

These complement Citizenship lessons in Years 7 and 9, which focus on the features of a healthy lifestyle, including sleep.

The importance of screening is explored by Key Stage 4 students in Citizenship, and in Tutor Time sessions.

### **Basic First Aid**

Basic first aid is taught in Year 8 Citizenship lessons, focused on CPR and treatment for common minor injuries.

First aid is also revisited in Year 9 Citizenship lessons on knife crime and acid attacks.

### **Families**

Throughout Citizenship lessons in Years 7, 8 and 9, different types of relationships are explored.

In Year 8 RE lessons, students learn about different rites of passage, including the importance of marriage. The characteristics of marriage, and responsibilities of parenthood, are also explored by Key Stage 4 students in Tutor Time sessions.

### **Respectful relationships, including friendships**

In Citizenship lessons throughout Years 7, 8 and 9, the importance of respectful relationships is emphasised. There are lessons which focus on themes such as preventing bullying (Year 7), resisting negative peer pressure (Year 8), and challenging discrimination (Years 8 and 9). Students are taught about legal rights and responsibilities, including the Equalities Act 2010 (Years 8 and 9).

### **Online and media**

In Citizenship and Computing lessons, Year 7 students learn about how to stay safe online, and how to report material and to manage issues online.

The dangers of sharing compromising material online is discussed in depth in several Citizenship lessons (Years 8 and 9). In Year 9 Citizenship, students also reflect on the potential impact of viewing harmful content.

Key Stage 4 students reflect on how online information is used in a Tutor Time session.

### **Being safe**

The concept of, and laws relating to consent and abuse are taught in Citizenship lessons. Students are introduced to these ideas in Year 7, and then revisit them in Years 8 and 9, and additionally in Citizenship and Tutor Time sessions at Key Stage 4.

### **Intimate and sexual relationships, including sexual health**

In Science lessons, Year 7 students learn about topics such as pregnancy, fertility, contraception and the menstrual cycle. In Year 10, students learn about communicable diseases, including sexually-transmitted infections.

This complements the work students do in Citizenship lessons on understanding peer pressure (Year 8), and making informed choices about sex (Year 9). Students reflect on parenthood and abortion in Key Stage 4 Citizenship lessons and Tutor Time sessions.