



PSHE/RSE (Relationships and Sex Education) Curriculum Overview

What are the aims of the PSHE/RSE curriculum?

As a subject, PSHE aims to provide students with the knowledge and skills to keep themselves happy, healthy and safe, as well as to prepare them for life and work. PSHE aims to give students the knowledge, skills and understanding they need to lead confident, healthy and independent lives.

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships. This will help students understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.

How does the PSHE/RSE curriculum support the Seaton Valley Federation's curriculum vision and intent?

The PSHE/RSE curriculum is a statutory subject which must be delivered. PSHE/RSE supports the Seaton Valley Federation vision as it contributes dynamically to children and young people's education, by exploring key themes such as physical and mental health and wellbeing, respectful relationships including healthy and unhealthy relationships and friendships. Intimate and sexual relationships, including sexual health, and keeping safe online. The PSHE/RSE curriculum aims to develop the whole holistic student. The PSHE/RSE curriculum offers students the chance to participate in lessons which are **interesting, challenging and engaging**. Through the variety of tasks in the lessons, it allows our students to be more **literate, independent and culturally aware**.

How is the PSHE/RSE curriculum sequenced to support pupils to make effective progress?

PSHE/RSE should provide clear progression from what is taught in primary school in PSHE and Sex and Relationships Education. Teachers should build on the foundation of Relationships Education and, as pupils grow up, at the appropriate time extend teaching to include intimate relationships. Alongside being taught about intimate relationships, pupils should also be taught about family relationships, friendships and other kinds of relationships that are an equally important part of becoming a successful and happy adult. This teaching should enable pupils to distinguish between content and experiences that exemplify healthy relationships and those that are distorted or harmful.

How is assessment used to aid progress?

In lessons, formative assessment is completed each lesson to ensure progress is made via self, peer or teacher assessment (both written and verbal).



Examined courses – exam board and course code (exams and controlled assessment elements)

PSHE/RSE is a non examined (external) subject.