


RSHE secondary framework – The Gateway Academy

This document is to be used alongside The Gateway Academies **Secondary Outcomes RSHE framework**. It provides statements of progression across the year groups in KS3 and KS4 for the new statutory outcomes for Relationships, Sex and Health Education.

Parents are able to withdraw from sex education elements up until 3 terms before a child’s 16th birthday where a child can opt-in. Those elements marked with an asterisk in the table below may be considered sex education and therefore eligible for parental withdrawal.

		Autumn Term		Spring Term		Summer Term	
		1:1	1:2	2:1	2:2	3:1	3:2
		6 th September – 14 th October 3-4 sessions + PAD	31 st October – 16 th December 4-5 sessions + PAD	4 th January – 10 th February 3 Sessions + PAD	20 th February – 31 st March 3 Sessions + PAD	18 th April – 26 th May 3 Sessions + PAD	2 nd June – 28 th July 4 Sessions + PAD
Fortnightly delivery							
Content	Families / respectful relationships, including friendships	Online and the media/ Keeping safe	Intimate and sexual relationships incl. sexual health	Mental Well-being/ Changing adolescent body	Internet safety and harms / Physical health and fitness / Healthy eating	Drugs, alcohol and tobacco / Health and prevention	
Details/ content	<p><u>Families</u></p> <ul style="list-style-type: none"> - the role of families in bringing up children (RSE2) - about trust and how we recognise this in our relationships (RSE7) - who can help if we are worried about family, friend or other relationships (RSE7) - - Black History Month - _Sarah Everade and the safety of women <p><u>Respectful relationships</u></p> <ul style="list-style-type: none"> - dealing with changing friendships in the move to secondary school (RSE8, RSE9) - the ways in which friends support each other (RSE7, RSE8) - common stereotypes and their impact (RSE10) - about different types of bullying and Cyberbullying (including school policy and procedures) (RSE12) - the importance of personal identity and respecting everyone’s right to their 	<p><u>Online</u></p> <ul style="list-style-type: none"> - Laws around sharing of indecent images (RSE17, RSE18, RSE19, RSE22) - when to seek help for issues online and how to report material (RSE18) - about the age restrictions on some sites and why these are in place (RSE16) - about how information is generated, collected and shared online (RSE23) - where to access trustworthy information online (RSE7) <p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> - what grooming is and how to seek help (RSE24, HEE8) - what Female Genital Mutilation is, laws in this country and how to get help (RSE24) - about the importance of consent in all relationships (RSE25) 	<p><u>Sexual Relationships</u></p> <ul style="list-style-type: none"> - about human reproduction, pregnancy, and the ways that families can be made* (RSE28) - about reasons why people choose to have sex in relationships, in the context of relevant laws* (RSE27, RSE30) - awareness that there are methods of contraception that prevent pregnancy and Sexually Transmitted Infections* (RSE31) - awareness that there are a range of choices for someone who is pregnant, including keeping the baby, adoption or abortion (RSE33) 	<p><u>Mental Well being</u></p> <ul style="list-style-type: none"> - about how to express feelings accurately and the support available within school for wellbeing concerns (HEE1, HEE3) - about the importance of adequate sleep for mental wellbeing (HEE5, HE23) - about how being connected with others supports mental wellbeing (HEE2) - that they can take care of their mental health in the same way as they do their physical health and some ways to do this (HEE5, HEE6) - to recognise and celebrate their achievements and how this impact on their self-esteem (HEE5) <p><u>Changing adolescent body</u></p> <ul style="list-style-type: none"> - how to manage periods effectively in and out of school (HEE27) - how to manage the physical and emotional changes of puberty (HEE28) - how to maintain personal hygiene (HEE19, HEE28) 	<p><u>Internet Safety</u></p> <ul style="list-style-type: none"> - how to identify harmful behaviours online and how to report or find support if they have been affected (HEE8) - how advertising is targeted at people online and in the media (HE7) - managing time spent online (HEE8) <p><u>Physical health and fitness</u></p> <ul style="list-style-type: none"> - about what makes a healthy lifestyle, including making healthy food choices, rest and physical activity (HEE10) <p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> - about the Eatwell plate and recommended guidelines around healthy eating (HEE12) - how choices around food can contribute to keeping teeth healthy (HEE12) - how different food choices impact on the body (HEE12, HEE20) 	<p><u>Drugs, alcohol and tobacco</u></p> <ul style="list-style-type: none"> - the facts about the harms from smoking tobacco, the benefits of quitting and how to access support to do so (HEE18) - why people use drugs and what the risks might be (HEE13) - about the safe use of prescription medication, including antibiotics (HEE17, HEE19) <p><u>Health and prevention</u></p> <ul style="list-style-type: none"> - how to maintain good oral hygiene, including dental flossing, healthy eating and regular check-ups at the dentist (HEE12, HEE20) <p><u>Basic first aid</u></p> <ul style="list-style-type: none"> - when and how to seek further help for someone who is injured (HEE24) 	

Year 7 – KS3

		own identity (RSE10, RSE11, RSE15) - Peer on peer abuse (GA2)					
	Link to GCSE / AOs		ICT link – term 1.1 year 7 focusses on online safety, specifically grooming, sexting and cyberbullying. Students will be taught what these areas involve, how they happen and how to respond and report if they happen. This also covers general internet safety and sharing personal content online.	Science link – Term 2 year 7, Human reproduction, the process disregarding the emotional context. Students understand and are able to identify the structures and organs in the reproductive system and the function of the system as whole. The process of reproduction is covered	Science link – Term 2 year 7, The adolescent body and changes. Lesson 5 of the sexual reproduction unit in animals concentrates on not just the life cycle of animals including humans but puberty and adolescence. It touches upon the menstrual cycle. The lesson challenges misconceptions and shows students the changes in the body as they become older	Science – Lesson 1 on the science SOW on Energy touches on healthy food and the transition into Energy Students compare the energy values of different foods. They compare the nutritional information and the energy released. Lesson 2 looks at the way energy is stored and conserved in the human body.	
	National Curriculum Link	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance
Year 8 –KS3	Content	Families / respectful relationships, including friendships	Online and the media/ Keeping safe	Intimate and sexual relationships incl. sexual health / Living in the wider world	Mental Well-being/ Changing adolescent body	Internet safety and harms / Physical health and fitness / Healthy eating	Drugs, alcohol and tobacco / Health and prevention
	Details	<p><u>Families</u></p> <ul style="list-style-type: none"> - about commitment in relationships and the different ways that people may show this (RSE1) - why marriage is an important choice for many couples (RSE4) - about marriage and civil partnership celebrations indifferent faiths and cultures (RSE3) - the different roles and responsibilities within families, and how this may change during adolescence (RSE6, RSE9) - Understanding those who have family members in prison and the impact this can have (GA1) - - Black History Month - Sarah Everade and the safety of women <p><u>Respectful relationships</u></p> <ul style="list-style-type: none"> - the characteristics of a healthy relationship (RSE8,RSE11, RSE13, RSE26) 	<p><u>Online</u></p> <ul style="list-style-type: none"> - laws around accessing pornography and sharing of sexual images (RSE17, RSSE18, RSSE20, RSE21, RSE22) - about radicalisation, how to recognise the signs and seek support (RSE17, RSE19, RSSE20) <p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> - the laws in relation to sexual activity, including consent (RSE14, RSE24, RSE25) - about laws around and warning signs of sexual exploitation (RSE8, RSE24) - about gangs and their impact on individuals, groups and communities (RSE24) 	<p><u>Sexual Relationships</u></p> <ul style="list-style-type: none"> - the characteristics of healthy intimate relationships* (RSE26) - about choices people make around sex, including delaying sex or enjoying intimacy without sex* (RSE30) - basic facts about some different methods of contraception* (RSE31) - know how condoms are used and where they can be accessed* (RSE31, RSE37) - basic information about STIs (how they are transmitted and where they can be treated) * (RSE27, RSE34, RSE35) <p><u>Living in the wider world</u></p> <ul style="list-style-type: none"> - understanding savings, loans and interest rates (GA7) - Different financial products and the difference between needs and wants. (GA8) 	<p><u>Mental Well being</u></p> <ul style="list-style-type: none"> - about common types of mental illness and their symptoms (e.g. anxiety and depression) (HEE4) - how, when and where to seek help for wellbeing concerns (HEE1, HEE3) - how to recognise what impacts on mental health, both positively and negatively, including puberty changes (HEE5, HEE6, HEE28) - bout mindfulness and other techniques to induce relaxation and calm (HEE5) <p><u>Changing adolescent body</u></p> <ul style="list-style-type: none"> - how to manage periods effectively, including when to seek additional help (HEE27) 	<p><u>Internet Safety</u></p> <ul style="list-style-type: none"> - the impact of unhealthy or obsessive comparison with others online, including around expectations for body image (HEE7) - the impact of trolling and who can help (HEE8) <p><u>Physical health and fitness</u></p> <ul style="list-style-type: none"> - about the different types of physical activity and their impact on the body (HEE9, HEE10) <p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> - the range of influences that might impact food choices (including media, peers, cost, etc) (HEE12) 	<p><u>Drugs, alcohol and tobacco</u></p> <ul style="list-style-type: none"> - about different legal classifications of drugs and penalties for possession and supply, including school rules about drugs (HEE14) - the facts about legal and illegal drugs and the risks associated with them (HEE13) - the risks of dependency and addiction (HEE16) <p><u>Health and prevention</u></p> <ul style="list-style-type: none"> - facts and science about immunisation and vaccination, including HPV vaccine (HEE22) <p><u>Basic first aid</u></p> <ul style="list-style-type: none"> - when and how to administer CPR (HEE25) - the purpose of defibrillators and when one might be needed (HEE26) - how to treat common injuries (HEE24)

		<ul style="list-style-type: none"> - the skills needed for successful, healthy relationships (RSE8) - how to start and end relationships (RSE8, RSE9,RSE11) - the impact of bullying on individuals (RSE12) - respect for women, upskirting inappropriate contact etc (GA3) - Honour based violence (forced marriage) (GA4) - about gender identity, including transgender and non-binary (RSE10, RSE11, RSE15) 					
	Link to GCSE AOs		ICT link – term 1.1 year 7 – Adult content is touched upon in the first unit, focussing on sharing of images of themselves or peers. “I saw your w*illy” NSPCC video to introduce the topic and discussion.			Science – In term, 2 students learn about the different nutrients in food. There is a scheme of work in Science labelled food and nutrition. This SOW looks at various areas including: Diet; understanding food labels and nutritional content, what the nutrients are: why we need food. The Science aspect then goes into identifying and testing areas of this such as fat, starch and protein tests. This is a 6 lesson unit looking at nutrients and diets.	Science – Health and Disease unit term 2 looking at diseases in the human body. Identifies and investigates various diseases and their causes.
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Year 9 – KS4	Content	Families / respectful relationships, including friendships	Online and the media/ Keeping safe	Intimate and sexual relationships incl. sexual health	Mental Well-being/ Changing adolescent body	Internet safety and harms / Physical health and fitness / Healthy eating	Drugs, alcohol and tobacco / Health and prevention
	Details	<u>Families</u> <ul style="list-style-type: none"> - The nature and importance of marriage, linking to different Christian views including sources of wisdom. - legal status around different types of commitment and sexual relationships, e.g. marriage, cohabiting, civil partnership, marriage linking to different Christians views and sources of wisdom (RSE1, RSE3) - characteristics of successful parenting and different types of families, including different Christian and Humanists views, with links 	<u>Respectful Relationships / Online</u> <ul style="list-style-type: none"> - Sources of support for those in unsafe relationships or situations and how to access them (RSE7) including how to manage conflict in relationships (RSE8, RSE9) - Identifying different types of domestic abuse, including coercive control (RSE7, RSE10, RSE13, RSE24) - Sexism (including misogyny) and hate crime, including what constitutes sexual harassment, laws and impact (RSE10, RSE14) - Hate Crime and extremism, including what a hate crime is and laws around this 	<u>Sexual Relationships</u> <ul style="list-style-type: none"> - how to recognise the characteristics of a healthy intimate relationship* (RSE26) - impact of alcohol use on decision-making around sex (including capacity to consent) and links to religious views * (RSE14, RSE24, RES36) - about Sexually Transmitted Infections, prevalence and treatment with links to religious views* (RSE34, RSE35, RSE37) - the range of contraceptive options and how these are accessed with links to 	<u>Mental Well being</u> <ul style="list-style-type: none"> - how to recognise the signs of mental illness in themselves and others with links to meditation (HEE3) - the role of friends in supporting mental wellness and when it is appropriate to seek other support (HEE2, HEE3) - how community participation contributes to mental wellbeing (HEE6) 	<u>Internet Safety</u> <ul style="list-style-type: none"> - how social media can impact on wellbeing, and sources of support (HEE8) <u>Physical health and fitness</u> <ul style="list-style-type: none"> - the benefits of physical activity on mental wellbeing (HEE5, HEE9) <u>Healthy Eating</u> <ul style="list-style-type: none"> - how to analyse the nutritional benefits of foods and assess the benefits and risks of particular eating plans (e.g. ‘fad’ diets) (HEE12) 	<u>Drugs, alcohol and tobacco</u> <ul style="list-style-type: none"> - how drugs can impact on mental health with links to religious views (HEE5, HEE13) - how alcohol impacts on decision-making and risk-taking (HEE13, RSE36) - about county-lines and the impact on individuals (HEE13, HEE14) <u>Basic first aid</u> <ul style="list-style-type: none"> - how to put someone in the recovery position and to recognise when this is needed (HEE24)

		<p>to sources of wisdom. (RSE6)</p> <ul style="list-style-type: none"> - Black History Month - Sarah Everade and the safety of women - Divorce, the legal aspects and different Christian views, including annulment with links to sources of wisdom. - Exploring marriage, relationships and parenting, including the challenges associated with being a teenage parent (RSE6) - 	<p>(RSE10, RSE11, RSE12, RSE15)</p> <ul style="list-style-type: none"> - - Revenge Porn and how pornography presents a distorted picture of sexual behaviours (RSE21), including the potential impact of viewing harmful content online, including on mental health (RSE20) <p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> - what honour-based violence is, laws around it and how to get help (RSE24) including FGM and breast ironing and understanding how cultural pressure can lead to fatalities (GA6) - laws around consent and how to give and receive consent (RSE14, RSE24, RSE25) 	religious views * (RSE31, RSE37)			
	Link to GCSE / AOs		<p>Computer Science GCSE – this covers censorship and restricting access to content by different countries. This conversation then leads to adult content, pornography and gambling. We aim to have a discussion about distorted behaviours but based on what pupils have witnessed in their own online lives.</p>			<p>PE GCSE – Health and performance unit. Students study the physical, social and emotional benefits of a good diet. They study physical health and fitness including diabetes, being obese and the affect, and cardiovascular fitness. The key link this unit talks about it the conversion of energy through your diet and the way it can affect the body.</p>	<p>Science – Health and Disease unit term 2 looking at diseases in the human body. 8 lesson SOW in KS4 covered in year 9. Students understand the meaning of health/ WHO. Covid crisis would have introduced a lot to these key words/ organisations. Cardiovascular disease, cancer and causes of various disease influenced by nutrition included. Students also look at how pathogens are spread, this touches then upon hygiene.</p>
	National Curriculum Link	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance
	SACRE skills Link	2. Synthesise their own and others' ideas and arguments about sources of wisdom and authority using coherent reasoning, making clear and appropriate references to their historical, cultural and social contexts.	8. Use a range of research methods to examine and critically evaluate varied perspectives and approaches to issues of community cohesion. Respect for all and mutual understanding, locally, nationally and globally.				
Year 10 – KS4	Content	Families / respectful relationships, including friendships	Online and the media/ Keeping safe	Intimate and sexual relationships incl. sexual health	Mental Well-being/ Changing adolescent body	Internet safety and harms / Physical health and fitness / Healthy eating	Drugs, alcohol and tobacco / Health and prevention
	Details	<p><u>Families</u></p> <ul style="list-style-type: none"> - Life skills for teenagers - Exploring different types of relationships, including marriage in Christianity and Islam. In addition understanding what 	<p><u>Families</u></p> <ul style="list-style-type: none"> - Homelessness linked to poor choices and destructive behaviours that force adults and children to leave a home and live on the street (GA5) With links 	<p><u>Sexual Relationships</u></p> <ul style="list-style-type: none"> - about choices around pregnancy, including keeping the baby, adoption, abortion and where to get 	<p><u>Mental Well being</u></p> <ul style="list-style-type: none"> - what stress is, including fight, flight, freeze response (HEE3) - helpful strategies to deal with time and stress management (HEE5) 	<p><u>Internet Safety</u></p> <ul style="list-style-type: none"> - laws and risks around online gambling, including the accumulation of debt (HEE7) - <p><u>Physical health and fitness</u></p>	<p><u>Drugs, alcohol and tobacco</u></p> <ul style="list-style-type: none"> - about different legal about dependency and addiction and the services that can support people experiencing these (HEE16) - the long-term health risks associated with smoking

	<p>arranged and forced marriage laws are in Islam, including the impact and support available. (RSE4, RSE24)</p> <ul style="list-style-type: none"> - Exploring what it means to be a parent, responsibilities of parenting and same sex relationships. - Black History Month exploring iconic black British citizens that have impacted students and societies lives. - Sarah Everard and safety of women, exploring recent cases in the media and current issues. - 	<p>to religious charities such as Christian Aid and Islamic Relief together with the Sikh view of Sera (duty)</p> <ul style="list-style-type: none"> - <p><u>Respectful relationships</u></p> <ul style="list-style-type: none"> - facts about domestic abuse and how it impacts on individuals, children and families in the short and long-term (RSE13, RSE24) - about abuse in teen relationships (RSE13, RSE24) - how to recognise warning signs of abuse in relationships (RSE13, RSE24) - about sexual exploitation, including grooming with links to religious views (RSE13, RSE22, RSE24, RSE25) <p><u>Online</u></p> <ul style="list-style-type: none"> - how pornography shows an unreal representation of sex and the impact that watching it may have on expectations in relationships (RSE21) With links to religious views on masturbation - 'Cat-fishing' and fake identities online (RSE16, RSE17, RSE19) <p><u>Keeping Safe</u></p> <ul style="list-style-type: none"> - facts and laws around stalking and harassment, both on and offline, and where to get help (RSE24, HEE8) 	<p>further help with links to religious views (RSE33)</p> <ul style="list-style-type: none"> - about HIV transmission, prevalence, treatment and living with the illness (RSE34, RSE35, HEE19) - Strategies for identifying, managing and resisting sexual pressure (RSE29, RSE30) - Skills for discussing contraception with a partner with links to religious views (RSE26, RSE31) 	<ul style="list-style-type: none"> - about common mental illnesses and their treatment, including medication and talking therapies (HEE3, HEE4) - Strategies for dealing with the end of relationships (HEE1, HEE2, HEE3, HEE5, HEE6) 	<ul style="list-style-type: none"> - About the science relating to blood, organ and stem cell donation with links to religious views (HEE11) - how physical activity impacts on emotional wellbeing (HEE9, HEE5, HEE6) <p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> - the range of influences that might impact food choices (including media, peers, cost, etc) (HEE12) 	<p>and second-hand smoke (HEE18)</p> <ul style="list-style-type: none"> - the different ways that people can use to give up smoking and where these are accessed (HEE18) <p><u>Health and prevention</u></p> <ul style="list-style-type: none"> - the importance of sleep for mental and physical wellbeing (HEE23) - about how phone, internet use and social networking may impact on sleep quality (HEE5, HEE23) - about self-examination and when to seek help from a professional about changes to their body (HEE21) - about antibiotics, how they treat infections and dangers of over-use and mis-use (HEE19) <p><u>Basic first aid</u></p> <ul style="list-style-type: none"> - the skills to administer CPR and a defibrillator (HEE25, HEE26)
Link to GCSE / AOs			Science – Health and disease units, covering infectious diseases including STD's and HIV – Lesson 5, 6 and 7 covers disease including infectious disease and the impact on the persons immune system.			Science – in the health and disease unit, smoking is covered and the effect in lesson 2 which focuses on cardiovascular disease.
National Curriculum Link	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance	Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance
SACRE Skills Link	2. Synthesise their own and others' ideas and arguments about sources of wisdom and authority using coherent reasoning, making clear and appropriate references to their historical, cultural and social contexts.					

