

Programme

Part B

Delivery

Emmanuel College's relationships and sex education involves the science department, the business and computing department and delivery of bespoke RSE and online safety sessions by a trained team of Emmanuel teaching staff.

Science

In science lessons, the National Curriculum's science programme of study is followed at key stage 3.¹ The subject content from the AQA GCSE course in biology is taught at key stage 4.² The department teaches the facts about pregnancy, reproductive health, fertility, sexually transmitted infections and contraception.

Online safety

The online safety programme aims to equip all students to manage their online life responsibly, safely and securely. It is delivered through a series of computing lessons in years 7 and 8, and consolidated in a series of lectures in years 7-10. Students are educated about content, conduct and contact: *content* covers the awareness of online platforms and programmes, and the associated risks; *conduct* helps students know how to handle and follow up any concerns; *contact* concerns the practicalities of regulating use of the internet. The online safety sessions delivered to each year group leans heavily on activities from *Thinkuknow*, an education programme from Child Exploitation and Online Protection (CEOP), a command of the National Crime Agency.³ The online safety lectures, as well as links to various other sources of information for both students and parents, can be found on the College website.⁴ In addition, students receive a lecture each year which addresses the societal problems that have arisen with, or been exacerbated by, the arrival of the internet. The starting point is the value and dignity of all human beings, and students consider how to live well alongside others in a diverse society. They are equipped to think critically and learn the dangers and methods of radicalisation, tribalism and the offline consequences of online rhetoric and propaganda.

Relationships and sex education (RSE)

A trained team of Emmanuel teaching staff deliver a programme of *relationships and sex education (RSE)* lessons in years 7-10. There are three lessons in each year: discussion plays an important part in these sessions, which take place in classrooms. They are designed to cohere with the lectures and lessons in the other areas of the programme, supplementing the factual content taught in science, for example.⁵ The lessons draw upon resources produced by recognised authorities including such organisations as the NHS, Childline, the NSPCC, the Foreign and Commonwealth Office and the Home Office, which owns and operates the www.disrespectnobody.co.uk set of resources.

Assessment and further support

An online course on the *ITS Learning* platform makes resources available to parents/carers to assist as they discuss issues with their children before or after the sessions; it also provides an opportunity for students to spend more time considering an issue, with further reliable and accessible information available to them. Where appropriate the ITS Learning platform will also be used to assess student's knowledge before and/or after a session, so that teachers can adequately gauge progress, assess local needs and also inform the future development of the sessions. Students do not pass or fail in this area of learning, but have the opportunity to reflect upon their personal learning experience.

Safeguarding

Students are always reminded of a list of basic 'ground rules' for RSE at the beginning of each lesson to ensure that there is a safe and supportive environment in which to learn. These ground rules are:

- no one (teacher or student) will have to answer a personal question;
- no one will be forced to give their personal view in a discussion;

¹ National curriculum in England: science programmes of study: <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study#key-stage-3>

² AQA GCSE Biology (8461) Specification: <https://filestore.aqa.org.uk/resources/biology/specifications/AQA-8461-SP-2016.PDF>.

All key stage 4 students study either the combined science GCSE or the triple award in biology, chemistry and physics. The statutory content is covered in the combined science course, with biology students studying some further material on the use of hormones to treat infertility. Where material is studied only by the higher tier students it is noted in the text below (HT only).

³ See: <https://www.thinkuknow.co.uk/>

⁴ See: <https://www.emmanuelcollege.org.uk/parents/online-safety/>

⁵ Sitting alongside the RSE provision, the health education programme is another element of our personal development programme.

- only the correct names for body parts will be used;
- meanings of words will be explained in a sensible and factual way;
- every contribution will be made in a respectful manner, especially if you are disagreeing with someone else;
- maturity: a thoughtful approach means everyone can benefit from the sessions.

Many of the issues covered through this curriculum are of a sensitive nature. The ground rules provide a safe working environment for both students and staff. All teachers delivering this curriculum have received safeguarding training which covers confidentiality and disclosure. The boundaries around confidentiality are made explicit to students.

Curriculum

The RSE curriculum plan is set out in the table included in Appendix 1, which may need to be adapted as and when necessary. The statutory content is delivered through bespoke RSE lessons, Lectures and in computing and science lessons. The content of each session is summarised below:

Part 1: Starting out

In years 7 and 8 students consider what human beings are and the intrinsic worth of them all, the various influences on us as we grow up, how to appreciate, establish and build healthy relationships in all areas of life, how we make decisions relating to the best and the right way to live, and they are introduced to intimate (sexual) relationships.

- **Year 7: science**

HALF TERM 1/2*

In science, students study **reproduction**, which forms part of the biology topic: *Structure and function of living organisms*.⁶ Students gain a knowledge of the biological mechanism of sexual reproduction in humans and the physical changes that take place during puberty. Curriculum subject matter includes: gametes and fertilisation; the structure and function of the male and female reproductive systems; the menstrual cycle (without details of hormones); gestation and birth, which includes the effect of maternal lifestyle on the foetus through the placenta.

*The topic is taught on rotation to groups between September–December

- **Year 7: online safety**

All students receive a series of lessons on online safety within computing lessons and two additional lectures, the first reinforcing the earlier lessons and another emphasising some key issues relating to the topic.

Computing

HT1

Students have five lessons, progressing through a workbook, which cover the following content:

1. Understanding online security, using secure passwords and locking your computer when it is not being used;
2. Understanding how to name, store and organise files effectively;
3. Ensuring that you protect your personal information online, through consideration of what you post, and how to control privacy settings;
4. Addressing safe use of a computer, in particular looking at the hazards of RSI, eye strain and back problems which come from sitting at a computer for prolonged periods of time. Students will also become aware of health and safety laws which intend to protect the health of employees at work;
5. Understanding what cyberbullying is, the impact of it and how to report it and deal with it.

Lecture 1: Password security, online reputation and cyberbullying

HT5

The first lecture covers online security, online reputation, and cyberbullying. Students consider the importance of secure passwords and the need to change them regularly. They are made aware of the dangers of posting pictures online, the permanence of one's digital footprint, and that privacy can never be assumed. Finally, students look at

⁶ See pp.5-6 of the [Science programmes of study: key stage 3 National curriculum in England](#). In the science department schemes of work the topic is called *1B – Organisms 1*.

what cyberbullying is, current statistics of online bullying, the law relating to it as well as how to prevent, respond and report any online abuse.

Lecture 2: All human beings matter

HT1

As students embark on their journey through Emmanuel, this lecture seeks to set out unequivocally the worth and dignity of all human beings. It grounds our relations with others (online and offline) in the belief that all people are intrinsically valuable and made in the image of God, and should therefore be treated with respect. It sits alongside the first RSE classroom session and emphasises that all people are infinitely precious, whatever they choose to believe or however they choose to live. It emphasises that bullying and unkindness are never acceptable in any context and in whatever form they may take and are never to be tolerated. It asks students to consider what it means to live in a world where people have different perspectives, identities and worldviews and suggests the pursuit of both grace and truth as a noble and honourable aim in life.

- **Year 7: relationships and sex education (RSE)**

In three relationships and sex education classroom lessons, students consider the following:

7.1 Human beings

HT1

Key questions: What makes you 'you'? What makes us all the same? The nature and value of all human beings: whatever they choose to believe or however they choose to behave, all are created in God's image and are intrinsically precious. All humans are valuable: their worth does not depend on their abilities/skills/opinions. Part of the Emmanuel College Mission Statement is: 'To create a disciplined, sensitive environment where everyone is equally valued'. Key questions: If we all have equal worth, why does it not always feel that way? What things make us feel bad about ourselves? The way we treat others is important, as is how we treat ourselves (for example, our minds and the way we think).

7.2 Friendships

HT1

How to establish and grow healthy relationships with our friends. Key questions: What do we want to be like as people? What do we want our friends to be like? Which do we most prize: (being) popular; intelligent; funny; trustworthy; good looking; forgiving; sacrificial; kind; encouraging? How has the internet changed the way we make and keep friendships? There are some positives (e.g. connection despite physical distance) and negatives (e.g. depersonalisation; negative self-image). Does technology help when you disagree with someone? How to deal with disagreements with friends.

7.3 Identity and image

HT6

The factors that shape our identity: What makes me who I am? Where do I find worth, value and security? How do I handle feeling insecure? How should I see myself? Image: representations of beauty on television, in films, in advertisements can distort our thinking and we can be seduced into believing an image is the same as reality. There is a difference between image and reality, something especially pertinent on social media, as people present the highlights of their lives. Key question: where do you find your self-worth? Are we basing it on reliable foundation? The importance of self-respect and respect for others, and of taking responsibility for oneself as well as for others.

- **Year 8: online safety**

All students receive a series of lessons on online safety within computing lessons and two additional lectures, the first reinforcing the earlier lessons and another emphasising some key issues relating to the topic.

Computing

HT1

Students have four lessons, progressing through a workbook, which cover the following content:

1. Handling personal information, and being aware of how it can be used to mislead yourself or others (identity theft etc.);
2. Understanding the consequences, dangers and potential breaches of the law in 'sexting';

3. Exercising caution in trusting people online, with particular attention paid to the dangers of grooming and exploitation;
4. The importance of maintaining a clean online reputation in both the long and short term.

Lecture 1: Reliability of information, online contact and reporting concerns

HT6

The first lecture covers the reliability of information, online contact and reporting concerns. Students learn about fake news, 'deep fake' videos, and how to be discerning and evaluate what they see online. Students learn about the dangers of connecting with people online, how online grooming works and the warning signs, and how to make a CEOP report when something is concerning.

Lecture 2: Living well together in an online world

HT3

This lecture asks students to consider what might be termed online 'etiquette' or 'civility', recognising the movement of society towards an ever-increasing dependence on technology and the communication continuously carried out using it. Students are asked to consider how to translate values held in life lived in the tangible presence of others – the importance of respecting and valuing others – into the online world and how to best deal with situations involving conflict when they arise.

Year 8: relationships and sex education (RSE)

In three relationships and sex education classroom lessons, students consider the following:

8.1 Families

HT1

The importance of families and parents and carers; our families play an important role in shaping who we become. What do families look like today? Different types of committed, stable relationships exist in the UK; many people are single, with numerous one-person households.⁷ The roles and responsibilities of parents with respect to raising of children: What are the characteristics of successful parenting? The importance of gratitude towards all those who care for us: Why is it important? How can we show it to those people? Grandparents & the elderly: there are various challenges facing the elderly today, not least the issue of social isolation. Key question: How might we respect and value our grandparents and the elderly within our community? Staying safe: the issue of honour-based violence and female genital mutilation (FGM); the law in the UK.⁸

8.2 Respectful relationships

HT2

The importance of developing respectful relationships, both in College and wider society: the understanding that appropriate discipline is not an act of hate, but of love; the importance of tolerance of other people's beliefs. Practically, how can we foster greater respect in all the different relationships we have in life? Encountering difficulties in relationships: the nature of reconciliation; when relationships end; when family relationships break down. Bullying: the different types of bullying (including cyberbullying); their impact; the responsibilities of 'bystanders' to speak up and report bullying; how and where to get help in the event of being a victim of bullying. The way we speak and the language we use: the importance of the way we speak about other people, whether they are present or not; unacceptable homophobic comments and/or casual use of sexualised terms/insults. The zero-tolerance approach towards bullying of all kinds at Emmanuel College, including comments/behaviour framed as just 'banter'. Boundaries: the importance of boundaries in our interactions with others. Trust: how to determine whether people/other sources of information are trustworthy; how to judge when a family, friend, intimate or other relationship is unsafe (yours or someone else's). Staying safe and recognising when 'friendship' can lead to harm: peer pressure; abuse; grooming; coercion; domestic abuse; criminal exploitation (for example, through gang involvement or 'county lines' drugs operations); the law in the UK relating to violence and exploitation by gangs, substance misuse.

8.3 An introduction to adult relationships

HT5

Reflecting on living in a sexualised culture and starting to consider the messages certain products send. Our choices matter: understanding that our health and wellbeing are affected by the choices we make in relationships and sex; positively or negatively we are impacted physically, emotionally, mentally. Deciding on right and wrong: How do we decide what is right and wrong generally? Where do we look for information on the facts and the moral choices we

⁷ See: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families/bulletins/familiesandhouseholds/2019>

⁸ See: <https://www.nhs.uk/conditions/female-genital-mutilation-fgm/> and <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>.

face? Where can we obtain reliable guidance? The age of consent and the law about sexual intercourse. Commitment: the importance of commitment in intimate/sexual relationships; the seriousness of engaging in, and the benefits of delaying, sexual activity; the fact that young people do have a choice to delay sex and that intimacy does not equal sexual activity. What do we do if something is concerning us (personally or in relation to a friend)?⁹

Part 2: Thinking further

In years 9 and 10, students consider the issues relating to sexual relationships in greater depth; including, in science, the facts concerning sexually transmitted infections and contraception, and, in RSE, the issues relating to the nature of sex, when it is right to engage in sexual activity and how to live well in light of the pressures of the modern world.

- **Year 9: science/biology**

HT3/4

In biology, students study **4.3.1 Communicable diseases**, which forms part of the topic *4.3 Infection and response*.¹⁰ They are introduced to concepts relating to communicable (infectious) disease and a variety of diseases are studied including a number of sexually transmitted infections. Curriculum subject content includes explaining how the spread of diseases, including HIV and gonorrhoea, can be reduced or prevented and explaining the use of antibiotics and other medicines in treating disease.

The content of the three key topic areas is:

4.3.1.1 Communicable (infectious) diseases: Students should be able to explain how diseases caused by viruses, bacteria, protists and fungi are spread in animals and plants. Students should be able to explain how the spread of diseases can be reduced or prevented. Pathogens are microorganisms that cause infectious disease. Pathogens may be viruses, bacteria, protists or fungi. They may infect plants or animals and can be spread by direct contact, by water or by air. Bacteria and viruses may reproduce rapidly inside the body. Bacteria may produce poisons (toxins) that damage tissues and make us feel ill. Viruses live and reproduce inside cells, causing cell damage.

4.3.1.2 Viral diseases: HIV initially causes a flu-like illness. Unless successfully controlled with antiretroviral drugs the virus attacks the body's immune cells. Late stage HIV infection, or AIDS, occurs when the body's immune system becomes so badly damaged it can no longer deal with other infections or cancers. HIV is spread by sexual contact or exchange of body fluids such as blood which occurs when drug users share needles.

4.3.1.3 Bacterial diseases: gonorrhoea is a sexually transmitted disease (STD) with symptoms of a thick yellow or green discharge from the vagina or penis and pain on urinating; it is caused by a bacterium and was easily treated with the antibiotic penicillin until many resistant strains appeared; gonorrhoea is spread by sexual contact; the spread can be controlled by treatment with antibiotics or the use of a barrier method of contraception such as a condom.¹¹

- **Year 9: online safety**

All students receive two online safety lectures, the first continues the examination of the risks to staying safe online; another deals with an issue closely related to the impact living online is having on young people as they grow up today.

Lecture 1: Speed friending and things you see online

HT3

This lecture covers '*Speed Friending*' and '*Things You See Online*'.¹² The intention is to educate students about how to critically consider the friends they make online. Students are reminded of the CEOP button, as well as given guidance for staying safe when social networking. The lecture also returns to the concept of 'fake news' and how to think critically about it, as well as considering the emotional and mental dangers of certain sites that affect self-esteem or body image, promote self-harm or incite hatred towards certain groups. The lecture considers a number of case

⁹ This is not a question asked solely in this lesson: at the close of every RSE session, students are reminded of the various places they can go to access whatever help they might need.

¹⁰ See pp.31-34 of the [AQA Biology Specification](#).

¹¹ In 4.3.1.2 *Viral diseases*, measles and tobacco mosaic virus (TMV) are also studied; in 4.3.1.3 *Bacterial diseases*, salmonella is also studied. The sections of the specification relating to the reduction or prevention of diseases are also of relevance; they are: 4.3.1.7 *Vaccination*; 4.3.1.8 *Antibiotics and painkillers*; 4.3.1.9 *Discovery and development of drugs*.

¹² These titles come from the <https://www.thinkuknow.co.uk/professionals/resources/thinkuknow-toolkit/>.

studies where internet content has led to, or exacerbated, eating disorders, anxiety and depressions and how best to navigate these dangers.

Lecture 2: Extremism and radicalisation

HT3

The lecture will look at how and why people become radicalised, both within the politics of identity and religion. The lecture looks at dangerous narratives, propaganda and 'othering'. Students consider case studies of violent extremism from Islamist groups, white supremacist groups and animal rights activist groups. The lecture intends to equip students to think critically about what they see online, and to become aware of the tools that extremists use to recruit, and how to report such concerns.

- **Year 9: relationships and sex education (RSE)**

In three relationships and sex education classroom lessons, students consider the following:

9.1 What is sex?

HT2

In contrast to the notion that Christianity teaches sex is a bad thing, rather the Bible's teaching is that sex is a good gift from a good God (the Biblical view of sex is not as it is sometimes portrayed, including by Christians/the church at times.) The right context for sex: When is it good/right to have sex? The different views that people hold: the traditional Christian view: singleness and celibacy and abstinence until marriage, which is lifelong and with sex for intimacy and procreation; other religious views on marriage; civil marriage (since 1836); civil partnerships (since 2004); civil marriage between two people (since 2013); cohabitation; exclusive (non-cohabiting) relationships; sex outside of a committed relationship (with a stranger/paying for sex); the issue of monogamy & polygamy. Reflection on the following approach to sexual morality: *"Do what you want as long as you don't hurt anybody"*. The law in the UK about sexual activity and marriage; the law about bigamy/polygamy; forced marriage.¹³

9.2 The purpose of sex

HT2

Key questions: What is the purpose of sex? Can it ever be 'just sex'? Sex is more than a physical act: it is a mental/emotional/spiritual act and, as such, always matters; it is about creating and maintaining a lifelong bond.¹⁴ Key issue: What level of commitment should there be before I have sex with someone else? The benefits of delaying sex for a committed relationship: the notion of delayed gratification and the benefits of delaying sex until a relationship of real commitment: it serving to protect us and to provide for us; the notion of marriage as a covenant in which two people give themselves to each other. Reflection on the following words from one person in a relationship to another: *"If you love me, you would..."*¹⁵ The notion of marriage as a covenant (a binding agreement and a promise) in which two people give themselves to each other; this view of a relationship is quite different to the individualism that places me (and my pleasure) as the priority. Key question: What behaviour do you expect from someone who is committed to you? Trust; other-centredness; self-sacrifice.

9.3 Consent

HT6

The meaning of consent: 'Consent means giving permission for something to happen or agreeing to do something and being comfortable with that decision'.¹⁶ The law on consent: 'A person consents if s/he agrees by choice, and has the freedom and capacity to make that choice'.¹⁷ When someone might not agree by choice, or not have the freedom and capacity to consent to sex. How you might know you have the other person's consent: by talking to the other person to check; their body language may indicate that you do not have it. Reflection: Why might we want to ensure that consent has been given? The legal implications for you are only part of the issue; the need to ensure we treat others with respect and in line with their dignity as a person is paramount. Some of the attitudes that exist in today's world that might impact on how people behave in this area of sex and consent (sexualised imagery; the impact of pornography; 'rape culture'; etc.) What is sexual harassment and what types of sexual harassment are there? Sexual

¹³ See: <https://www.gov.uk/guidance/forced-marriage#history>.

¹⁴ The Roman Catholic Church teaches that there must always be the possibility of new life after sexual intercourse; the majority Protestant view is that sexual intercourse is as concerned with intimacy as procreation.

¹⁵ The issue of consent is the subject of the following lesson, 9.3, later on in the year.

¹⁶ The definition is taken from <https://www.disrespectnobody.co.uk/consent/what-is-consent/>, which is wholly owned and operated by the Home Office. It continues: *'It doesn't matter what gender you are, or whether you're straight, gay or bisexual, if you're planning to do anything sexual then both of you must give consent.'*

¹⁷ The Sexual Offences Act 2003 See: <https://www.legislation.gov.uk/ukpga/2003/42/section/74>

harassment in schools is mentioned sensitively to highlight the relevance of this issue to schoolchildren.¹⁸ Two points of clarification are made: Sexual harassment most commonly happens to women but it can happen to anyone of any age, gender or sexual orientation; such behaviours are not just 'normal' parts of life, not acceptable or inevitable, and no one should feel like they just have to put up with them. Key questions: How do we deal with unwanted physical contact (from people we know as well as strangers)? How do we deal with a situation in which someone is being pressured into engaging in sexual activity they do not want? What do we do if something is concerning us (personally or in relation to a friend)?

- **Year 10: science/biology**

HT4

In biology, students study **4.5.3 Hormonal coordination in humans**, which forms part of the topic *4.5 Homeostasis and response*.¹⁹ They learn that: the human body responds to internal and external changes through the nervous system and endocrine system; the latter employs chemical messages called hormones; the production of specific hormones affects fertility. Applications of this knowledge include the role of hormones in fertility treatment and contraception. Students are required to develop skill in evaluating associated personal and social implications, making decisions based on the evaluation of evidence and arguments. Curriculum subject matter includes: knowledge of fertility being controlled by a variety of hormonal and non-hormonal methods of contraception; descriptions of the roles of hormones in human reproduction, including the menstrual cycle; evaluation of the different hormonal and non-hormonal methods of contraception; explanation of the use of hormones in modern reproductive technologies to treat infertility (higher tier only).

The content of the two/three key topic areas is:

4.5.3.4 Hormones in human reproduction: Students should be able to describe the roles of hormones in human reproduction, including the menstrual cycle. During puberty reproductive hormones cause secondary sex characteristics to develop. Oestrogen is the main female reproductive hormone produced in the ovary. At puberty eggs begin to mature and one is released approximately every 28 days. This is called ovulation. Testosterone is the main male reproductive hormone produced by the testes and it stimulates sperm production. Several hormones are involved in the menstrual cycle of a woman: follicle stimulating hormone (FSH) causes maturation of an egg in the ovary; luteinising hormone (LH) stimulates the release of the egg; oestrogen and progesterone are involved in maintaining the uterus lining. **HT only:** Students should be able to explain the interactions of FSH, oestrogen, LH and progesterone, in the control of the menstrual cycle. Students should be able to extract and interpret data from graphs showing hormone levels during the menstrual cycle.

4.5.3.5 Contraception: Students should be able to evaluate the different hormonal and non-hormonal methods of contraception. Fertility can be controlled by a variety of hormonal and non-hormonal methods of contraception. These include: oral contraceptives that contain hormones to inhibit FSH production so that no eggs mature; injection, implant or skin patch of slow release progesterone to inhibit the maturation and release of eggs for a number of months or years; barrier methods such as condoms and diaphragms which prevent the sperm reaching an egg; intrauterine devices which prevent the implantation of an embryo or release a hormone; spermicidal agents which kill or disable sperm; abstaining from intercourse when an egg may be in the oviduct; surgical methods of male and female.

(HT only) 4.5.3.6 The use of hormones to treat infertility: Students should be able to explain the use of hormones in modern reproductive technologies to treat infertility. This includes giving FSH and LH in a 'fertility drug' to a woman. She may then become pregnant in the normal way. In Vitro Fertilisation (IVF) treatment: IVF involves giving a mother FSH and LH to stimulate the maturation of several eggs; the eggs are collected from the mother and fertilised by sperm from the father in the laboratory; the fertilised eggs develop into embryos; at the stage when they are tiny balls of cells, one or two embryos are inserted into the mother's uterus (womb). Although fertility treatment gives a woman the chance to have a baby of her own: it is very emotionally and physically stressful; the success rates are not high; it can lead to multiple births which are a risk to both the babies and the mother.

¹⁸ The 2016 report from the House of Commons Women and Equalities Committee *Sexual harassment and sexual violence in schools* included such evidence as: almost a third (29%) of 16-18 year old girls say they have experienced unwanted sexual touching at school; 59% of girls and young women aged 13-21 said in 2014 that they had faced some form of sexual harassment at school or college in the past year. See: <https://publications.parliament.uk/pa/cm201617/cmselect/cmwomeq/826/826.pdf>.

¹⁹ See pp.48-49 of the [AQA Biology Specification](#).

- **Year 10: online safety**

All students receive two lectures, the first continues to examine some of the risks to online safety and another emphasises some key issues that relate to the topic and the way we relate in the 21st century.

Lecture 1: Naked selfies, exploitation and reporting concerns

HT2

The year 10 online safety lecture covers naked selfies, exploitation and reporting concerns. The lecture deals with the concerning trend of posting revealing selfie images online, and the dangers of doing so. The lecture details options if a 'selfie' image has already been sent: the options for removing unwanted contact and referring students to helpful guidance. The lecture reiterates points made in year 8 about connecting with strangers online, how to spot the stages of online grooming, and using the CEOP button to report concerns.

Lecture 2: Dealing with difference

HT5

This lecture picks up and progresses the learning on radicalisation and extremism from year 9. It focuses on how to live peacefully with difference, looking particularly at the danger of living in an online echo chamber, and the tribalism that defines much of the heat online. Students look at the value of learning to listen to and empathise with other perspectives, and how tools like 'active listening' can help in this endeavour. Students will learn that online rhetoric has offline consequences, and that how we engage with people matters profoundly, even if they are physically distant from us. Students learn to understand the different viewpoints people hold on controversial issues. They are helped to understand the nature of true tolerance and the lecture, which concludes the RSE programme, revisits themes from the initial lecture in year 7, which emphasised the intrinsic value and infinite preciousness of all human beings.

- **Year 10: relationships and sex education (RSE)**

In three relationships and sex education classroom lessons, students consider the following:

10.1 Enjoying healthy relationships

HT1

Important elements in a healthy relationship with a partner: right expectations; trust; commitment; communication; clarity; friendship; depth; love; self-giving and sacrifice; time; compromise. Do we believe the claim: *"everyone is having sex (am I missing out?)"*²⁰ Peer and media pressure can distort reality. Reflection: How important do you think sexual intimacy is in a relationship with a boyfriend or girlfriend? Delaying sexual intimacy is a benefit to the quality of a relationship: greater trust and security; it reduces the prospect of hurt and emotional distress; it reduces the danger of being (perhaps subtly) pressurised into having sex; sexual intimacy can then be in a relationship of emotional intimacy; lessening the prospect of an unwanted pregnancy with someone you are not really committed to or contracting an STI from someone you don't know that well. Relationship abuse: possibly verbal and emotional, or physical or sexual abuse. What to do if you feel unsafe and how to end a bad relationship. Sexual abuse & exploitation: a type of sexual abuse involving control of a child through force, threats or manipulation; grooming; coercion. Relationships with friends and in other relationships in adulthood: with friends; at work; in the local community. Reflection: How can we build healthy, positive relationships in all the different contexts in which we find ourselves?

10.2 Pregnancy, contraception and abortion

HT5

There are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. Sexual activity can lead to unexpected consequences, such as sexually transmitted infections and unplanned pregnancies; the use of alcohol and drugs can lead to risky sexual behaviour. What contraception is, what different methods there are – artificial contraception, emergency contraception, natural family planning or natural contraception – and the level of reliability of each type. Arguments about the use of contraception: the rejection of artificial contraception by the Roman Catholic Church, but its acceptance among most other Christian denominations. The controversy relating to emergency contraception, the nature and status of the human embryo and the Christian view that human life begins at the point of conception. The choices in relation to pregnancy that people make: having a child and bringing her up; adoption; abortion what happens to "left over" embryos from IVF. The medical and legal information relating to the different options; the differing viewpoints

²⁰ In 2018 the British Pregnancy Advisory Service (BPAS) said teenagers having less sex may explain the sharp fall in teen pregnancies in the UK since 2007. Two-thirds of the teenagers surveyed said they had never had sex (and 24% said they had never drunk alcohol). See: <https://www.bbc.co.uk/news/health-44860598> (18 July 2018)

surrounding the termination of a pregnancy. How to get advice: how and where to access confidential sexual and reproductive health advice and treatment.

10.3 Sex and the way we think

HT5

How to think about and respond to the sexualisation of society and the increased sexualisation of children. The commodification of sex and the objectification of human beings in pornography. The issue of consent in pornography. Bullying, harassment and violence against women in society as a whole and specifically in connection to pornography. The impact of viewing harmful content.²¹ The way in which sexually explicit material/pornography presents a distorted picture of sexual behaviour, which can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. Ways to seek help for an unhealthy interaction with sexually-explicit material. The law in relation to pornography, including that sharing and viewing indecent images of children – including those created by children – is a criminal offence which carries severe penalties including prison. How we can use the internet and social media in a way that respects others and yourself.

²¹ A Childline survey (2015) of 2000 young people aged 11-17 found: 1 in 5 children aged 12–13 think that watching porn is normal behaviour; nearly 1 in 10 children aged 12–13 are worried they might be addicted to porn; around 1 in 5 of those surveyed said they'd seen pornographic images that had shocked or upset them; 12 percent admitted to making or being part of a sexually explicit video; see: <http://researchbriefings.parliament.uk/ResearchBriefing/Summary/LLN-2015-0041> p.4). An Institute for Public Policy Research survey (2014) of 18-year-olds on attitudes to sex and relationships found: 70% think pornography can have a damaging impact on young people's views of sex or relationships; 72% think pornography leads to unrealistic attitudes to sex and 70% think pornography encourages society to view women as sex objects; see: <http://www.ippr.org/files/publications/attachments/OP4391-IPPR-Data-Tables.pdf?noredirect=1> pp.18, 27).

Appendix 1: Curriculum Map (coverage of the statutory RSE content in the programme)

	Content	Sessions			
		RSE Lessons	Online Safety Lectures	Science Lessons	Computing Lessons
	Pupils should know:				
Families	that there are different types of committed, stable relationships	Y8.1			
	how these relationships might contribute to human happiness and their importance for bringing up children	Y8.1			
	what marriage is, including their legal status – for example, that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony	Y9.1			
	Why marriage is an important relationship choice for many couples and why it must be freely entered into	Y9.2			
	the characteristics and legal status of other types of long-term relationships	Y9.1			
Respectful relationships, including friendships.	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting	Y8.1			
	how to determine whether other children, adults or sources of information are trustworthy, judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships), how to seek help or advice, including reporting concerns about others, if n	Y8.2, Y9.3, Y10.2	Y7 Lecture 1		
	the characteristics of positive and healthy friendships, in all contexts including online, such as:				
	trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict	Y7.2, Y10.2			
	reconciliation and ending relationships, this includes different (non-sexual) types of relationship	Y8.2, Y10.2			
	practical steps they can take in a range of different contexts to improve or support respectful relationships	Y8.2, Y10.2	Y8 Lecture 2		
	how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice)		Y7 Lecture 2, Y10 Lecture 2		
	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs	Y8.2	Y7 Lecture 2, Y10 Lecture 3		
	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	Y8.2	Y7 Lecture 1		
	that some types of behaviour within relationships are criminal, including violent behaviour and coercive control	Y10.2	Y10 Lecture 2		
Online and media	what constitutes sexual harassment and sexual violence and why these are always unacceptable	Y10.2, Y10.3			
	the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal	Y7.1	Y10 Lecture 2		
	their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online		Y7 Lecture 1, Y8 Lecture 2		Y7 CS Lesson
	about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online		Y8 Lecture 1		Y8 CS Lesson
	not to provide material to others that they would not want shared further and not to share personal material which is sent to them		Y10 Lecture 1		Y8 CS Lesson
	what to do and where to get support to report material or manage issues online		Y8 Lecture 1, Y9 Lecture 2		
	the impact of viewing harmful content		Y8 Lecture 1, Y9 Lecture 2		
	that specifically sexually explicit material, for example pornography, presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners	Y10.3	Y9 Lecture 1, Y10 Lecture 1		
	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail		Y10 Lecture 1		Y8 CS Lesson
	how information and data is generated, collected, shared and used online		Y7 Lecture 1, Y10 Lecture 2		Y8 CS Lesson
Being safe	the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships	Y7.8, Y9.3, Y10.3	Y8 Lecture 1, Y10 Lecture 3		
	how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, in all contexts, including online	Y9.3			
	how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship	Y10.2			
Intimate and sexual relationships, including sexual health	that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, for example physical, emotional, mental, sexual and reproductive health and wellbeing	Y8.2, Y9.2			
	the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women and menopause			Y10 Sci Lessons	
	that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Y9.3, Y10.2			
	that they have a choice to delay sex or to enjoy intimacy without sex	Y8.3, Y9.2, Y10.2			
	the facts about the full range of contraceptive choices, efficacy and options available	Y10.2		Y10 Sci Lessons	
	the facts around pregnancy including miscarriage			Y7 Sci Lessons, Y10 Sci Lessons	
	that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help)	Y10.2			
	how the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing	Y10.3		Y9 Sci Lessons	
	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment			Y9 Sci Lessons	
	how the use of alcohol and drugs can lead to risky sexual behaviour	Y10.2			
how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment	Y10.2				
The Law	Pupils should be made aware of the relevant legal provisions when relevant topics are being taught, including for example:				
	marriage	Y9.1			
	consent, including the age of consent	Y9.2			
	violence against women and girls	Y10.2			
	online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc.)		Y8 Lecture 1, Y10 Lecture 1		
	pornography	Y10.3			
	abortion	Y10.1			
	sexuality		Y7 Lecture 2, Y10 Lecture 2		
	gender identity		Y10 Lecture 2		
	substance misuse	Y8.2			
	violence and exploitation by gangs	Y8.2			
	extremism and radicalisation		Y9 Lecture 2		
	criminal exploitation (for example, through gang involvement or 'county lines' drugs operations)	Y8.2			
	hate crime		Y7 Lecture 2, Y9 Lecture 2		
	female genital mutilation (FGM)	Y8.1			

