



ST CUTHBERT'S
— CATHOLIC HIGH SCHOOL —

KS3 and KS4



RSE Curriculum Intent

By focussing on issues relating to young men in society, this programme will form young men who:

- will aim to live by the values of competence, conscience, compassion and commitment.
- will respect those they meet who are different to them.
- know what healthy and unhealthy relationships look like and the behaviours associated with these.
- understand the harmful effects of sexting.
- understand the importance of seeking consent in sexual encounters.
- are aware of the dangers of Child Sexual Exploitation and County Lines gangs.
- are able to look after their sexual health.
- are aware of issues the LGBTQIA+ community face and how to support them.
- recognise the unrealistic expectations of pornography, how it can lead to relationship issues and how to avoid watching it.
- are aware of the dangers of harmful practices such as forced marriages, honour-based violence and FGM.
- will be able to form positive relationships and keep themselves and others safe when they have left St Cuthbert's.

RSE Curriculum Implementation

- Lessons will be 15 minutes in length and delivered by form tutors once a week to Years 7-13.
- CPD has been made available to staff. Extra support to be offered for specific topics e.g. pornography.
- The curriculum is split into two parts. Part 1 runs from week 2 to 9 and covers the key topics that we believe will affect our pupils and ensure they are prepared for life in the 21st Century with a specific focus on keeping them safe. Part 2 runs from week 10 to 39 and uses specifically chosen resources from Ten:Ten's Life to the full RSE course.
- The first two lessons, in week 2 and 3, ensure pupils understand why we need to study RSE, make the ground rules clear and to make it clear to the boys how and why we keep them safe in school.
- Each lesson plan (where applicable) will contain links to websites/resources which will be displayed on the school's website so they can be used by the pupils/students and their families following the session. Ten:Ten provide access to a 'Parent Portal' so that learning can continue at home.
- Additionally:
 - Drop-down lessons on protected characteristics- Dates TBC
 - Personal Development Days- Dates TBC
 - Week 5- Black History Month
 - Week 10- Anti-Bullying Week
 - Week 35- LGBTQ+ Awareness Week

RSE Curriculum Impact

By taking part in this RSE programme our young men will:

- be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life.
- appreciate difference and diversity.
- avoid practices that could be harmful to themselves and others.
- have respect for themselves and others.



RSE Assessment Intent

- DoE statutory guidance states that: *Schools should have the same high expectations of the quality of pupils' work in these subjects as for other curriculum areas. A strong curriculum will build on the knowledge pupils have previously acquired, including in other subjects, with regular feedback provided on pupil progress. Lessons should be planned to ensure that pupils of differing abilities, including the most able, are suitably challenged. Teaching should be assessed and assessments used to identify where pupils need extra support or intervention. Whilst there is no formal examined assessment for these subjects, there are some areas to consider in strengthening quality of provision, and which demonstrate how teachers can assess outcomes. For example, tests, written assignments or self-evaluations, to capture progress.* <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/delivery-and-teaching-strategies>
- Assessment data shared with home will enable families to further support their son's knowledge of the RSE curriculum.

RSE Assessment Implementation

Formal Assessment

- At the start of each unit of work, next to the title question, pupils will self-assess their own prior knowledge on the unit of work and write down a score out of 10.
- PSHE and RSE assessments will take place during DEAR of weeks 7, 14, 21, 28 and 35.
- Each assessment will consist of 10 multiple choice questions and pupils will also re-self assess their prior knowledge to help judge progress.
- Pupils will peer mark.
- Tutor to record score out of 10 in mark book on SIMS.
- Tutor to keep assessment papers in red tutor file.

Regular Feedback

- Pupils will receive regular immediate and verbal feedback in RSE lessons.
- A knowledge recall task will take place at the end of every RSE lesson in the form of pupils answering the lesson title question in their planners. Planners will be quality assured throughout the course of the academic year.

RSE Assessment Impact

Regular Feedback and Formal Assessment in RSE will enable:

- the school to inform and develop future planning as pupil's knowledge of the RSE curriculum changes and is influenced by society and home.
- pupils to become more self-aware of their knowledge of RSE curriculum.
- pastoral staff to provide appropriate support and interventions.

Sixth Form

- In the Sixth Form RSE curriculum, there will be no formal assessment.
- Following student voice collated at the end of the 2022-2023 academic year, there will be an increased focus on debate and signposting to support.
- Regular feedback will still be given as above.

Part 1

What do I need to know about relationships and sex to keep me and others safe?

WEEK according to school calendar	Year 7	Year 8	Year 9	Year 10	Year 11
	Introduction to RSE	Healthy Relationships and Domestic Abuse	Sexting and Consent	Child Sexual Exploitation and County Lines	Sexual Health and LGBT Rights
2	What is RSE and why do we need to study it? Ground rules.	What is RSE and why do we need to study it? Ground rules	What is RSE and why do we need to study it? Ground rules.	What is RSE and why do we need to study it? Ground rules.	What is RSE and why do we need to study it? Ground rules.
3	How and why does St Cuthbert's keep you safe?	How and why does St Cuthbert's keep you safe?	How and why does St Cuthbert's keep you safe?	How and why does St Cuthbert's keep you safe?	How and why does St Cuthbert's keep you safe?
4	How can I 'live' the 4 Cs?	What makes a healthy, respectful friendship? (Part 1)	What do we mean by sexual images and why do people send them?	What do we mean by Child Sexual Exploitation (CSE)?	Why is it 'healthy' to seek consent?
5	What is bullying and why is it wrong?	What makes a healthy, respectful friendship? (Part 2)	What could go wrong sexting and what to do if it does?	What forms could exploitative behaviours take? (Part 1)	What are STI's and why are they dangerous?
6	What is difference between banter and bullying?	What makes a romantic relationship healthy and respectful?	What does the law say about sexting and how do I say no?	What forms could exploitative behaviours take? (Part 2)	What methods of contraception are available?
7	Behind the bully: Why might someone bully others?	What is domestic abuse and what forms can it take?	What is meant by 'consent'?	What does the law say about CSE and how do I report it?	LGBTQ+; what does it all mean?
8	What is homophobic language and why is it wrong?	What are the consequences of abusive behaviour?	How can I check for consent?	What do we mean by County Lines and what are the signs of grooming?	What issues do people in the LGBTQ+ community face and how can we help them?
9	What is racism and why is it wrong?	Can men be victims of domestic abuse and why is it important to respect women?	What does the law say about consent and what are the consequences of not keeping it?	Alfie's Story and how to get help.	Are things improving for the LGBTQ+ community?

Lesson Plans on SharePoint give clear info on what constitutes Parts A-D

Year 11 and 13 course will finish when leaving dates decided.

Part 2

Ten:Ten Life to the Full Programme

WEEK
according
to school
calendar

YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

**CORE THEME:
Created and Loved by God**

**SUB THEME:
Religious Understanding**

10

Who Am I?
Part A
(Year 7)

Created and Chosen
Part A
(Year 8)

The Search for Love
Part A
(Year 9)

Authentic Freedom
Part A
(Year 10)

Self-Worth
Part A
(Year 11)

11

Who Am I?
Part B
(Year 7)

Created and Chosen
Part A
(Year 8)

The Search for Love
Part B
(Year 9)

Authentic Freedom
Part B
(Year 10)

Self-Worth
Part B
(Year 11)

12

Who Am I?
Part C
(Year 7)

Created and Chosen
Part A
(Year 8)

The Search for Love
Part C
(Year 9)

Authentic Freedom
Part C
(Year 10)

Self-Worth
Part C
(Year 11)

13

Who Am I?
Part D
(Year 7)

Created and Chosen
Part A
(Year 8)

The Search for Love
Part D
(Year 9)

Authentic Freedom
Part D
(Year 10)

Self-Worth
Part D
(Year 11)

Part 2

Ten:Ten Life to the Full Programme

WEEK
according
to school
calendar

YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

CORE THEME:
Created and Loved by God

SUB THEME:
Me, My Body, My Health

14

Changing Bodies
Part A
(Year 7)

Appreciating
Differences
Part A
(Year 8)

Love People, Use
Things
Part A
(Year 9)

Self-Image
Part A
(Year 10)

Addiction
Part A
(Year 11)

15

Break from schedule due to only being in school two days. If scheduled to teach RSE on Thursday or Friday of this week, use extra link to 'The Day'

16

Changing Bodies
Part B
(Year 7)

Appreciating
Differences
Part B
(Year 8)

Love People, Use
Things
Part B
(Year 9)

Self-Image
Part B
(Year 10)

Addiction
Part B
(Year 11)

17

Changing Bodies
Part C
(Year 7)

Appreciating
Differences
Part C
(Year 8)

Love People, Use
Things
Part C
(Year 9)

Self-Image
Part C
(Year 10)

Addiction
Part C
(Year 11)

18

Changing Bodies
Part D
(Year 7)

Appreciating
Differences
Part D
(Year 8)

Love People, Use
Things
Part D
(Year 9)

Self-Image
Part D
(Year 10)

Addiction
Part D
(Year 11)

Part 2

Ten:Ten Life to the Full Programme

WEEK
according
to school
calendar

YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

CORE THEME:
Created and Loved by God

SUB THEME:
Emotional Well-Being

19

Healthy Inside and
Out
Part A
(Year 7)

Feelings
Part A
(Year 8)

In Control of My
Choices
Part A
(Year 9)

Values Attitudes and
Beliefs
Part A
(Year 10)

Eating Disorders
Part A
(Year 11)

20

Healthy Inside and
Out
Part B
(Year 7)

Feelings
Part B
(Year 8)

In Control of My
Choices
Part B
(Year 9)

Values Attitudes and
Beliefs
Part B
(Year 10)

Eating Disorders
Part B
(Year 11)

21

Healthy Inside and
Out
Part C
(Year 7)

Feelings
Part C
(Year 8)

In Control of My
Choices
Part C
(Year 9)

Values Attitudes and
Beliefs
Part C
(Year 10)

Eating Disorders
Part C
(Year 11)

22

Healthy Inside and
Out
Part D
(Year 7)

Feelings
Part D
(Year 8)

In Control of My
Choices
Part D
(Year 9)

Values Attitudes and
Beliefs
Part D
(Year 10)

Eating Disorders
Part D
(Year 11)

Part 2

Ten:Ten Life to the Full Programme

WEEK
according
to school
calendar

YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

**CORE THEME:
Created and Loved by God**

**SUB THEME:
Life Cycles**

23

Where We Come
From
Part A
(Year 7)

Before I Was Born
Part A
(Year 8)

Fertility and
Contraception
Part A
(Year 9)

Parenthood (Personal
Relationships)
Part A
(Year 10)

Birth Control
Part A
(Year 11)

24

Where We Come
From
Part B
(Year 7)

Before I Was Born
Part B
(Year 8)

Fertility and
Contraception
Part B
(Year 9)

Parenthood (Personal
Relationships)
Part B
(Year 10)

Birth Control
Part B
(Year 11)

25

Where We Come
From
Part C
(Year 7)

Before I Was Born
Part C
(Year 8)

Fertility and
Contraception
Part C
(Year 9)

Parenthood (Personal
Relationships)
Part C
(Year 10)

Birth Control
Part C
(Year 11)

26

Where We Come
From
Part D
(Year 7)

Before I Was Born
Part D
(Year 8)

Fertility and
Contraception
Part D
(Year 9)

Parenthood (Personal
Relationships)
Part D
(Year 10)

Birth Control
Part D
(Year 11)

Part 2

Ten:Ten Life to the Full Programme

WEEK
according
to school
calendar

YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

CORE THEME:
Created and Loved by God

SUB THEME:
Personal Relationships

27

Family and Friends
Part A
(Year 7)

Tough Relationships
Part A
(Year 8)

Marriage
Part A
(Year 9)

Pregnancy and
Abortion
(Life Cycles)
Part A
(Year 10)*

Pornography
Part A
(Year 11)

28

Family and Friends
Part B
(Year 7)

Tough Relationships
Part B
(Year 8)

Marriage
Part B
(Year 9)

Pregnancy and
Abortion
(Life Cycles)
Part B
(Year 10)*

Pornography
Part B
(Year 11)

29

Family and Friends
Part C
(Year 7)

Tough Relationships
Part C
(Year 8)

Marriage
Part C
(Year 9)

Pregnancy and
Abortion
(Life Cycles)
Part C
(Year 10)*

Pornography
Part C
(Year 11)

30

Family and Friends
Part D
(Year 7)

Tough Relationships
Part D
(Year 8)

Marriage
Part D
(Year 9)

Pregnancy and
Abortion
(Life Cycles)
Part D
(Year 10)*

Pornography
Part D
(Year 11)

Part 2

Ten:Ten Life to the Full Programme

WEEK
according
to school
calendar

YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

**CORE THEME:
Created and Loved by God**

**SUB THEME:
Keeping Safe**

31

My Life on Screen
Part A
(Year 7)

Think Before You
Share
Part A
(Year 8)

One Hundred
Percent
Part A
(Year 9)

Abuse
Part A
(Year 10)

STIs
Part A
(Year 11)

32

My Life on Screen
Part B
(Year 7)

Think Before You
Share
Part B
(Year 8)

One Hundred
Percent
Part B
(Year 9)

Abuse
Part B
(Year 10)

STIs
Part B
(Year 11)

33

My Life on Screen
Part C
(Year 7)

Think Before You
Share
Part C
(Year 8)

One Hundred
Percent
Part C
(Year 9)

Abuse
Part C
(Year 10)

STIs
Part C
(Year 11)

34

My Life on Screen
Part D
(Year 7)

Think Before You
Share
Part D
(Year 8)

One Hundred
Percent
Part D
(Year 9)

Abuse
Part D
(Year 10)

STIs
Part D
(Year 11)

Part 2

Ten:Ten Life to the Full Programme

WEEK
according
to school
calendar

YEAR 7

YEAR 8

YEAR 9

YEAR 10

YEAR 11

**CORE THEME:
Created and Loved by God**

**SUB THEME:
Living in the Wider World**

35

Living Responsibly
Part A
(Year 7)

Wider World
Part A
(Year 8)

Knowing My Rights
and Responsibilities
Part A
(Year 9)

Solidarity
Part A
(Year 10)

Coercive Control
Part A
(Year 11)

36

Living Responsibly
Part B
(Year 7)

Wider World
Part B
(Year 8)

Knowing My Rights
and Responsibilities
Part B
(Year 9)

Solidarity
Part B
(Year 10)

Coercive Control
Part B
(Year 11)

37

Living Responsibly
Part C
(Year 7)

Wider World
Part C
(Year 8)

Knowing My Rights
and Responsibilities
Part C
(Year 9)

Solidarity
Part C
(Year 10)

Coercive Control
Part C
(Year 11)

38

Living Responsibly
Part D
(Year 7)

Wider World
Part D
(Year 8)

Knowing My Rights
and Responsibilities
Part D
(Year 9)

Solidarity
Part D
(Year 10)

Coercive Control
Part D
(Year 11)

39

TBC