

## Science - RSHE Content

### Relationships and sex education

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

<b>What is covered?</b>	<b>When is it covered?</b>
That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.	Aspects of this are covered in - Year 9 Biology – Summer term – STI’s and contraception Year 10 Biology – Spring term – STI’s and contraception
The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women (and menopause) <sup>1</sup>	Facts about reproductive health and fertility are covered Spring term Year 10.
That they have a choice to delay sex or to enjoy intimacy without sex.	Year 9 Biology – Summer term – STI’s and contraception
The facts about the full range of contraceptive choices, efficacy and options available.	Year 9 Biology – Summer term – STI’s and contraception Year 10 Biology – Spring term – STI’s and contraception
The facts around pregnancy (including miscarriage) <sup>1</sup>	Year 7 Science – Summer term – Reproduction Topic - Facts about fertilisation and pregnancy
How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	Year 9 Biology - Summer term Year 10 – Spring term Year 11 Biology – Spring term
About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Year 9 Biology - Summer term Year 11 Biology – Spring term
How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Year 9 Biology - Summer term - STI’s and contraception Year 10 Biology – End of year ‘Be real day’

### Health Education

#### **Physical health and fitness**

<b>What is covered?</b>	<b>When is it covered?</b>
The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.	Year 8 Science – Autumn term – Food & digestion topic Year 11 Biology - Spring term

<sup>1</sup> Highlighted content currently being added to existing teaching plans

About the science relating to blood, organ and stem cell donation.	Year 11 Biology - Spring term
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## Healthy Eating

What is covered?	When is it covered?
How to maintain healthy eating and the links between a poor diet and health risks, (including tooth decay) <sup>1</sup> and cancer.	Year 8 Science - Autumn term – Food & digestion topic (tooth decay not specifically covered) Year 11 Biology - Spring term.

## Drugs, alcohol and tobacco

What is covered?	When is it covered?
The physical and (psychological risks) <sup>1</sup> associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.	Year 11 Biology - Spring term
The physical and psychological consequences of addiction, including alcohol dependency.	Physical consequences of alcohol dependency covered in Year 11 Biology - Spring term
Awareness of the dangers of drugs which are prescribed but still present serious health risks.	Year 11 Biology – Spring term – when covered heart disease medications
The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.	Year 11 Biology – Spring term

## Health and prevention

What is covered?	When is it covered?
About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.	Year 8 Science - Summer Term – Microbes topic Year 11 Biology – Spring term
The facts and science relating to immunisation and vaccination.	Year 8 Science - Summer Term – Microbes topic Year 11 Biology – Spring term

## Changing adolescent body

What is covered?	When is it covered?
Key facts about puberty, the changing adolescent body and menstrual wellbeing.	Year 7 Science – Summer term – Reproduction Topic
The main changes which take place in males and females, and the implications for emotional and physical health.	Year 7 Science – Summer term – Reproduction Topic

## Basic First Aid

What is covered?	When is it covered?
Basic treatment for common injuries.	Towards the end of Year 7 we get external trainers in to teach this to the whole year group.
Life-saving skills, including how to administer CPR.	
The purpose of defibrillators and when one might be needed.	