

Corpus Christi Catholic High School



Healthy Relationships and Sex Education Teaching Content Overview 2023-24

Year Group	HRSE Lesson Content	Other HRSE content taught across the curriculum
7	<ul style="list-style-type: none"> • The physical & emotional aspects of adolescence. • Identifying and developing healthy relationships and risk management. • Sexual health and hygiene and self-examination. <p><i>All pupils must:</i></p> <p>Lesson 1: Understand the changes that occur during puberty.</p> <p>What the physical, emotional and social changes are for girls and boys.</p> <p>Lesson 2: Understand the different types of relationships they have.</p> <p>What the characteristics of a good friendship are.</p> <p>How to manage risk in the different relationships they encounter in their lives.</p> <p>Lesson 3: Understand the importance of hygiene. (Debate lesson)</p> <p>The impact the changes in the body have on their health and hygiene.</p> <p>The importance of personal hygiene and the implications on the body if they do not maintain it.</p>	<p>Science:</p> <ul style="list-style-type: none"> • Reproductive organs, menstrual cycle and sexual reproduction. <p>Religious Studies:</p> <ul style="list-style-type: none"> • Positive relationships/ community. <p>ELD 3:</p> <ul style="list-style-type: none"> • British Values.
8	<ul style="list-style-type: none"> • Sexual Exploitation. • Social media platforms and sexuality. • The effects of drugs and alcohol in relation to relationships and decisions about sexuality. <p><i>All pupils must:</i></p> <p>Lesson 1: Understand the signs of exploitation in relationships.</p> <p>What the signs of exploitation are.</p> <p>The Catholic Church' view of exploitation in a relationship.</p> <p>How to recognise the signs of exploitation and know how to report it.</p>	<p>RE:</p> <ul style="list-style-type: none"> • The Sacrament of Marriage and the procreation of new life within this setting is central to the exploration of secular topics such as promiscuity, contraception and divorce.

	<p>Understand the rights and dignity of the individual.</p> <p>How to recognise, then respond to domestic violence in a relationship.</p> <p>Lesson 2: Understand the dangers of sexting.</p> <p>Understand the dangers of sexting especially for children.</p> <p>Understand the emotional, physical and legal issues with sexting.</p> <p>Understand the dangers of social media and appropriateness.</p> <p>Lesson 3: Understand the dangers of alcohol and relationships. (Debate lesson)</p> <p>Understand the dangers of relationships/sex, whilst under the influence of alcohol.</p> <p>Understand the effects drugs/alcohol have on free will.</p> <p>Understand the dangers of being under the influence of drugs/alcohol.</p>	
9	<ul style="list-style-type: none"> • Consenting to sexual activity within a marriage. • The dangers of sexually transmitted diseases and Sexual health and welfare. • The effects of pornography on the dignity of the human person. <p><i>All pupils must:</i></p> <p>Lesson 1: Understand what consent means.</p> <p>Pupils recognise that consent is a constituent of marital relationships in the Catechism, and a legal term.</p> <p>What the Catholic Church teaches about love, marriage and consent.</p> <p>The rights and dignity of your own body.</p> <p>How to withhold or withdraw sexual consent.</p>	<p>ELD 2:</p> <ul style="list-style-type: none"> • Drug Misuse and making correct choices.

	<p>Lesson 2: Understand what Sexually Transmitted Infections are and what we mean by the term Sexual Health.</p> <p>What a sexually transmitted infection is.</p> <p>The importance of looking after your sexual health.</p> <p>How to reduce the risk of sexually transmitted infections.</p> <p>Lesson 3: Understand what we mean by pornography and FGM. (Debate lesson)</p> <p>Recognise the physical, emotional and spiritual effects of pornography.</p> <p>Identify the features of a healthy, loving sexual relationship.</p> <p>Understand what FGM is and how to protect yourself and others from it.</p>	
10	<ul style="list-style-type: none"> • Domestic violence. • Consequences of sex outside of marriage/ promiscuity. • The dangers of homophobia. <p><i>All pupils must:</i></p> <p>Lesson 1: Understand what domestic violence is.</p> <p>What the Catholic Church teaches about relationships, linked to domestic violence.</p> <p>The rights and dignity of the individual.</p> <p>How to recognise, then respond to domestic violence in a relationship.</p> <p>Lesson 2: Understand what the different attitudes to sex outside marriage are (Debate lesson)</p> <p>A range of attitudes towards sex and sex before marriage.</p> <p>Christians' beliefs about sex and sex before marriage.</p> <p>The risks of promiscuity.</p>	<p>Science:</p> <ul style="list-style-type: none"> • Infertility treatments. • Sexual reproduction. • Contraception.

	<p>Lesson 3: Understand what homophobic bullying is.</p> <p>Examples of homophobic bullying.</p> <p>Why, as a Catholic school, we believe homophobic bullying is wrong.</p> <p>What to do if you witness or are the victim of homophobic bullying.</p>	
11	<ul style="list-style-type: none"> • Building healthy relationships. • Healthy pregnancy & sexual health within a marriage. • Parenthood. <p><i>All pupils must:</i></p> <p>Lesson 1: Understand what makes a healthy relationship.</p> <p>Understand the Catholic teaching on healthy relationships.</p> <p>Understand the features of a healthy relationship.</p> <p>Consider ways in which we can treat each other with dignity.</p> <p>Identify signs of unhealthy relationships or behaviours.</p> <p>Introduce the Catholic teaching on where sex belongs in a relationship.</p> <p>Lesson 2: Catholic teaching on where sex belongs in a relationship.</p> <p>Understand the Catholic teaching on where sex belongs in a relationship.</p> <p>Consider reasons for and against having a baby.</p> <p>Understand what happens when someone is pregnant.</p> <p>Understand what happens in childbirth.</p>	<p>Science:</p> <ul style="list-style-type: none"> • Infertility treatments. • Sexual reproduction. • Contraception.

	<p>Lesson 3: Understand what is meant by marriage and family life. (Debate lesson)</p> <p>Know what the Catholic Church teaches about marriage and family life.</p> <p>Understand the reasons why married couples choose to have babies.</p> <p>Understand the importance of good parenting within a strong marriage.</p>	
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If you have any questions or queries regarding our HRSE Curriculum, please contact;

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