



CORNELIUS
VERMUYDEN
SCHOOL

Respect. Resilience. Responsibility

20 July 2023

Dear Parent/Carer

Re: RSE Consultation

The Department for Education has made the teaching of Relationships and Sex Education (RSE) and Health Education compulsory in all secondary schools since September 2020. Most of this programme is delivered through our Personal, Social, Health and Economic (PSHE) education programme.

We are further reviewing our relationships and sex education (RSE) curriculum and policy, so that we can be sure our RSE/PSHE provision is appropriate for our students based on their:-

- Age;
- Physical and emotional maturity;
- Religious and cultural backgrounds;
- Special educational needs and/or disabilities (SEND).

PSHE (Personal, Social and Health Education) is a school subject through which students develop the knowledge, skills and attributes that they need to keep themselves healthy and safe, and prepare for life and work in modern Britain. Evidence shows that well-delivered PSHE programs have an impact on both academic and non-academic outcomes for students, particularly the most vulnerable and disadvantaged.

Personal, social, health and economic (PSHE) education is an important and necessary part of all students' education. Relationships and sex education (RSE) is an important part of PSHE education. Relationship and sex education (RSE) is compulsory for all secondary school students.

We have made updates to our curriculum for 2023-2024.

1. Some specialised RSE lessons have voiceovers included within teaching materials to support staff with the delivery of sensitive and complex topics. This also allows for consistency in teaching in teaching this topics for students across all year groups. The voiceovers are from staff with experience of teaching these topics.
2. We want staff and students to focus on the important content of PSHE and the teaching of life skills in lessons. Therefore, for the 2023-2024 academic year, staff will no longer be expected to

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mark students work. Instead, student comprehension of topics will be assessed through recall activities such as quizzing and other forms of formative assessment.

3. Lessons on Politics have been edited and updated to reflect recent changes to Government i.e Liz Truss and then Rishi Sunak as Prime Minister. They have also been edited to reflect recent changes to the Monarchy and now refer to King Charles III rather than Elizabeth II through law making processes.
4. PSHE lessons will continue to be anchored for the whole school to prioritise the importance of the subject matter and will enable full support from the pastoral and senior leadership teams.

Cornelius Vermuyden School will be starting their consultation process on 20 July 2023. The consultation will close on Monday 21 August 2023.

As part of this, parents, staff and governors, will be asked to read through the following:-

1. RSE Letter
2. RSE Draft Policy
3. PSHE/RSE Curriculum Maps (enclosed)

We would then ask all stakeholders to provide their feedback to this consultation by completing the following questionnaire: - <https://forms.office.com/e/uRWZRXLihZ>

We will consider responses to the consultation so that our RSE Policy can be ratified by the full governing board (September 2023) and published before the start of the 2023/24 academic year.

I thank you all in advance for your support.

Yours faithfully



Mr I Hockey
Headteacher

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CORNELIUS PSHE YEAR 7



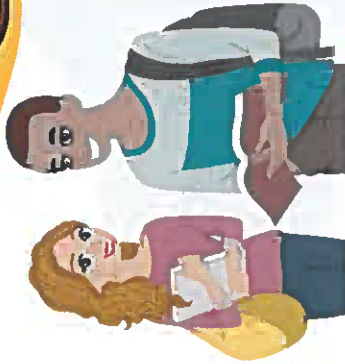
MANAGING CHANGE (6) LESSON 1 - 5

- Getting to know people
Careers & your future
- Sleep & relaxation
- Financial Education
- Transition points
your life



FRIENDSHIPS, RESPECT & RELATIONSHIPS (3) LESSON 6 - 12

- Consent and boundaries
- Respect and relationships
- What makes a good friend
- Friendships and managing them
- Being positive & Self Esteem
- Pressure & Influence
- What does it mean to be a man?



STATUTORY RSE & HEALTH TOPICS COVERED

- Families
- Respectful relationships,
including friendships
- Online & the Media
- Being safe
- Intimate & sexual relationships,
including sexual health
- Mental Wellbeing
- Internet Safety & Harms
- Physical Health & Wellbeing
- Healthy Eating
- Drugs, Alcohol & Tobacco
- Health & Prevention
- Basic First Aid
- Changing Adolescent body

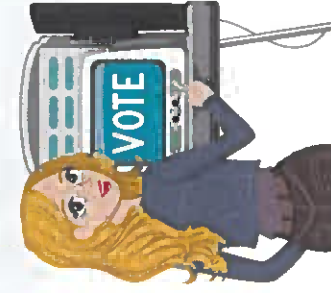
STAYING SAFE ONLINE & OFFLINE (4) LESSON 13 - 20

- Avoiding Gangs
- Staying Safe Online
- Fortnite, Grooming &
online gaming
- What is alcohol?
- What is smoking?
- E-Cigs and vaping
- Energy Drinks
(Carrying a knife)



POLITICS, PARLIAMENT AND ME (1) LESSON 34 - 38

- Why is politics important
- How is our country run?
- Elections & Campaigning
- Politics & Debating
- Exploring inside Parliament



CELEBRATING DIFFERENCES (2) LESSON 28 - 33

- What is your identity?
- Nature Vs Nurture
- Equality Act 2010
- Breaking down Stereotypes
- Prejudice and Discrimination
- Challenging Islamophobia

PUBERTY & BODY DEVELOPMENT (5) LESSON 21 - 27

- Intro to Puberty
- Puberty (girls focus)
- Puberty (Boys focus)
- Personal & Oral Hygiene
- Growing up & FGM
- Assertiveness, consent & Hormones
- Self Esteem & empowerment



6 CORE THEMES:

- CORE THEME 1** - Rights, Responsibilities and British Values
- CORE THEME 2** - Celebrating Diversity and Equality
- CORE THEME 3** - Relationships and Sex Education
- CORE THEME 4** - Staying Safe Online and Offline
- CORE THEME 5** - Health and Wellbeing
- CORE THEME 6** - Life Beyond School

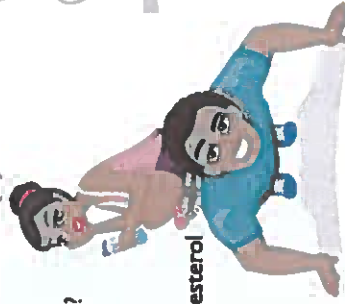
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Resilience.
Responsibility...*

CORNELIUS PSHE YEAR 8



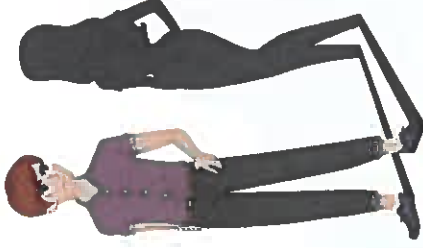
PHYSICAL HEALTH & MENTAL WELLBEING (5) LESSON 1 - 7

- Health & Wellbeing
- What is Mental health?
- Positive Body Image
- Child Abuse
- Types of Bullying
- Healthy Eating & Cholesterol
- Stress Management



DANGEROUS SOCIETY ONLINE & OFFLINE (4) LESSON 7 - 14

- County Lines - What is it?
- County Lines - Who is at risk?
- Substance misuse
- Online safety - Cyber bullying
- Grooming Boys & Girls
- Drugs Education - Alcohol safety
- Child Exploitation & Online Protection

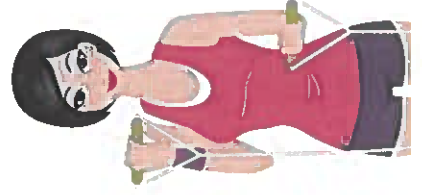


IDENTITY, RELATIONSHIPS & SEX EDUCATION (3) LESSON 15 - 21

- Intro to relationships & Sex Education
- Healthy Relationships
- Sexual Orientation
- Gender Identity
- Introduction to Contraception
- What is Love
- Periods and Menstrual Cycles

PROUD TO BE ME (6) LESSON 22 - 26

- Employability Skills
- Proud to be me + Career Choices
- Career Interests & Jobs
- Self Esteem & the Media
- Labour market information

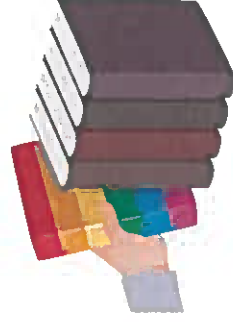


STATUTORY RSE & HEALTH TOPICS COVERED

- Families
- Respectful relationships, including friendships
- Online & the Media
- Being safe
- Intimate & sexual relationships, including sexual health
- Mental Wellbeing
- Internet Safety & Harms
- Physical Health & Wellbeing
- Healthy Eating
- Drugs, Alcohol & Tobacco
- Health & Prevention
- Basic First Aid
- Changing Adolescent body

LGBTQA+ EXPLORED (2) LESSON 27 - 32

- LGBT what is it?
- LGBT Homophobia in schools
- Supporting those that are LGBT
- Challenging homophobia
- Transphobia
- Coming Out



LAW, CRIME & SOCIETY (1) LESSON 33 - 38

- Desert Island Living
- Building a Community
- Making Decisions & Priorities
- Criminals, Laws & Society
- Law making in the UK
- Prisons, Reform & Punishment



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CORNELIUS PSHE YEAR 9



LEGAL & ILLEGAL DRUGS (4) LESSON 1 - 7

- Introduction to Drugs
- Different types of Addictions
- Cannabis Products
- Drug Classifications
- "Party" Drugs & Dangers
- Exploring illegal Drugs & Effects
- Volatile Substance Abuse

BODY CONFIDENCE (5) LESSON 8 - 13

- Self Esteem Changes
- What is a Penis?
- What is a Vulva?
- Bullying in all its Forms
- Media & Airbrushing
- Cancer Prevention & Healthy Lifestyles



SEX THE LAW & CONSENT (3) LESSON 14 - 20

- Sexual Consent & the law
- FGM & the law
- Delaying Sexual Activity
- Why have Sex?
- Relationships and Partners
- Pleasure and Masturbation
- What are STI's?



CONTRACEPTION & STI'S (3) LESSON 28 - 34

- STI Lesson
- Contraception Available
- The Condom Lesson
- Exploring the realities of Contraception
- Sexual Harassment & Stalking
- HIV and AIDS
- AIDS - Prejudice & Discrimination



STATUTORY RSE & HEALTH TOPICS COVERED

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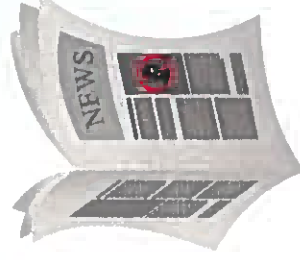
ESSENTIAL LIFE SKILLS (6) LESSON 21 - 27

- Form Failure to Success
- First Aid Lesson 1
- First Aid Lesson 2
- Importance of Happiness
- What is Anger?
- Saving & managing money
- Social media & online stress



COMBATING EXTREMISM & TERRORISM (1) LESSON 35 - 40

- Extremism in all its forms
- What is Terrorism?
- Proud to be British
- The Radicalisation Process
- Counter Terrorism
- Anti - Semitism



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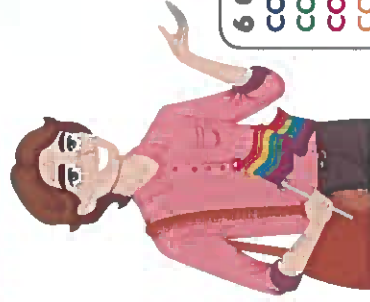
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CORNELIUS PSHE YEAR 10



MENTAL HEALTH & WELLBEING (5) LESSON 1 - 6

- Child abuse (CSE)
- Self Harm
- Screen Time & Safe Mobile
- Phone Use
- Common Mental Health Issues
- Suicidal thoughts & Support
- Promoting emotional wellbeing



RIGHTS & RESPONSIBILITIES (6) LESSON 7 - 13

- Instagram Generation
- Targeted Advertising
- Marriage - what it is?
- Rights & Responsibilities
- Consumer Rights
- Employment rights
- Exploring a paycheck



EXPLORING RELATIONSHIPS & SEX EDUCATION (3) LESSON 14 - 20

- Campaigning against FGM
- Sexting Nudes & Dick Pics
- Porn Life vs Real Life
- Porn materials and attitudes
- Domestic abuse & violence
- Sexual violence (Assault & Rape)
- Sexualisation of the Media



VIOLENCE, CRIME & SEEKING SAFETY (4) LESSON 21 - 27

- Honour Based Violence
- Forced Marriages
- Online Gambling
- Social Media Validation
- Keeping Data Safe
- Modern Day Slavery
- Preventing Knife Crime

STATUTORY RSE & HEALTH TOPICS COVERED

- Families
- Respectful relationships, including friendships
- Online & the Media
- Being safe
- Intimate & sexual relationships, including sexual health
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- Physical Health & Wellbeing
- Healthy Eating
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EXPLORING BRITISH VALUES (1) LESSON 28 - 32

- Critical thinking & Fake News
- LGBT Rights & British Values
- What are Human Rights
- Exploring Human Rights
- Exploring Britishness & British Values

EXPLORING WORLD ISSUES (2) LESSON 33 - 37

- International Organisations
- Aid supporting Other Countries
- Fair Trade
- Women's Rights & Equality
- # Metoo Movement & Time's Up



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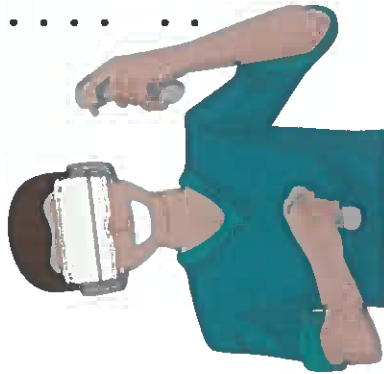
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CORNELIUS PSHE YEAR 11



STAYING SAFE (4) LESSON 1 - 7

- Virtual Reality & Live Streaming
- New Psychoactive Drugs (NPS)
- Festivals & Drugs
- War on Drugs
- Cosmetic & Aesthetic Procedures
- Drugs substance addiction
- Online reputation & Digital Footprints



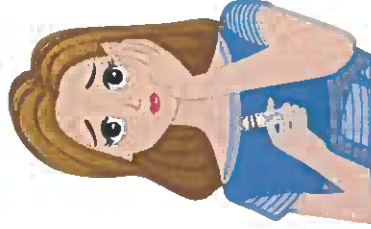
SEXUAL HEALTH (3) LESSON 8 - 14

- Peer on Peer bullying
- Fertility and what impacts it
- Alcohol & Bad Choices
- Importance of Sexual Health
- Revisiting contraception
- Revisiting STI's
- Respect & Relationships



ADULT HEALTH & LOOKING AFTER YOURSELF (5) LESSON 15 - 20

- Organ donation & Donating blood
- Teenage Pregnancy Choices
- Abortion (Morals, laws & thoughts)
- Testicular & Prostate Cancer
- Cervical, breast & Ovarian Cancer
- Love & Abuse are not the same



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- Physical Health & Wellbeing
- Healthy Eating
- Drugs, Alcohol & Tobacco
- Health & Prevention
- Basic First Aid
- Changing Adolescent body

YOUR FUTURE & BEYOND (6) LESSON 21 - 25

- Time management
- Dealing with exam stress & anxiety
- Instagram Life Vs. Real Life
- Writing a Personal statement
- Writing a CV



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