



## RSE Delivery at St Bede's

At St Bede's, Relationships and Sex Education (RSE) is taught progressively through PSHCE and is complemented by relevant learning in Religious Formation, Science, ICT/Digital Education and the wider curriculum. This overview reflects the College's revised programme and the updated RSE curriculum expectations for September 2026.

| Year | PSHCE / RSE Curriculum                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Complementary Curriculum Coverage                                                                                                                                                                                                                                                    |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7    | Friendships and respectful relationships; bullying and online safety; emotional wellbeing; puberty, body image and self-worth; healthy lifestyles; personal hygiene and dental health; vaping, nicotine and tobacco; online time and wellbeing; boundaries, assertiveness, FGM and forced marriage.                                                                                                                                                                                                                                                                  | Science: puberty and the changing adolescent body.<br>ICT/Digital: online safety, digital footprint and responsible use of information.<br>Religious Formation: human dignity, relationships and Catholic formation.                                                                 |
| 8    | Digital literacy, fake news and reliability of online content; online safety and digital wellbeing; equality, diversity and stereotypes; substance use including smoking, drugs and alcohol; contraception and influence; healthy relationships and boundaries; sharing intimate images, sextortion and AI-generated/deepfake sexual imagery; physical and mental wellbeing.                                                                                                                                                                                         | Science: relevant health and reproductive learning.<br>ICT/Digital: safe and discerning use of technology and online information.<br>Religious Formation: dignity, relationships, morality and Catholic teaching.                                                                    |
| 9    | Healthy and unhealthy relationships; consent; pornography and gender stereotypes; sexual health; contraception and STIs; mental health, loss and coping; self-esteem, body image and eating disorders; drugs, alcohol and risky behaviour; gangs, exploitation, abuse, human trafficking and forced marriage; financial education and gambling.                                                                                                                                                                                                                      | Science: reproductive health, fertility and relevant health content.<br>ICT/Digital: digital footprint and online information.<br>Religious Formation: relationships, marriage, sexual ethics and Catholic teaching.                                                                 |
| 10   | Mental health, transitions, resilience and help-seeking, including age-appropriate suicide-prevention learning; substance abuse; personal health monitoring and self-examination; relationships, pornography, sexual harassment, abuse and coercive control, including non-fatal strangulation; online relationships and digital wellbeing; equality and discrimination, including facts and law relating to biological sex and gender reassignment; marriage; extremism and intolerance, including online bullying, hate speech, physical violence and knife crime. | Science: health, disease and prevention; relevant reproductive and sexual health content.<br>ICT/Digital: safe and discerning use of technology, digital footprint and image-sharing law.<br>Religious Formation: marriage, human dignity, morality, equality and Catholic teaching. |

| Year         | PSHCE / RSE Curriculum                                                                                                                                                                                                                                                                                                                        | Complementary Curriculum Coverage                                                                                                                                                                                                                                     |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>11</b>    | Managing money, safety and independence; relationship values; consent and sexual health; fertility, contraception, pregnancy, miscarriage and pregnancy outcomes; healthy lifestyle choices and access to health services; parenting, family life, loss and support; managing relationship change; self-worth and preparation for adult life. | Science: sexual and reproductive health, fertility and relevant health content.<br>Religious Formation: marriage, family life, relationships, vocation and Catholic teaching.<br>ICT/Digital: online safety and responsible participation.                            |
| <b>12–13</b> | Relationships, wellbeing, personal responsibility, adult safety, health, vocation and preparation for independent adult life are revisited and extended in an age-appropriate way. Students continue to develop responsibility for their health and wellbeing, safe and discerning use of technology, and their role in the wider world.      | Tutor/PSHCE programme: age-appropriate continuation of statutory learning.<br>Religious Formation: vocation, relationships, dignity and moral formation.<br>ICT/Digital and wider curriculum: online discernment, digital citizenship and preparation for adult life. |

**Curriculum mapping and review.** This overview should be read alongside the College’s detailed PSHCE/RSE curriculum mapping, which identifies lesson-level coverage of the statutory DfE requirements and the CES Catholic RSE curriculum. Relevant learning in Religious Formation, Science, ICT/Digital Education and the wider curriculum complements the planned PSHCE programme. The curriculum is reviewed annually to ensure that statutory requirements and Catholic curriculum expectations are met.