



An overview of the Relationship, Sex and Health Education programme in Science at St Bede's Catholic College

Year 7

Cells and Reproduction

- *Changing adolescent body*: key facts about puberty, the changing adolescent body and menstrual wellbeing
- the main changes which take place in males and females, and the implications for emotional and physical health

Year 8

Organisms and Body systems

- *Physical health and fitness*: 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
- *Healthy eating*: how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer
- *Basic first aid*: basic treatment for common injuries

Year 9

The world of Microbes

- *Health and prevention*: about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection

Years 10

Communicable Diseases:

- *Intimate and sexual relationships, including sexual health*: how the different sexually transmitted infections (STIs), including HIV and AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing
- about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment
- *Health and prevention*: about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics
- the facts and science relating to immunisation and vaccination

Non-communicable Diseases

- *Physical health and fitness*: 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
- *Drugs, alcohol and tobacco*: the facts about the harms from smoking tobacco (particularly the link to lung cancer)

Year 11:

Reproduction

- *Intimate and sexual relationships, including sexual health*: the facts about the full range of contraceptive choices, efficacy and options available

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| <p>Year 7 Religious Understanding - Who Am I? My Body - changing bodies Emotional Well-being – healthy inside and out Life Cycles – Where we come from Personal Relationships – Family and Friends Keeping Safe – My life on Screen Wider world – Living responsibly</p> <p>Topics include the family, healthy relationships and how to be safe online.</p> | <p>Year 8 Religious Understanding – Created and Chosen My Body - Deepest identity Emotional Well-being – What do I do with these feelings? Life Cycles – Before I was born Personal Relationships – When relationships get tough Keeping Safe – Think before you share Wider world – Living in an unjust world.</p> <p>Topics include the gender and sexuality, media portrayals of the human body and sexual attraction.</p> |
| <p>Year 9 Religious Understanding – The Search for Love My Body - Love people, use things. Emotional Well-being – In control of my choices Life Cycles – Fertility and contraception Personal Relationships – Marriage Keeping Safe – Consent Wider world – Knowing my rights and responsibilities. Topics include contraception, committed relationships and consent</p> | <p>Year 10 Religious Understanding – Authentic Freedom My Body - Body image Emotional Well-being – Values, attitudes and beliefs Life Cycles – Pregnancy and abortion Personal Relationships – Parenthood: Ready or not? Keeping Safe – Exploitation Wider world – Moral Questions. Topics include Abortion and the Church's teaching, inappropriate online content and FGM.</p> |
| <p>Year 11 Religious Understanding – Respect My Body - Keeping well on the outside Emotional Well-being – Keeping well on the inside Life Cycles – Family time Personal Relationships – Healthy relationships Keeping Safe – Sexual Health Wider world – Personhood and dignity Topics include factual information about testicular and breast-self examination, anxiety, depression and self-harm, contraception,</p> | <p>Sixth Form Religious Understanding – Respect My Body - Keeping well on the outside Emotional Well-being – Keeping well on the inside Life Cycles – Family time Personal Relationships – Healthy relationships Keeping Safe – Sexual Health Wider world – Personhood and dignity</p> |

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| STI's, HIV and AIDS and how it can be transmitted and how to seek advice. | |
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