

Appendix A: RSE Curriculum Overview by Year Group

This appendix provides a detailed breakdown of the RSE curriculum at Bradford Christian School, mapped against statutory requirements and clearly identifying what constitutes "sex education" (from which parents can withdraw their child).

Key to Statutory Requirements

- **RE** = Relationships Education (statutory for all primary pupils)
- **RSE** = Relationships and Sex Education (statutory for all secondary pupils)
- **HE** = Health Education (statutory for all pupils)
- **SE** = Sex Education (parents can request withdrawal from this content)
- **Science** = National Curriculum Science (parents cannot withdraw from this)

Primary Phase: EYFS - Year 6

EYFS (Nursery & Reception)

Delivery: Integrated into daily routines, stories, and play-based learning

Statutory Requirement: Relationships Education (RE)

Topics Covered:

Topic	Learning Objectives	Resources	Parental Withdrawal?
Families and people who care for me	- Understand that families can look different - Recognise who cares for them - Know that families love and care for each other	PSHE Association materials Thrive resources Stories and circle time	No - this is RE
Caring friendships	- How to be a kind friend - Sharing and taking turns - How to say sorry	PSHE Association materials Thrive resources	No - this is RE

Respectful relationships	- Using kind words - Respecting differences - Basic manners and courtesy	PSHE Association materials Thrive resources	No - this is RE
Online relationships	- Safe use of technology - Screen time boundaries - Who to talk to if something online makes them uncomfortable	PSHE Association materials Thrive resources	No - this is RE
Being safe	- Recognising safe and unsafe touches - Who to talk to if they feel unsafe - Basic body privacy	PSHE Association materials Thrive resources NSPCC Pants resources	No - this is RE

No Sex Education is taught in EYFS

Years 1 & 2

Delivery: PSHE lessons following thematic approach: Autumn (Relationships), Spring (Living in the Wider World), Summer (Health and Wellbeing)

Statutory Requirement: Relationships Education (RE)

Topics Covered:

Topic	Learning Objectives	Resources	Parental Withdrawal?
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Families and people who care for me	- Different types of families (including same-sex parents) - Characteristics of healthy family life - Who to ask for help	PSHE Association materials Thrive resources	No - this is RE
Caring friendships	- How to make friends - How to resolve simple arguments - Recognising when they or someone else feels lonely	PSHE Association materials Thrive resources	No - this is RE
Respectful relationships	- The importance of respecting others - What respect looks like - Recognising unkind behaviour	PSHE Association materials Thrive resources	No - this is RE
Online relationships	- How to use the internet safely - Who to tell if something worries them online - That not everything online is true	PSHE Association materials Thrive resources	No - this is RE
Being safe	- Recognising safe and unsafe situations - Understanding privacy and personal boundaries - Secrets that should never be kept	PSHE Association materials Thrive resources NSPCC resources	No - this is RE

No Sex Education is taught in Years 1 & 2

Years 3 & 4

Delivery: PSHE lessons following thematic approach: Autumn (Relationships), Spring (Living in the Wider World), Summer (Health and Wellbeing)

Statutory Requirement: Relationships Education (RE)

Topics Covered:

Topic	Learning Objectives	Resources	Parental Withdrawal?
Families and people who care for me	- Different types of families and family structures - How families care for each other - Recognising if family relationships are making them feel unhappy or unsafe	PSHE Association materials Thrive resources	No - this is RE
Caring friendships	- How friendships support wellbeing - How to recognise a healthy friendship - Strategies to resolve friendship conflicts	PSHE Association materials Thrive resources	No - this is RE
Respectful relationships	- What respect means in different contexts - How to show respect to people who are different - Understanding stereotypes and challenging them	PSHE Association materials Thrive resources	No - this is RE

Online relationships	- How to communicate respectfully online - Recognising online risks - How to report concerns or inappropriate content	PSHE Association materials Thrive resources	No - this is RE
Being safe	- Understanding personal boundaries - Recognising uncomfortable situations - How to get help if they feel unsafe	PSHE Association materials Thrive resources NSPCC resources	No - this is RE
Physical health and wellbeing	- Basic hygiene - Healthy eating - Importance of sleep and exercise	PSHE Association materials Thrive resources	No - this is HE

No Sex Education is taught in Years 3 & 4

Years 5 & 6 (Two-Year Cycle)

Delivery: Dedicated RSE module in Spring Term 2 (6 weeks), plus ongoing PSHE lessons

Statutory Requirement: Relationships Education (RE) + optional Sex Education (SE)

Year A (2024-2025, 2026-2027)

Focus: Relationships Education - Building on foundational knowledge

Week	Topic	Learning Objectives	Resources	Statutory Requirement	Parental Withdrawal?

1	Families and Friendships: Managing friendships and peer influence	- What makes a healthy friendship - Strategies to help someone feel included - About peer influence and how it can make people feel or behave - Strategies to manage peer influence (e.g. exit strategies, assertive communication)	PSHE Association Lovewise Unit 1	RE	No
2	Families and Friendship: Attraction to others; romantic relationships ; civil partnership and marriage	- What it means to be attracted to someone - Different kinds of loving relationships - That people who love each other can be of any gender, ethnicity or faith - The difference between gender identity and sexual orientation - What marriage and civil partnership mean - That people have the right to choose whom they marry - That forcing anyone to marry is illegal	PSHE Association Lovewise Unit 1	RE	No

3	Safe friendships: Physical contact and feeling safe	- What physical touch is acceptable/unacceptable, wanted/unwanted - How to ask for, give and not give permission for physical contact - How it feels when they are uncomfortable - How to respond to unwanted physical contact - That no one should ask them to keep a secret that makes them uncomfortable	PSHE Association Lovewise Unit 2	RE	No
4	Safe friendships: Recognising and managing pressure; consent	- Features of healthy and unhealthy friendships - Shared responsibility in risky situations - Strategies to respond to pressure from friends (including online) - How to assess risk of online 'challenges' and 'dares' - What consent means and how to seek and give/not give permission	PSHE Association Lovewise Unit 2	RE	No
5	Respecting ourselves and others: Responding respectfully; recognising prejudice and discrimination	- That everyone should be treated equally - Why it's important to listen and respond respectfully to people whose traditions, beliefs and lifestyle are different - What discrimination means (racism, sexism, homophobia) - The impact of discrimination	PSHE Association Lovewise Unit 3	RE	No

		- Ways to safely challenge discrimination			
6	Respecting ourselves and others: Respecting other points of view	- How to discuss issues respectfully - How to listen to and respect other points of view - How to constructively challenge points of view they disagree with - Ways to participate effectively in discussions online	PSHE Association Lovewise Units 4&5 Premier Stars	RE	No

Year B (2023-2024, 2025-2026, 2027-2028)

Focus: Puberty Education (NOT Sex Education - parents cannot withdraw)

Note: This year includes teaching about puberty, menstruation, and reproductive health, which are part of Health Education and Science, not Sex Education. Parents cannot withdraw from this content. [Relationships and Sex Education Statutory Guidance](#)

Week	Topic	Learning Objectives	Resources	Statutory Requirement	Parental Withdrawal?
1	How your body changes at Puberty	- Understand what puberty is and why it happens - The main changes in males and females - Facts about puberty and the changing adolescent body, including brain development - About menstrual and gynaecological health - When to seek help from healthcare professionals Relationships and Sex Education Statutory Guidance	Lovewise: Growing Up, Growing Wise Science curriculum	HE + Science	No - this is HE and Science, not SE

2	Marriage relationships	- Civil partnerships and marriage - Marriage as a commitment freely entered into - Different types of families, including same-sex parents Relationships and Sex Education Statutory Guidance - Differences and similarities (protected characteristics) - That forcing anyone to marry is a crime	Lovewise materials School-created materials	RE	No
3	Growing up: Making wise choices	- How to make wise choices during puberty (money, friends, phone/internet use, harmful substances, honouring parents) - New desires and feelings of attraction that develop during puberty - How people decide to get married - Marriage vows and their meaning	Lovewise materials School-created materials	RE	No
4	Consolidation : Biblical perspectives on marriage	- Bible study on key texts regarding marriage and relationships - Understanding Christian perspectives on marriage - Respectful dialogue about different views	School-created materials Bible study resources	RE (with faith perspective)	No

5	Puberty and emotional changes	- How emotions may change during puberty - Strategies to manage strong feelings - Importance of talking to trusted adults - Building resilience	Lovewise materials Thrive resources	HE	No
6	Consolidation and reflection	- Reviewing key learning from the module - Opportunities for questions - Signposting to support	Lovewise materials School-created materials	RE + HE	No

Important Note: In primary schools, sex education is not compulsory. While we recommend teaching age-appropriate sex education in Years 5 and/or 6 to prepare pupils for transition to secondary school, we have chosen to delay this content until Year 7 to ensure pupils are developmentally ready. [Relationships and Sex Education Statutory Guidance](#) Teaching about puberty and menstruation is part of Health Education and Science, not Sex Education, so parents cannot withdraw from this content.

Secondary Phase: Years 7-11

Year 7 (First year of secondary - Sex Education begins)

Delivery: PSHE/CP lessons, Science, RE, Form Time

Statutory Requirement: Relationships and Sex Education (RSE) + Health Education (HE)

Year 7 - Autumn Term: Introduction to RSE and Human Reproduction (Sex Education Begins)

Note: This is the first year where Sex Education is taught. Parents have the right to request withdrawal from sex education content. [Relationships and Sex Education Statutory Guidance](#)

Week	Topic	Learning Objectives	Resources	Statutory Requirement	Parental Withdrawal?
1	Introduction to RSE in Secondary School	- Understanding what RSE covers - Ground rules for discussions - How to ask questions safely - Where to get help	School-created materials	RSE	No - this is relationships content
2	Human Reproduction (Sex Education)	- Facts about reproductive health, including fertility - The potential impact of lifestyle on fertility for men and women Relationships and Sex Education Statutory Guidance - Sexual intercourse and conception - Development of a baby from fertilisation to birth	Lovewise: Marriage, Sex and Living Wisely Science curriculum ACET materials	SE + Science	Yes - parents can withdraw from SE content, but not Science content
3	Marriage and committed relationships	- Legal definition of marriage (between two consenting adults) Relationships and Sex Education Statutory Guidance - Range of Christian views on marriage/ Biblical perspectives - Civil partnerships and other committed relationships - That marriage should never be forced	Lovewise materials School-created materials	RSE (with faith perspective)	No - this is relationships content

4	Biblical perspectives on sexual relationships	- Bible study on key texts - Understanding the Christian view that sex is a gift from God - The traditional Christian view of sex within marriage - Range of views within the Christian community - Respect for different beliefs	School-created materials Bible study resources	RSE (with faith perspective)	No - this is relationships content
5	Responsibilities of family life	- Roles and responsibilities of parents and carers - The importance of commitment in raising children - Qualities that make families strong (helpfulness, faithfulness, forgiveness)	Lovewise materials	RSE	No - this is relationships content
6	Consolidation and reflection	- Reviewing key learning - Opportunities for questions - Signposting to support	School-created materials	RSE	No

Year 7 - Spring Term: Keeping Safe in Relationships

Week	Topic	Learning Objectives	Resources	Statutory Requirement	Parental Withdrawal?
1	Friendship relationships: Changing friendships	- Different types of relationships (families, friendships, romantic) - The difference between biological sex, gender identity and sexual orientation - Developing personal values in friendships and relationships - Skills of active listening, communication, negotiation	PSHE Association KS3 materials	RSE	No - this is relationships content
2	Peer pressure and healthy relationships	- The importance of trust in relationships - Behaviours that undermine or build trust - Evaluating expectations about gender roles - How to access support organisations	PSHE Association KS3 materials	RSE	No - this is relationships content

3	Consent	- Issues around giving or withholding consent - That consent is freely given - That being pressurised, manipulated or coerced is not consent - How to seek help in such circumstances - The law relating to sexual consent Relationships and Sex Education Statutory Guidance - How to seek, give, not give and withdraw consent (in all contexts, including online)	PSHE Association KS3 materials School-created materials	RSE	No - this is relationships content
4	The effects of the media	- Indicators of positive and unhealthy relationships (including online) - How to safely form and manage positive relationships online - How the media portrays young people and body image - Strategies to identify and reduce risk from people online	PSHE Association KS3 materials	RSE	No - this is relationships content

5	Illegal substances and drugs	- How to access reliable sources of information and support (including sexual health services) - Impact of drugs and alcohol on choices and sexual behaviour - Factual information about legal and illegal substances - The law relating to supply and use	PSHE Association KS3 materials	HE + RSE	No - this is HE and relationships content
6	Substance use: Personal and social risks	- Personal and social risks of substance use - How to access support organisations - Wider risks and consequences - Managing different influences on decisions	PSHE Association KS3 materials	HE	No - this is HE

Year 7 - Summer Term: Respect, Discrimination and Harmful Behaviour

Week	Topic	Learning Objectives	Resources	Statutory Requirement	Parental Withdrawal?
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1	Recognising and challenging discrimination	- Characteristics of abusive behaviours (grooming, sexual harassment, abuse, exploitation) - Warning signs (including online) - How to report abusive behaviours	PSHE Association KS3 materials	RSE	No - this is relationships content
2	Bullying and its impact	- Recognising bullying in all its forms - Skills and strategies to manage being targeted or witnessing bullying - How to access support	PSHE Association KS3 materials	RSE	No - this is relationships content
3	Sharing images and the law	- Impact of sharing sexual images without consent - How to manage requests to share images - The law relating to sharing images - How to get help	PSHE Association KS3 materials	RSE	No - this is relationships content

4	Prejudice-based language and behaviour	- Unacceptability of prejudice-based language (sexism, homophobia, biphobia, transphobia, racism, ableism, faith-based prejudice) - The need to promote inclusion and challenge discrimination - How to do so safely (including online)	PSHE Association KS3 materials	RSE	No - this is relationships content
5	Peer influence and pressure	- Recognising peer influence - Strategies for managing it (including online) - Role peers can play in supporting one another - That need for peer approval can lead to increased risk-taking	PSHE Association KS3 materials	RSE	No - this is relationships content

6	Gangs, weapons and county lines	- Factors that contribute to young people joining gangs - Social, legal and physical consequences - Strategies to manage pressure to join a gang - Consequences of carrying weapons	PSHE Association KS3 materials	RSE	No - this is relationships content
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Years 7 & 8 - Year B Cycle: Sex Education Module

Focus: Sex Education from a Christian perspective, alongside teaching the law

Note: This content includes explicit Sex Education. Parents have the right to request withdrawal from this content up to three terms before the child turns 16. [Relationships and Sex Education Statutory Guidance](#)

Week	Topic	Learning Objectives	Resources	Statutory Requirement	Parental Withdrawal?
1	Choosing the best for sexual relationships (Sex Education)	- Thinking about choices and their consequences - Understanding what marriage is and the marriage vows - Four benefits of marriage: companionship, secure environment for children, good basis for society, right place for sexual intimacy - That marriage is a legal, social and emotional commitment entered into freely, never forced Relationships and Sex Education Statutory Guidance	Lovewise: Marriage, Sex and Living Wisely School-created materials	SE + RSE	Yes - this is SE

2	Biblical perspectives on marriage and sexual relationships	- Bible study on key texts - Roles and responsibilities in families - How to manage relationship breakdown (separation, divorce, bereavement) - Understanding the importance of friendship in the context of love and sexual relationships	School-created materials Bible study resources	RSE (with faith perspective)	No - this is relationships content
3	Relationships, Families and Marriage	- Different types of families (including same-sex parents) - How family life has changed over time - Different types of relationships (families, friendships, romantic, intimate) Relationships and Sex Education Statutory Guidance - Nature and importance of marriage, civil partnerships and other stable, long-term relationships - Roles and responsibilities of parents, carers and children	Lovewise materials PSHE Association materials	RSE	No - this is relationships content

4	Too special to spoil: Sex and its purpose (Sex Education)	- Thinking about sex and its purpose - Sexual harassment and how to recognise it - Strategies to manage strong emotions including sexual attraction - Features of positive relationships (trust, mutual respect, honesty, equality) - Features of unhealthy relationships (imbalance of power, coercion, control, exploitation) - Assessing readiness for sex	Lovewise materials School-created materials	SE + RSE	Yes - this is SE
5	Sex and the law (Sex Education)	- The law relating to sexual consent (age of consent) - The difference between biological sex, gender identity and sexual orientation Relationships and Sex Education Statutory Guidance - What the law says about sexual activity - Female genital mutilation (FGM): risks, myths, criminal status, how to get help Relationships and Sex Education Statutory Guidance - That fertility levels vary and can be damaged by STIs	Lovewise materials School-created materials	SE + RSE	Yes - this is SE

6	The harmful effects of pornography	- Three harmful effects: on the brain, on relationships, on society - Why this age group is at risk - That the media portrayal of relationships and sex (including pornography) can affect expectations Relationships and Sex Education Statutory Guidance - Where to go for help	Lovewise materials School-created materials	RSE	No - this is relationships content
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Years 9, 10 & 11 (Two-Year Cycle)

Delivery: PSHE/CP lessons, Science, RE

Statutory Requirement: Relationships and Sex Education (RSE) + Health Education (HE)

Year A Cycle (Years 9-11)

Module	Topic	Learning Objectives	Resources	Statutory Requirement	Parental Withdrawal?
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Module 1	Starting Relationships	- Similarities, differences and diversity among people (race, culture, ability, sex, gender identity, age, sexual orientation) - Features of healthy romantic relationships - How to recognise unhealthy relationships - That everyone has the choice to delay sex or enjoy intimacy without sex	PSHE Association KS4 materials External resources	RSE	No - this is relationships content
Module 2	Maintaining Relationships	- Communication skills for healthy relationships - Managing conflict in relationships - Importance of mutual respect and trust - How to access relationship support services	PSHE Association KS4 materials	RSE	No - this is relationships content

Module 3	Ending Relationships	- How to manage the breakdown of a relationship (including digital legacy) - Loss and change in relationships - Coping strategies - Where to access support	PSHE Association KS4 materials	RSE	No - this is relationships content
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Year B Cycle (Years 9-11) - Includes Sex Education Content

Module	Topic	Learning Objectives	Resources	Statutory Requirement	Parental Withdrawal?
Module 1	Power and Consent (Sex Education)	- That the seeker of consent is legally and morally responsible for ensuring consent has been given - If consent is not given or Relationships and Sex Education Statutory Guidance			

Sources:

[Relationships and Sex Education Statutory Guidance](#)