

The RSE and Health Education curriculum at OSCA follows all government guidelines and resources have been created in collaboration with a number of approved sources such as the PSHE Association, Childline, BROOK and DECCA. The curriculum is designed to approach all issues from a perspective of tolerance and respect for different ideas and perspectives, as well as providing clear, factual advice and guidance which is age appropriate.

RSE and Health Education Curriculum					
	KS3 YEAR 1	KS3 YEAR 2	KS3 YEAR 3	KS4 YEAR 1	KS4 YEAR 2
Relationships Education Students will learn about:	<ul style="list-style-type: none"> • Different types of family units • Marriage, civil partnerships and other long term relationships • How to form positive friendships 	<ul style="list-style-type: none"> • Peer pressure • Domestic conflicts • Grooming • Anti-racism • Homophobia • LGBT+ Rights 	<ul style="list-style-type: none"> • Domestic violence • Drugs and alcohol abuse 	<ul style="list-style-type: none"> • Sexism & Gender inequality • Revenge Porn • Harassment & Stalking • Parenting • Forced and arranged marriages • Same sex relationships • Hate crime inc gender and trans gender • Gangs and Countylines 	<ul style="list-style-type: none"> • Types of relationships • Break ups • Body shaming • Identity and diversity • Multiculturalism • Overt and Covert racism • Extremism • Radicalisation • Staying safe on and off line
Sex Education Students will learn about:	<ul style="list-style-type: none"> • Falling in love • Safety online 	<ul style="list-style-type: none"> • Sexting • Pornography • Body image • Teen pregnancy • Miscarriages • Parenting 	<ul style="list-style-type: none"> • Child Sexual Exploitation • Puberty (BROOK) • Consent (BROOK) 	<ul style="list-style-type: none"> • Sex for the first time • Condoms & contraception (BROOK) • STI's (BROOK) 	<ul style="list-style-type: none"> • Fertility • Reproductive health • Chem Sex • Consent • Rape
Health Education Students will learn about:	<ul style="list-style-type: none"> • Personal hygiene • Dental hygiene • Obesity • Diabetes • Smoke Free Lives (DECCA) • Depression. • Anger management • Resilience • Healthy Living • Road safety 	<ul style="list-style-type: none"> • Personal Safety • First Aid inc. purpose of defibrillators • Smoking and vaping • Drugs awareness • Cancer awareness • Mindfulness • Emotional literacy • Self-awareness • Self confidence • Independent learners 	<ul style="list-style-type: none"> • Alcohol awareness • Drugs and the law • Responsible health • Sleep health • Eating disorders • Body image • Dealing with anxiety • Dealing with stress • Growth mindsets 	<ul style="list-style-type: none"> • Binge Drinking • Obesity • Cancer awareness • First Aid inc. CPR & refresher on purpose of defibrillators • Managing change 	<ul style="list-style-type: none"> • Happiness and positivity • Risk taking • Self-harm • Gambling and online gaming
Citizenship SMSC & British Values CEIAG Students will learn	<ul style="list-style-type: none"> • Identity • Anti-bullying & Online Safety • Diversity • Global Awareness • Aspirations & Resilience • Finance – savings and financial transactions 	<ul style="list-style-type: none"> • Aspirations & Independent Learners • Our Society • Anti-bullying & British Values • Prejudice and Discrimination • Global Awareness • Charity – Cancer Awareness • Finance – budgeting, income and TAX 	<ul style="list-style-type: none"> • Aspirations & Growth Mindsets • Diverse Communities • Anti-bullying & Emotional Wellbeing • Equality & Human Rights • Global Awareness • The Law and Your Rights & Knife Crime • Environmental Awareness • Finance – Debt 	<ul style="list-style-type: none"> • Aspirations & Study Skills • Community Cohesion • Anti-bullying & The Law • Tacking Discrimination • Crime & British Law • Global Awareness • Society • Careers 	<ul style="list-style-type: none"> • Mock Interviews • Aspirations & Positivity • Individual Identity • Anti-bullying & Multiculturalism • Discrimination and Prejudice • Global Awareness