

## YSGOL EIRIAS- RSE MAPPING

Black lessons = Pastoral lessons & Registrations

Red lessons = Subject lessons

DRAFT

## RELATIONSHIPS AND IDENTITY

This strand focuses on:

- **the range of relationships that human beings have throughout their lives**
- **how identity can be shaped by our relationships and sexuality**
- **the importance of human rights in securing healthy, safe and fulfilling relationships in an inclusive society.**

Learners need to develop the understanding and behaviours that will support them to develop and maintain healthy, safe and fulfilling relationships throughout their lives. Learners need to be supported to recognise and value different types of relationships, including **families and friendships**, as well as the diversity within different types of relationships, including **LGBTQ+ diversity**, and that these can change over time. Developing empathy, compassion and communication skills are critical to learners' relationships now and the relationships they will form in the future. This will also support respect, understanding and **equitable treatment for others**, whatever their sex, gender, sexuality, faith or belief.

Learners also need to develop both their sense of self and their sense of everyone being unique. Over time, learners can explore how **relationships, sex, gender, romantic and sexual attraction** and personal experiences may shape and inform a person's identity and individuality. This supports learners to understand how identity, relationships and sexuality are informed by **biology, technology and social, cultural and religious norms** and that these may change over time. By engaging with these aspects, learners can recognise both positive and harmful behaviours and norms and have the confidence to speak up for themselves and to speak out and advocate for the rights and respect of others.

This strand also recognises how rights can support and underpin equitable, respectful relationships, as well as a fair and inclusive society.

Phase 3 for age 11 plus	Year 7	Year 8	Year 9	Year 10	Year 11
<p>Understanding the positive and negative characteristics and healthy or unhealthy aspects of a range of relationships including family, friendship, romantic and sexual.</p> <p>Ability to develop and understand the importance of equity, mutual respect, and affection in relationships with others.</p>	<p>L5 Cyberbullying L6 KIVA L19 Everybody's different</p> <p>Registration Sessions on Sexism (UN 16 days against gender-based violence)</p> <p>Health &amp; Wellbeing – L11 – Healthy Relationships</p> <p>Health &amp; Wellbeing – L5 - LGBT</p>	<p>L3- Spectrum</p> <p>L4- different types of relationships</p> <p>L6- Family conflict</p> <p>L7 – Friendships</p> <p>Registration activities on sexual feelings/healthy and unhealthy relationships &amp; introduction to 'consent' (Sextember)</p>	<p>Y19 – You and Your Family</p>	<p>L18- Types of relationships</p> <p>Registration activities on consent, getting and giving consent, pornography vs real life (Sextember)</p>	<p>L10 – Sexual violence 1 L11- Sexual violence 2</p>
<p>Understanding and use of effective communication, decision making, managing and resolving conflict, and refusal skills in a range of different contexts and types of relationships, offline and online, including intimate relationships.</p>	<p>L6 KIVA</p> <p>L11- What is citizenship</p> <p>L12- Being a good citizen, community and online</p> <p>L13- Being an active citizen in school</p> <p>L14-Friendship- bystander</p>	<p>L6-Family conflict</p>		<p>L18 – Types of relationships</p>	<p>L10 – Sexual violence 1 L11- Sexual violence 2</p>

<p>Understanding how to speak out about harmful behaviours directed at them or others.</p>					
<p>Understanding how the diversity of relationships including marriage, and all types of civil partnership, has changed over time, and how relationships are positively and negatively impacted by social and cultural norms and laws in different ways around the world.</p>	<p>Registration Activities on LGBTQ+ History &amp; Pride Month</p>				<p>Registration Activities on Forced Marriage</p>
<p>Understanding how rights need to be balanced in a diverse society; the characteristics, benefits and challenges of living in a diverse society; and how and why attitudes have changed and are changing including towards gender and sexuality diversity</p> <p>An ability to advocate for and advance the rights of all and understand and respect all people in relation to sex, gender and sexuality.</p>	<p>L19 – Everybody’s different</p> <p>Registration Activities on Pride Month, LGBTQ+ History Month, Black History Month, ADHD Awareness Week, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week</p>	<p>L8 – Prejudice and discriminations</p> <p>L10- Diverse Wales</p> <p>L11 – Free speech and Hate speech</p> <p>Registration Activities on Pride Month, LGBTQ+ History Month, Black History Month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, International Migrants Day, International Day for the elimination of racial</p>	<p>RS – Prejudice &amp; Discrimination topic</p> <p>Registration Activities on Pride Month, LGBTQ+ History Month, Black History Month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, International Migrants Day, International Day for the elimination of racial</p>	<p>Registration Activities on Pride Month, LGBTQ+ History Month, Black History Month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week</p>	<p>L10 – Sexual violence 1</p> <p>L11- Sexual violence 2</p> <p>L12- human trafficking</p> <p>Registration Activities on Pride Month, LGBTQ+ History Month, Black History Month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, International Migrants Day, International Day for the elimination of racial</p>

<p>Understanding how the law and human rights secure freedoms around sex, gender and sexuality and how these can differ in other countries and over time. Ability to critically explore and understand how a range of social, cultural and religious norms and influences about relationships, sex, gender and sexuality can shape perceptions and our wellbeing and can be both positive and harmful.</p>	<p><b>Health &amp; Wellbeing – L5 - LGBT</b></p> <p><b>Humanities –WK 8 -11</b>  <b>People on the Move, The Dark Side of The Empires, Trade within the Empire, The Commonwealth</b></p> <p><b>Health &amp; Wellbeing – Dove Love Your Body Campaign (5 lessons)</b></p> <p>L11- What is citizenship  L12- Being a good citizen, community and online  L13- Being an active citizen in school  L14-Friendship- bystander</p>	<p>discrimination, Anti-Bullying Week</p>	<p>discrimination, Anti-Bullying Week</p> <p>RS -Human Rights</p>		<p>discrimination, Anti-Bullying Week</p> <p>L14- Being an adult and charity work</p>
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## **Sexual health and well-being**

This strand focuses on:

- learning about how living things grow, reproduce and have a life cycle
- developing an understanding of the human body, including people's feelings about their bodies and how these can be represented
- the health issues related to relationships and sexuality
- an understanding of how sexuality and sexual health affects our well-being.

In early development, learners need to experience contexts for understanding the importance of maintaining personal health and well-being, including hygiene, and how this impacts on themselves and others. This progresses to applying broad principles of health and hygiene within sexual health. As learners develop, teaching and learning needs to include focus on exploring how physical changes have an impact on well-being and relationships ensuring the representation of LGBTQ+ experiences and lives. Learning also focuses on menstrual well-being and conditions which can affect the reproductive system; as well as developing understanding of the possible outcomes of the decisions made relating to sexual health and relationships. All of this learning will focus on recognising the diversity of human body types, how perception and understanding of the human body is shaped by society, the law, science and technology and the impact of this on well-being

PHASE 3	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Understanding how fertility, sexual function and menstrual health and well-being can change across the life course and how to find information and support when needed.	<p>Health &amp; Wellbeing – L15-16 – stages of life &amp; puberty/periods/hygiene</p> <p>Registration activities on periods (sextember)</p>	<p>Science – ‘High School Prom’ – Reproduction, organs, fertilisation, intercourse, menstrual cycle, stages of pregnancy and giving birth</p>	<p>Registration activities on STI’s &amp; contraception (sextember)</p>	<p>L8 – Reproductive system</p>	<p>Registration activities – looking after your sexual health (Gum clinic, check your boobs/pec/testicles/smear tests (sextember)</p>
The knowledge and understanding of how hormones continue to affect emotional and	<p>L10 – Puberty</p> <p>Registration activities on puberty (Sextember)</p>	<p>Registration activities on puberty and sexual feelings (Sextember)</p>			

physical health throughout adulthood.	Health & Wellbeing – L15-16 – stages of life & puberty/periods/hygiene	Registration activities on international women's day – perimenopause and menopause			
Understanding how contraception can assist with reproductive choices, including awareness of abortion.			L17 – STI Conwy Youth Services  L18 – Contraception School Nurse  Registration activities on STI's & Contraception	RS - Abortion	L6 – STI and unintended pregnancy
Understanding of good sexual and reproductive health, including the range of risks and outcomes from sexual experiences and the knowledge needed to support informed decisions about sexual activity and about reproductive choices.		Registration activities on sexual feelings and introduction to consent, healthy/unhealthy relationship (Sextember)	L17 – STI Conwy Youth Services  Registration activities on contraception and STI's (Sextember)	L8 – Reproductive system  Registration activities on consent and pornography vs real life (Sextember)	L6 – STI and unintended pregnancy  Registration activities on looking after your sexual health (Sextember)
The knowledge and understanding of the causes, symptoms and impact of conditions connected to sexual and reproductive health and to fertility, including sexually transmitted infections, HIV and reproductive cancers.			L17 – STI Conwy Youth Services  Registration activities on contraception and STI's (Sextember)	L8 – Reproductive system	L6 – STI and unintended pregnancy  Registration activities on looking after your sexual health (Sextember)  Science – transmission pathways of micro-

Understanding and skills needed to minimise risks and seek help.					organisms – Chlamydia, HIV.
Critically engaging with positive and negative representations of a diversity of bodies, including through various forms of media and understanding that these can be unrealistic and harmful.	Health & Wellbeing – L10 – Social Media and Body Image  Health & Wellbeing – Dove Love Your Body Campaign (5 lessons)	L17 – Body image	L15- Cosmetic and aesthetic procedures	L9 – Fad diets  Registration activities on consent and pornography vs real life (Sextember)	
Understanding how all are entitled to safe and pleasurable relationships and recognising the role consensual sexual activity plays within healthy relationships. Understanding the legal age of consent.		Registration activities on sexual feelings and introduction to consent, the legal age of consent healthy/unhealthy relationship (sextember)	L16 – Sexual Rights and responsibilities  L20 – Sex and Relationships	L19- No means No  Registration activities on consent and pornography vs real life (Sextember)	
Recognise and be able to use a range of support services to access information and support around relationships, health and well-being and safety	Registration Activities – Puberty		L14 – NHS users- monitoring own health	L3 – Managing stress and depression  L5 – 5 ways to wellbeing  L6 – Self-awareness and managing emotions  L7 – Self Harm  L19- No means No	L3 – Mental health L5 – Healthy choices L16 – Stress management L17 – Mindfulness L18- Self-awareness and positive affirmations

## Empowerment, safety and respect

This strand focuses on:

- learners' rights to safety and protection and freedom from harm and discrimination
- how and where to seek information, help and support
- how to support and advocate for the rights, fair treatment and respect of all.

This strand builds on the positive behaviours and skills of healthy relationships. It reinforces the requirement to support learners to develop empathy, kindness and compassion towards each other and empowering them with the confidence to draw upon available support if they are concerned about their own safety or that of others. Learners should be supported to understand change and conflict and recognise the impact of these on relationships, and where appropriate seek help and support. They should be supported to understand that exercising their right to be free from all forms of discrimination, violence, abuse and neglect is enabled by trusted adults who can support their safety. This includes through a number of legal protections that exist for all. Criminal law makes such behaviours unlawful and there are criminal sanctions for those found guilty of committing such offences. Learners need to develop an understanding of the social, emotional, physical and legal nature and impact of harmful behaviours, including all bullying, and LGBTQ+ based bullying, sexual violence and gender-based violence in a range of contexts, including online.

PHASE 3	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Understanding the importance of inclusivity, including for LGBTQ+ people, non-discrimination, and the value of diversity in our interpersonal behaviours and relationships.	<p><b>Health &amp; Wellbeing – L5 - LGBT</b></p> <p><b>Cymraeg- Fi, Hunaniaeth &amp; contemporary diverse people</b></p> <p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week</p>	<p>L20 – LGBT</p> <p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week</p>	<p><b>RS- Prejudice and Discrimination topic</b></p> <p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week</p>	<p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week</p>	<p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week</p>
Developing a sense of individual and social responsibility to others, including consideration of how we respond to behaviours that are discriminatory, disrespectful and harmful, offline and online.	<p><b>Humanities –WK 8 -11 People on the Move, The Dark Side of The Empires, Trade within the Empire, The Commonwealth</b></p> <p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International</p>	<p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants</p>	<p><b>RS- Prejudice and Discrimination topic</b></p> <p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week,</p>	<p>L19- No means No</p> <p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of</p>	<p>L10 – Sexual violence 1 L11- Sexual violence 2</p> <p>Registration Activities on Black History Month, ADHD&amp; Dyslexia awareness, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week,</p>

	Women's Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week	Day, International Day for the elimination of racial discrimination, Anti-Bullying Week	International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week	Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week	International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week
Recognising harmful, abusive or coercive behaviour in personal relationships including control, violence and sexual violence and how to respond and seek help for self and others. This includes all forms of violence based on sex, gender and sexuality	Cymraeg- Ffrindiaa da and ffrindiau drwg	<b>Bus Coms – Police visit on Grooming and sexting</b>  Registration activities on FGM (UN 16 days against gender-based violence)	L8 – Sexual Harassment  Registration activities on sexual harassment (UN 16 days against gender-based violence)	L19- No means No  Registration activities on domestic abuse (UN 16 days against gender-based violence)	L10 – Sexual violence 1 L11- Sexual violence 2  Registration activities on forced marriage (UN 16 days against gender-based violence)
Understanding of the importance of consent for safe and healthy relationships and in particular sexual relationships.  Understanding of how consent can be communicated in different social contexts and relationships, including online.	Registration Activities – Safer Internet Day	L5 -Sexting L12 – Personal photography  Registration activities on healthy/unhealthy relationships with introduction to consent (sextember)  Registration Activities – Safer Internet Day	L8 – Sexual Harassment  Registration Activities – Safer Internet Day	L19- No means No  Registration activities on consent (sextember)  Registration Activities – Safer Internet Day	L10 – Sexual violence 1 L11- Sexual violence 2  Registration Activities – Safer Internet Day

		Bus Coms – Police visit on Grooming and sexting			
A critical understanding of how consent is impacted by perception and social context and the factors that influence and impair people’s ability to engage in consensual behaviour, for example, substances, violence, coercion and relationship norms		Registration activities with introduction to consent (sextember)		L19- No means No Registration activities on consent (sextember)	
Understand the ethical and legal issues relating to the consensual and non-consensual sharing of self-generated imagery, and rights to safety, support wellbeing and protection.	Registration Activities – Safer Internet Day	L5 -Sexting L12 – Personal photography  Registration Activities – Safer Internet Day  Registration activities on sexting/nudes (Sextember)  Bus Coms – Police visit on Grooming and sexting	Registration Activities – Safer Internet Day	Registration activities on revenge porn (Sextember)  Registration Activities – Safer Internet Day	Registration Activities – Safer Internet Day
Understanding the impacts associated with sexual material and intimacy online, including the ethical and legal implications.	Registration Activities – Safer Internet Day	L5 -Sexting L12 – Personal photography  Registration Activities – Safer Internet Day	Registration Activities – Safer Internet Day	Registration activities on pornography and revenge porn (sextember)  Registration Activities – Safer Internet Day	Registration Activities – Safer Internet Day

		Bus Coms – Police visit on Grooming and sexting			
An awareness of how sexual material and media often represents gender, sexual activity, bodily appearance, and relationships in unrealistic and harmful ways.	Health & Wellbeing – L10 – social media and Body Image  Health & Wellbeing – Dove Love Your Body Campaign (5 lessons)	L17 – body image		Registration activities on pornography and revenge porn (September)	
An understanding of laws around RSE issues that are in place to protect us from all forms of discrimination, violence, abuse, neglect and harassment, and that laws are intended to protect not criminalise young people.	Registration Activities on Stop Child Exploitation Day  Registration Activities on Sexism (UN 16 days against gender-based violence)	Registration Activities on Stop Child Exploitation Day  Registration Activities on FGM (UN 16 days against gender-based violence)	L8 – Sexual Harassment  Registration Activities on Stop Child Exploitation Day  Registration Activities on Sexual Harassment (UN 16 days against gender-based violence)	L19- No means No  L20 – SPECTRUM-Stages of abuse -violence and coercive control  Registration Activities on Stop Child Exploitation Day  Registration Activities on Domestic Abuse (UN 16 days against gender-based violence)	L10 – Sexual violence 1 L11- Sexual violence 2 L12- human trafficking  Registration Activities on Stop Child Exploitation Day  Registration Activities on Forced Marriage (UN 16 days against gender-based violence)
An understanding of how to advocate for safe environments and the rights and understanding of everyone on a range of RSE issues.	Registration Activities on Black History Month, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial	Registration Activities on Black History Month, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial	Registration Activities on Black History Month, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial	L19- No means No  Registration Activities on Black History Month, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day of Disability, Pride Month, International Migrants	L10 – Sexual violence 1 L11- Sexual violence 2 L12- human trafficking  Registration Activities on Black History Month, LGBT history month, International Women’s Day, Deaf Awareness Week, Human Rights Week, International Day

	discrimination, Anti-Bullying Week	discrimination, Anti-Bullying Week	discrimination, Anti-Bullying Week	Day, International Day for the elimination of racial discrimination, Anti-Bullying Week	of Disability, Pride Month, International Migrants Day, International Day for the elimination of racial discrimination, Anti-Bullying Week
Appreciate the importance of safely speaking out against sex and gender based and sexual violence.	Registration activities on Sexism (UN 16 days against gender-based violence)	Registration activities on FGM (UN 16 days against gender-based violence)	Registration activities on Sexual Harassment (UN 16 days against gender-based violence)	L19- No means No L20 – SPECTRUM-Stages of abuse -violence and coercive control  Registration activities on domestic abuse	L10 – Sexual violence 1 L11- Sexual violence 2 L12- human trafficking  Registration activities on forced marriage (UN 16 days against gender-based violence)

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