

**Oxford High School GDST**  
**Senior School Relationships and Sex Education Curriculum Map 2025-2026**

The aim of Relationships and Sex Education (RSE) at Oxford High School GDST is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. We teach students to identify what a healthy relationship looks like and what makes a good friend, a good colleague, and a successful committed relationship. We teach students what is and what is not acceptable in a relationship. We also cover contraception, developing intimate relationships, and how to tackle peer pressure when it comes to sexual relationships. We believe that this will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right, and understand how such situations can be managed. Our RSE lessons are inclusive and LGBTQ+ content is fully integrated into the programme of study (see ground rules below) rather than taught in a standalone way.

We operate a spiral curriculum which builds on what children have learnt in Key Stage 1 and 2. RSE is taught to all year groups in the senior school in an age-appropriate way. In Year 7 we explore themes such as consent by looking at healthy and unhealthy friendships, which provides a foundation for romantic and sexual relationships in older years.

Relationships and Sex Education at OHS is taught in an inclusive way to ensure that it meets the needs of all pupils. At the start of each unit of work the teacher outlines the following 'ground rules':

- At times we will be covering some topics which may be difficult for some people. Students will be given an overview of the topics covered at the start of each half term so students should speak to their PSHCE teacher or form tutor if they are worried about a particular topic. Students will have the option of going to the library if they are worried about a particular lesson, talk or topic.
- We want PSHCE lessons to be a safe space for students to discuss topics, but students will not have to say anything if they do not want to.
- All students will behave respectfully in lessons.
- What others say during discussions stays in the room (unless a student is worried by something said in a lesson in which case they may repeat it to a member of staff and/or a parent).
- Students can ask questions at any stage - no question is a silly question.
- When discussing relationships, no assumptions are to be made about families, romantic relationships or sexual partners. It is also not to be assumed that everyone will want a romantic or sexual partner now/in the future.
- We will use gender neutral terms when referring to relationships – for example, we will use 'they' or 'partner' during RSE sessions.

These ground rules can be adapted for younger pupils to ensure the message is age appropriate. RSE is just one strand of our new, revitalised PSHCE programme. We will be providing more information in September on the other strands of our PSHCE curriculum: Life Beyond School, Active Citizenship, Mental and Physical Wellbeing, Online and Offline Choices (Staying Safe), Equality and Diversity. Parents will receive an introductory letter at the start of each half term detailing the content covered in PSHCE.

In the autumn term, the first lesson for each class will focus on safeguarding. We will cover key people who the students can turn to in school and what happens when they share information with a member of staff. We will also cover how to support a friend and how to set boundaries/report to an adult.

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**Year 7**

**(Puberty (physical and emotional) to be covered under Health)**

	<b>Lesson</b>	<b>Content covered during the lesson</b>	<b>OHS Lesson/Speaker</b>	<b>Link to Statutory Guidance</b>
<b>1</b>	<b>What makes a family?</b>	<ul style="list-style-type: none"> <li>● Different types of committed, stable, relationships and how these relationships might contribute to human happiness/importance of bringing up children.</li> <li>● What marriage is, including legal status. Why it is important for many couples.</li> <li>● Characteristics and legal status of other long-term relationships.</li> <li>● Roles of parents with respect to raising children.</li> <li>● Boundaries.</li> <li>● How to determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe - how to seek advice.</li> <li>● Families and friendships are the foundation for any future romantic relationships.</li> </ul>	OHS Resources	Families
<b>2</b>	<b>What does a healthy friendship look like?</b>	<ul style="list-style-type: none"> <li>● Benefits of healthy relationships to mental well-being and self-respect plus negative consequences of unhealthy relationships.</li> <li>● Trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation.</li> <li>● Determine whether other young people are trustworthy.</li> <li>● ONLINE - healthy and unhealthy online behaviours to be covered.</li> </ul>	OHS resources	Respectful relationships
<b>3</b>	<b>Unkind behaviours</b>	<ul style="list-style-type: none"> <li>● Recap of healthy relationships.</li> <li>● Likeable and unlikeable qualities.</li> <li>● What is banter and is it ever ok?</li> <li>● Gossip and the dangers of it.</li> <li>● Forming cliques and the impact it can have on others.</li> <li>● What is in my control/out of my control when it comes to friendships.</li> <li>● Listening skills.</li> <li>● Realistic view of developing friendships – it’s normal to feel a little awkward!</li> </ul>	OHS resources	Respectful relationships; Being safe
<b>4</b>	<b>How do I make new friends without upsetting my old ones?</b>	<ul style="list-style-type: none"> <li>● Positives of making new friends and reasons why it sometimes isn’t completely straightforward.</li> <li>● Communication skills/developing emotional intelligence.</li> <li>● Calling out behaviour that is not inclusive.</li> </ul>	OHS resources	Respectful relationships

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5	<b>Friendship challenges</b>	<ul style="list-style-type: none"> <li>● Range of friendship issues-norms of ups and downs within friendships and when there is a cause for concern.</li> <li>● Exploration of the pros and cons between different friendship group sizes.</li> <li>● Definitions: falling out with a friend, ongoing friendship issues, bullying.</li> <li>● Importance of knowing the difference – awareness that sometimes bullying can go under the radar as it is dismissed as a ‘friendship issue’ and, equally, sometimes friendship issues are blown out of proportion and classed as bullying.</li> <li>● Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders.</li> <li>● Links with friendship challenges and mental health.</li> </ul>	OHS resources	Respectful relationships
6	<b>Overcoming challenges in friendships</b>	<ul style="list-style-type: none"> <li>● Exploring boundaries within friendships.</li> <li>● What behaviours are not okay (emotional/physical).</li> <li>● Communication skills/developing emotional intelligence.</li> <li>● Q&amp;A with sixth form mentors, helping to normalise friendship issues and give tips from a young person's perspective.</li> </ul>	OHS resources	Respectful relationships

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**Year 8**

**(Sexting to be covered under Online and Offline Choices)**

1	<b>Maintaining Healthy family relationships</b>	<ul style="list-style-type: none"> <li>• Roles and responsibilities of parents/carers with respect to raising of children, including the characteristics of successful parenting</li> <li>• Importance of boundaries in keeping children safe - importance of respecting boundaries put in place by parents/carers to keep children safe.</li> <li>• Showing empathy at home.</li> <li>• Learning how to communicate with conflict in a close relationship.</li> </ul>	LifeLesson Resources	Families
2	<b>Healthy friendships</b>	<ul style="list-style-type: none"> <li>• Healthy friendship traits (to follow on from Y7).</li> <li>• Recognise characteristics and positive aspects of healthy relationships.</li> <li>• Explore how to be a good friend.</li> <li>• Focus on likeability rather than popularity and how this is the key to long lasting and meaningful friendships.</li> <li>• Practical steps to improve or support respectful relationships.</li> <li>• Managing difficult conversations/communication skills/emotional intelligence.</li> <li>• Ending relationships if it is not working and how to seek advice.</li> </ul>	LifeLesson Resources	Respectful relationships
3	<b>Romantic relationships</b>	<ul style="list-style-type: none"> <li>• First crushes, relationships and boundary setting.</li> <li>• What is a romantic relationship?</li> <li>• Exploring healthy relationships and the expectations that people and media put on them from a young age.</li> <li>• Different types of romantic relationships - lesson inclusive to LGBTQ relationships as well as heterosexual relationships.</li> <li>• Range of ways of showing love/affection. Definition of aromantic.</li> </ul>	LifeLesson resources	Respectful relationships
4.	<b>Healthy relationship and intimacy</b>	<ul style="list-style-type: none"> <li>• Recognise characteristics and positive aspects of healthy one-to-one intimate relationships - mutual respect, consent, loyalty, trust, shared interests, outlook, sex and friendship.</li> <li>• Explore the ways of feeling intimate-the importance of emotional and physical attraction to others throughout people's lives.</li> <li>• Explore sexual contact and the range of ways of being physically intimate in a relationship.</li> <li>• Learn about strategies to assess readiness for physical intimacy while discussing the importance of consent.</li> </ul>	LifeLesson resources	Respectful relationships Staying safe Intimate and sexual relationships

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5	<b>Respect, Boundaries, and Consent.</b>	<ul style="list-style-type: none"> <li>● Self-worth and consent in friendships and how this translates to romantic relationships.</li> <li>● Healthy communication - with friends, parents/carers and romantic partners.</li> <li>● Consent in romantic relationships.</li> <li>● Exploring ways of expressing consent and the need for clear, honest communication in all relationships.</li> </ul>	LifeLesson resources	Respectful relationships Staying safe Intimate and sexual relationships
6	<b>RSE Talk (during year group speaker slot)</b>	<ul style="list-style-type: none"> <li>● Talk by <i>a relationships and sex education specialist - the speaker from 2024-2025 focused on relationships and respect.</i></li> <li>● <i>'Ask it Basket' session to follow in PSHCE lesson.</i></li> </ul>	Outside speaker	Intimate and sexual relationships Respectful relationships Staying safe

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**Year 9**

	<b>Lesson</b>	<b>Content</b>	<b>Resources</b>	<b>Statutory Guidance</b>
<b>1</b>	<b>Communicating effectively in a relationship</b>	<ul style="list-style-type: none"> <li>● Assertive communication</li> <li>● Importance of boundaries.</li> <li>● Respectful relationships.</li> <li>● Evaluation of communication skills when discussing important matters.</li> </ul>	Chameleon resources, updated by Head of PSHCE and wellbeing	Respectful relationships Intimate and sexual relationships
<b>2</b>	<b>Positive and respectful intimate relationships</b>	<ul style="list-style-type: none"> <li>● Definition of intimacy and why people may seek it in romantic relationships.</li> <li>● Discussion of a variety of ways of expressing intimacy and romantic connection and how each relationship differs.</li> <li>● Importance of delaying sex or to enjoy intimacy without physical intimacy until individuals are emotionally and physically ready for this next step.</li> <li>● What is and isn't OK in relationships at 14. Students will explore the law, social norms and personal boundaries.</li> <li>● Follow on from Year 8 talk which provides 'myth busting' re. the reality regarding teenagers and sex (just because some people say they are 'doing it' doesn't mean they actually are - in reality most teenagers wait!)</li> </ul>	Chameleon resources, updated by Head of PSHCE and wellbeing	Respectful relationships Intimate and sexual relationships
<b>3</b>	<b>Healthy relationships</b>	<ul style="list-style-type: none"> <li>● How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships.</li> <li>● Builds on the work done in Y7 and Y8 about healthy/unhealthy friendships.</li> </ul>	Chameleon resources, updated by Head of PSHCE and wellbeing	Respectful relationships Staying safe Intimate and sexual relationships
<b>4</b>	<b>Choices around intimacy - Consent</b>	<ul style="list-style-type: none"> <li>● What is sex?</li> <li>● Consent in sexual relationships</li> <li>● Sex and the law</li> <li>● Concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM and how these can affect current and future relationships</li> <li>● All aspects of health can be affected by choices they make in sex and relationships - positive and negative</li> <li>● Strategies for identifying and managing sexual pressure (from partners/peers)</li> </ul>	Chameleon resources, updated by Head of PSHCE and wellbeing	Respectful relationships Staying safe Intimate and sexual relationships

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5	<b>Sexual health - contraception</b>	<ul style="list-style-type: none"> <li>● Definition of contraception as a method of preventing pregnancy and STIs.</li> <li>● Facts about the full range of contraceptive choices including hormonal and barrier methods.</li> <li>● Facts around contraceptive choices in the UK and worldwide.</li> <li>● Myth busting task around contraception.</li> <li>● 'Ask It Basket' in the following lesson.</li> </ul>	Chameleon resources, updated by Head of PSHCE and wellbeing	Respectful relationships Staying safe Intimate and sexual relationships
	<b>RSE speaker</b>	We are working with Oxfordshire Sexual Health service to introduce sexual health and contraception to our students and tell them where they can go for further information and advice now or in the future.	Outside speakers if appropriate	Respectful relationships Staying safe Intimate and sexual relationships

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### Year 10

	Lesson	Content	Resources	Statutory guidance
1	<b>Setting emotional boundaries and when to ask for help</b>	<ul style="list-style-type: none"> <li>• What to do if a friend/partner is relying on you too much</li> <li>• Safeguarding advice – who you should tell, what might happen, why these steps are important (covered at the start of each year but recapped in detail here)</li> <li>• Consent - emotional.</li> <li>• Duty of care – where are the boundaries?</li> </ul>	OHS and PSHE association resources	Intimate and sexual relationships and sexual health  Respectful relationships  Staying safe
2	<b>Why do people decide to enter into sexual relationships?</b>	<ul style="list-style-type: none"> <li>• Builds on ‘Sex and the Law’ covered in Year 9</li> <li>• Understanding that sex can be pleasurable when it takes place at the right time with the right person.</li> <li>• Myths vs. reality re. first time sex - managing expectations</li> </ul>	Brook resources delivered by OHS staff	Intimate and sexual relationships and sexual health
3	<b>Staying safe during sexual relationships</b>	<ul style="list-style-type: none"> <li>• Overview of contraception and STIs.</li> <li>• Continuous consent and the right to change your mind.</li> <li>• Choosing the right place - avoiding places which could be unsafe or make you feel more vulnerable.</li> <li>• Sexual violence and sexual harassment - how to report.</li> </ul>	OHS and PSHE association resources	Intimate and sexual relationships and sexual health  Staying safe
	<b>RSE talk</b>	We plan to invite in <i>Sundial Centre</i> , a local charity to speak to Year 10s about expectations regarding sexual intimacy and the impact of the pornography industry has on societal views, including those who may never choose to watch it.	Outside speaker	Intimate and sexual relationships and sexual health
4	<b>Avoiding unrealistic expectations in sexual relationships</b>	<ul style="list-style-type: none"> <li>• Pornography – stats re. the industry and unrealistic expectations (especially in regards to women).</li> <li>• Gender stereotypes that need to be challenged (ie. shaving)</li> </ul>	OHS and PSHE association resources	Intimate and sexual relationships and sexual health  Respectful relationships
5	<b>Setting realistic expectations in sexual relationships</b>	<ul style="list-style-type: none"> <li>• Bodies – recap on proper terminology for male and female.</li> <li>• What is normal? Focus on everybody being different and unique.</li> </ul>	OHS and PSHE association resources	Intimate and sexual relationships and sexual health

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	<b>RSE talk</b>	<ul style="list-style-type: none"> <li>● Sexual violence and public sexual harassment.</li> <li>● Recap on how to report.</li> <li>● <i>Sexual violence and sexual harassment are covered in an age-appropriate way across all year groups in our Online and Offline Choices unit. More details about this unit will be communicated to parents during half-termly PSHCE letters next year.</i></li> </ul>	Our Streets Now	Staying safe
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**Year 11**

	<b>Lesson</b>	<b>Content</b>	<b>Resources</b>	<b>Statutory Guidance</b>
<b>1</b>	<b>Healthy Relationships recap</b>	<ul style="list-style-type: none"> <li>● Exploring traits crucial to a healthy relationship</li> <li>● Consent, Communication, Trust, Boundaries, individual interests as all being crucial in healthy relationships</li> <li>● Facing challenges in relationships</li> </ul>	OHS resources	Intimate and sexual relationships and sexual health
	<b>RSE talk</b>	<ul style="list-style-type: none"> <li>● Recap on contraception and STIs</li> <li>● Sexually healthy and sexual ill health</li> <li>● HIV and AIDS - awareness and protection</li> </ul>	Talk from Oxfordshire Sexual Health service	Intimate and sexual relationships and sexual health
<b>2</b>	<b>Pregnancy and fertility</b>	<ul style="list-style-type: none"> <li>● Facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women</li> <li>● Facts around pregnancy and miscarriage</li> <li>● Facts about menopause</li> <li>● Supporting the adults in your life as they go through menopause</li> </ul>	Chameleon resources, updated by Head of PSHCE and Wellbeing	Intimate and sexual relationships and sexual health
<b>3</b>	<b>Pregnancy and Choices</b>	<ul style="list-style-type: none"> <li>● Brief overview of the signs and stages of pregnancy.</li> <li>● Choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including abortion, keeping the baby, adoption, and where to get further help)</li> </ul>	Chameleon resources, updated by Head of PSHCE and Wellbeing	Intimate and sexual relationships and sexual health
<b>4</b>	<b>Overcoming challenges in relationships (taught in either year 10 or 11 depending on year group)</b>	<ul style="list-style-type: none"> <li>● Recognising distorted or toxic relationships.</li> <li>● Link to communication and listening skills covered in previous lesson.</li> <li>● What are you looking for in a romantic relationship/sexual relationship/friendship?</li> <li>● When do relationships become unbalanced?</li> <li>● Romantic relationships and lead back into friendships – when one friend leans on another too much (when the fun disappears).</li> <li>● What to do if you are worried about your partner/friend.</li> <li>● Ending relationships - managing difficult conversations.</li> <li>● Personal boundaries for both parties - empathy and respect.</li> <li>● Communication - how to handle the 'break up' conversation.</li> <li>● Where to go for advice.</li> <li>● Exploring different scenarios as a class.</li> </ul>	OHS and PSHE association resources	Intimate and sexual relationships and sexual health  Respectful relationships  Staying safe