Appendix B: Summary of Relationships and Sexuality Education in Banbridge Academy 2024

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
1. Self-Awareness						
Explore and express a sense of self for example, temperament, feelings and emotions, personal responsibility, personal needs, aspirations etc.	RE (Uniqueness), PD (Health of the whole person), Geography (My place on Planet Earth), Assemblies, Form Class Time HE (Roles and responsibilities within a family setting)	RE (Uniqueness), PD (Feelings and emotions), Assemblies, Form Class Time	HE (Dealing with conflict) Assemblies, Form Class Time	PD (Emotional Health), Assemblies, Form Class Time	Assemblies, Form Class Time	Assemblies, Form Class Time, Lecture Period (Links Counselling) Love for Life workshop
Explore personal morals, values and beliefs , for example, the origin of personal values, developing a moral framework, personal integrity etc	RE (Uniqueness), PD (Morals, values and beliefs), Assemblies, Form Class Time	PD (Morals, values and beliefs), Assemblies, Form Class Time	Assemblies, Form Class Time	Assemblies, Form Class Time PD (Relationships)	Assemblies, Form Class Time	Assemblies, Form Class Time
Investigate the influences on a young person , for example peer pressure, media, social and cultural trends, fears, anxieties and motivations etc	RE (Uniqueness) PD- Managing influences and making decisions Geography (My place on Planet Earth), Citizenship (Human rights, diversity, exclusion)	PD- Managing influences and making decisions Citizenship (Human rights, diversity, exclusion) Assemblies, Form Class Time	Assemblies, Form Class Time	PD- Managing influences and making decisions/ risk taking behaviours Citizenship (Human rights, diversity, exclusion) French/Spanish	Assemblies, Form Class Time French/Spanish (Social media and new technology, myself, my family, relationships and choices)	Year 13 Lecture 'Links counselling' Assemblies, Form Class Time French/Spanish (Relationships, culture and lifestyle)
	Assemblies, Form			(Social media and		

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
	Class Time			new technology, myself, my family, relationships and choices)		
				Assemblies, Form Class Time		
2. Self-Esteem						
Explore the different ways to develop self-esteem , for example enhanced self-awareness, sense of security and self worth, setting achievable targets, developing resilience, new interests and skills, learning to recognise achievement etc	RE (Uniqueness) PD (Feelings and emotions) Assemblies, Form Class Time	PD (Health of the whole person, feelings and emotions) Assemblies, Form Class Time	Assemblies, Form Class Time	PD (Health of the whole person) Assemblies, Form Class Time	Assemblies, Form Class Time	Assemblies, Form Class Time
Identify the pressures and influences on body image , including the media portrayal of idealised bodies, artificial body shapes and manipulated images.		PD (body image, emotions and self- care)		Action Mental Health talk on body image and eating disorders Love for Life workshop		French/Spanish (culture and lifestyle, physical wellbeing, risk- taking behaviour))

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
3. Personal Safety						
Develop strategies to promote personal safety , for example responding appropriately to different forms of bullying, physical violence, developing safe practice in relation to the internet, getting home	Assemblies, Form Class Time	PD (Risk taking behaviour and relationships), Assemblies, Form Class Time	Assemblies, Form Class Time	PD (Risk taking behaviour and relationships), Assemblies, Form Class Time Religious Studies GCSE Short Course (Relationships) PD (Relationships)	Assemblies, Form Class Time	Assemblies, Form Class Time AS Religious Studies (Sexual Ethics) Year 13 Lecture Period (PSNI)
Appropriate and inappropriate relationships.	Assemblies, Form Class Time	PD (Relationships) HE (Family Relationships) Love for Life workshop Assemblies, Form Class Time	Assemblies, Form Class Time	PD (Relationships) Assemblies, Form Class Time Love for Life workshop	Assemblies, Form Class Time	Psychology (Relationships) Assemblies, Form Class Time Love for Life workshop
Coercive Control and the law		PD (Relationships)		PD (Relationships)		
<i>Sexual abuse</i> and the support available to young people.	ICT (Web safety)	CEOP Assemblies		PD (Relationships)		
Consent and the law Understand how alcohol and drugs influence the ability to consent, identifying guidelines for personal safety and risks		PD (Relationships) Love for Life workshop		PD (Relationships) Love for Life workshop		Love for Life workshop

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
4. Health, Growth and						
Development						
The physical and emotional changes that occur in males and females during puberty; individual variation and rates of development. Investigate the influences on physical and emotional/mental personal health of, for example immunisation, personal hygiene etc Hygienic practices associated with	Year 8 Health Talks for boys and girls Biology (Reproduction) Information from School Health service Year 8 Health Talks	'Love for Life' workshop Year 9 Home Ec- Adolescent Life Stage menstruation Information from School Health service		Information from School Health service	Biology (recap of year 8 work)	
the physical changes at puberty.	Year & Health Talks					
Menstrual wellbeing	Year 8 Health Talk		Year 10 Biology			
The male and female reproductive systems, what happens during intercourse; the biological aspects of human fertility and conception.	Year 8 Health Talks Biology(Reproduction)				Biology (recap of year 8 work)	
The development of the child from conception to birth , including understanding of the various stages of pregnancy.	Biology (Reproduction)			Religious Studies (Ethics) HEc-Ages and stages (pregnancy unit)	HEc- Ages and stages (Pregnancy Unit) Biology (recap of year 8 work)	AS Religious Studies (Sanctity of life and parenthood)
Factual information about the types of contraception .				PD (Healthy Sexual Relationships unit) 'Love for Life' workshop	Biology (1 week unit)	AS Religious Studies (Sexual ethics) Love for Life workshop

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
An awareness that infections are				'Love for Life'	Biology (1 week unit)	Love for Life
passed through sexual activity				workshop		workshop
and be able to give examples				PD (Healthy Sexual		
(including HIV) and methods to				Relationships unit)		
protect against STIs						
Factual information about				Religious Studies		AS Religious
abortion				GCSE Short Course		Studies
				(Ethics)		(Abortion)
				PD (Relationships)		
Access to abortion				PD (Relationships)		Love for Life workshop
The range of information, the	Year 8 Health Talks for	'Love for Life'		'Love for Life'		Love for Life
services and support which are	boys and girls	workshop		workshop		workshop
available from relevant agencies.				PD (Relationships)		

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
5. Sexuality						
Equality and difference.	RE (Uniqueness) Citizenship (human rights, diversity in different environments, exclusion)	History (Votes for women)	Geography (Ecotourism) History (Civil rights, USA, Holocaust) RS (Gender inequality, sexism)	Citizenship (human rights, diversity in different environments, exclusion) History (Civil rights, USA, Nazi Germany) PD (Relationships)	Geography (Development, Ecotourism)	Psychology (relationships) Love for Life workshop Geography (Ethnic Diversity) French/Spanish (Our place in a changing world, Young people in Society)

Uniqueness and individuality.	RE (Uniqueness)	PD (Health of the		PD (Health of the	Biology (Genetics)	Year 13 Lecture
	PD (Health of the whole person)	whole person)		whole person)	Geography	'Links counselling'
	Biology (Part of			Love for Life	(Development)	
	the Reproduction			workshop	(Development)	
	Topic/Genetics)			workshop		
My stage of development e.g.	RE (Uniqueness)	PD (Health of the		PD (Health of the		
physical, emotional, academic,	PD (Health of the	whole person)		whole person)		
spiritual, moral and sexual.	whole person)			PE (Changes in the		
	English (Novel:			body)		
	Boy)					
	Biology (Part of					
	the Reproduction					
	Unit)	()·C C ··C /				
Values and attitudes about		'Life for Life'		Religious Studies GCSE Short Course		Psychology
sexuality and sexual relationships,		workshops		(Ethics)		(Relationships)
including media messages.				Love for Life		French/Spanish
				workshop		(Our place in a
				Citizenship		changing world,
				(Stereotyping)		Young people in
				PD (Relationships)		Society)
Stereotyping and its influence on	Citizenship	English (Explored	English (Explored	Citizenship		English, French
attitudes and behaviour.	(Stereotyping)	through a range	through a range of	(Stereotyping)		AS/A level texts:
		of texts)	texts)	English (Explored		(Portrayal of
	English (Explored			through a range of		women,
	through a range of		History (Holocaust)	texts)		Cultural
	texts)			Religious Studies		stereotypes,
				GCSE Short Course		class stereotypes)
						Psychology
						(Relationships,
						Psychopathology)
						Geography (Ethnic
						Diversity)

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Gender identity and sexual orientation including sources of support for young people				Citizenship (Stereotyping) PD (Relationships)		AS/A2 Religious Studies (Sexual ethics)
				Religious Studies GCSE Short Course (Ethics)		
				Love For Life workshop		
Dealing with homophobic, biphobic and transphobic bullying	Anti-bullying week and Assemblies	Anti-bullying week and Assemblies	Anti-bullying week and Assemblies	PD (Relationships unit) Anti-bullying week and Assemblies	Anti-bullying week and Assemblies	Anti-bullying week and Assemblies
Understand and respect the need for sensitivity towards various lifestyles, attitudes and values	Citizenship (in the context of other topics)	PD (Morals, values and beliefs) Assemblies	Geography (Ecotourism)	Assemblies Religious Studies GCSE Short Course	Geography (Development) Assemblies	AS Religious Studies (Sexual ethics) Psychology (Relationships)
	Assemblies		Assemblies	(Same sex relationships and a range of Christian views	,	Geography (Ethnic Diversity)
				Civil Partnerships Alternatives to Marriage)		French/Spanish (Inequality/equality)
				Citizenship (in the context of other		Assemblies
				topics) PD (Relationships)		

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Explore the emotional, social and moral implications of early sexual		Love for Life		'Love for life' workshop	Religious Studies (Boy/girl relationships)	AS Religious Studies (Sexual Ethics)
<i>activity</i> , for example personal values, attitudes and perceptions,		workshop		PD (Relationships)		
the law, STIs, the impact of underage parenting etc				Religious Studies GCSE Short Course (Purpose of sexual relationships,		Love for Life workshop
<i>Abstinence</i> as a positive option and an achievable reality.				taking account of diversity of ethical positions within Christianity, the		
Prevention of early pregnancy				importance of celibacy)		
6. Adolescence						
Recognising feelings, moods and	PD (Relationships,	English (explored	English (explored	English (explored	English (explored	English, French,
emotions (sometimes conflicting)	feelings and	through a range	through a range of	through a range of	through a range of	Spanish (explored
and knowing the language to	emotions)	of texts e.g. diary	texts e.g. diary	texts	texts	through a range of
express these appropriately.	English (explored through a range of texts e.g. diary entries, creative	entries, creative writing, role plays) PD (Feelings and	entries, creative writing, role plays)	PD (Emotional health) French/Spanish	French/Spanish (Myself and my family)	texts
	writing, role plays)	emotions, relationships)		(Myself and my family)		
				Action Mental Health talks		

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Maintaining positive relationships with e.g. friends, parents, other family members and teachers.	RE (Uniqueness) PD (Positive relationships) Assemblies, Form Class Time	PD (Positive relationships) Assemblies, Form Class Time Love for Life workshop	Assemblies, Form Class Time	PD (Positive relationships) Assemblies, Form Class Time French/Spanish (Myself and my family)	Assemblies, Form Class Time French/Spanish (Myself and my family)	Assemblies, Form Class Time French/Spanish (Relationships)
Considering peer and other influences .	RE (Uniqueness) PE (Ongoing work on consideration for others) Citizenship (in the context of other topics) English (T&L) PD (Managing influences) Assemblies, Form Class Time	PE (Ongoing work on consideration for others) English (T&L) PD (Managing influences) Assemblies, Form Class Time	PE (Ongoing work on consideration for others) English (T&L) Assemblies, Form Class Time	 PE (Ongoing work on consideration for others) Citizenship (in the context of other topics) English (advert deconstruction, leaflet analysis) PD (Managing influences) Assemblies, Form Class Time 	PE (Ongoing work on consideration for others) English (advert deconstruction, leaflet analysis) Geography (Settlement- cultural issues) Assemblies, Form Class Time	PE- barriers to participation Geography (Ethnic Diversity) French/Spanish (Relationships) Assemblies, Form Class Time

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Exploring morals and values in a	English (Explored	AS/A2 Religious				
variety of contexts and	through a range of	through a range	through a range of	through a range of	through a range of	Studies (Ethics)
recognizing the personal	texts)	of texts)	texts)	texts)	texts)	
implications.						English AS/A2 level
	Religious Studies	PE- Drugs and				
	(throughout	(throughout	(throughout course)	(throughout	(throughout course)	morals
	course)	course)		course)		
				Assemblies	Geography	French/Spanish
	Assemblies		Assemblies		(Development)	(Film and literature
	PD (Morals, Values	Assemblies		PD (Risk-taking	Assemblies	texts)
	and Beliefs)	PD (Morals,		behaviour)		
		Values and				
		beliefs)				

Relationships						
Relationships Explore the qualities of relationships including friendship, for example conditions for healthy relationships, types of relationships, healthy boundaries, gender issues in relationships etc	PD (Relationships) English (explored through a range of texts)	PD (Relationships) English (explored through a range of texts) Love for Life workshop	English (explored through a range of texts)	'Love for life' workshop PD (Relationships) English (explored through a range of texts) Religious Studies (Different types of family and the	English (explored occasionally through a range of texts)	English AS/A2 texts Psychology; Relationships French/Spanish (Relationships) Love for Life
				importance of the family unit in society)		workshop

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
The differences between the various types of relationship e.g. parents, siblings, other family members, peers, teachers, friends and acquaintances.	RE (Uniqueness) English (explored through a range of texts) PD (Relationships unit) Assemblies	HEc (family relationships) English (explored through a range of texts) PD (relationships unit) Assemblies	English (explored through a range of texts) Assemblies	Citizenship (difference between ethnic groups) English (Occasionally explored through a range of texts) PD (relationships unit) Assemblies	English (Occasionally explored through a range of texts) Assemblies	Geography (Ethnic Diversity) French/Spanish (Relationships, young people in society) Assemblies
Establishing and maintaining relationships including making informed and responsible decisions about personal and social relationships	English (explored occasionally through a range of texts) HEc (Family Roles) PD (Relationships) Assemblies	PD (Relationships) HEc (Family relationships) English (explored through a range of texts) Assemblies	English (explored occasionally through a range of texts) Assemblies	PD (Relationships, Risk taking behaviour) English (explored through a range of texts) Assemblies	English (explored occasionally through a range of texts) Assemblies	Psychology; Relationships French/Spanish (relationships) Assemblies
Sharing, commitment, respect, rights and responsibilities within relationships.	Assemblies	PD (Relationships) Assemblies	Assemblies	PD (Relationships) Religious Studies GCSE Short Course Love for Life workshop Assemblies	Assemblies	Assemblies Love for Life workshop French/Spanish (relationships)

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Media messages about relationships.		'Love for life' workshop		'Love for life' workshop		Love for Life workshop
Possible sources of conflict and development of skills and strategies to avoid and resolve conflict , for example, active listening, assertiveness, negotiation and mediation	PD (Relationships) English (year 8 drama 'bullying')	PD (Relationships) HE (Family Relationships)	Home Ec: Dealing with conflict situations	Citizenship (sources of conflict in the world)		French/Spanish (relationships)
Explore the roles and responsibilities of individuals within a variety of home and family structures , for example, choices, sharing roles within the family, prejudice, stereotyping etc	HEc (Family relationships) English (Goggle Eyes)	English (Buddy)	RE (Prejudice and discrimination)	Citizenship (stereotyping of ethnic groups) Religious Studies GCSE Short Course	English (Merchant of Venice, Juno and the Paycock)	English AS text Psychology (Relationships) French/Spanish (relationships) Geography (Ethnic Diversity)
Develop awareness of parenting skills , for example how parents and carers can nuture physical, intellectual, emotional, social and moral development	HE (Family relationships)			PD (Relationships)		French/Spanish (relationships)
Investigate some of the changing needs of family members at different stages of the life cycle, for example physical (including nutritional) intellectual, emotional and social needs etc		HE (Needs of young children)				French/Spanish (relationships)

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Develop coping strategies to deal with challenging relationship scenarios, for example, sibling rivalry, caring for relatives, domestic violence, teenage rebellion, child abuse, sexism, change in family circumstances, coping with rejection, loneliness and loss etc	English (Goggle Eyes)	English (Buddy) PD (Relationships, coping with conflict)		Religious Studies GCSE Short Course (Benefits and Challenges of Marriage and Divorce) PD (Healthy Relationships)		English AS text Psychology; Relationships French/Spanish (relationships)
Fostering and adoption.				Religious Studies short course		French/Spanish (different family structures)

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
7. Online safety						
a. Content- exposure						
to harmful materials						
The pressures to which young people may be exposed; in particular technology, the integral	E-Safety Assemblies	E-Safety Assemblies	E-Safety Assemblies	E-Safety Assemblies	E-Safety Assemblies	E-Safety Assemblies
role it plays and how it impacts on their lives	Anti-bullying week	Anti-bullying week Love for Life	Anti-bullying week	Anti-bullying week Year 11 PD Personal safety	Anti-bullying week	Anti-bullying week French/Spanish
		workshop		issues which includes sexting,		(social media and new tech)
				PD: The impact of Technology on mental health.		

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
<i>Mis/disinformation,</i> age- inappropriate marketing or user- generated content	Computing - SMART rules lesson - "Accept"	Digital Leader Workshop - "Fake News" - Digital Leader Workshop - "Online Influencers"	Digital Leader Workshop - "Fake News" - Digital Leader Workshop - "Online Influencers"	- Main Assembly ("Insta-Lie")	- Main Assembly ("Insta-Lie")	- Main Assembly ("Insta-Lie")
Pornograph y (harmful or illegal), sexualisation of culture, oppressive body image norms	Thrive Academy workshop	Thrive Academy workshop Love for Life workshop	Thrive Academy workshop	Love for Life workshop		Love for Life workshop
Violent, gory, graphic, racist, hateful or extremist information and communication	Thrive Academy workshop	Thrive Academy workshop	Thrive Academy workshop History (Holocaust)			French/Spanish (Our place in a changing world)
Gaming	Thrive Academy workshop	Thrive Academy workshop	Thrive Academy workshop			
Time spent online	Safer Internet Day Assembly - Negative influences of too much screentime	Safer Internet Day Assembly - Negative influences of too much screentime	Safer Internet Day Assembly - Negative influences of too much screentime			
B- Contact- participation in						
adult-initiated online						
activity/grooming						
Harassment, stalking, hateful behaviour, unwanted or excessive surveillance	Computing - "Becky's Story" lesson - Computing - SMART Rules - "Secret" and "Meeting"			Main Assembly - Breck Bednar	Main Assembly - Breck Bednar	Main Assembly - Breck Bednar

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Protection from online scams (email, spam, phishing, viruses)	Computing Online Safety Unit		Computing Unit	PD: Independent Living: online safety when banking and receiving emails		
Sexual harassment, sexual grooming , sextortion, the generation and sharing of child sexual abuse material Idealogical persuasion or manipulation, radicalisation and extremist recruitment				Main Assembly - Breck Bednar	Main Assembly - Breck Bednar	Main Assembly - Breck Bednar
C- Conduct- relationships with others						
<i>Healthy digital behaviours</i> (understand a range of ways to use	Computing Online Safety Unit	Assemblies	Assemblies	Assemblies	Assemblies	Assemblies
technology safely, respectfully, responsibly and securely)	Assemblies Form class time	Form class time	Form class time	Form class time PD Independent Living: online safety & mental health	Form class time	Form class time French/Spanish (Culture and Lifestyle)
Safe social networking	Assemblies Computing Online Safety Unit PD: positive relationships	PD: Personal Safety PSNI visit includes online safety and grooming Assemblies PD: positive relationships	Assemblies	Assemblies PD Relationships and Mental health Love for Life workshop	Assemblies	Assemblies

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Cyberbullying , hateful, or hostile communication or peer activity, e.g. trolling, exclusion, shaming	Computing - "SMART" rules lessons -	- Main Assembly - "Mirror" - Main Assembly - "Back	Main Assembly - "Mirror" Main Assembly - "Back Me	Assemblies, Form Class Time	Assemblies, Form Class Time	Assemblies, Form Class Time
	Computing - "Becky's Story" lesson	Me Up" - Pastoral Programme ("Bullying or	Up"	Anti-bullying week	Anti-bullying week	Anti-bullying week
	Main Assembly - "Joe's Story" – Form Class Time	Banter") Assemblies, Form	Assemblies, Form Class Time			French/Spanish (Culture and Lifestyle)
	(Good Manners Online)(Pressures	Class Time	Anti-bullying week			
	of Technology) Anti-bullying week	Anti-bullying week				
Sexual harassment, non-		Main Assembly -	Main Assembly -	Main Assembly -	Main Assembly -	
consensual sexual messaging, adverse sexual pressures		"Mirror" Safer Internet Assembly - Image Sharing and the Law/Sextortion	"Mirror" Safer Internet Assembly - Image Sharing and the Law/Sextortion	"Mirror" Safer Internet Assembly - Image Sharing and the Law/Sextortion	"Mirror" Safer Internet Assembly - Image Sharing and the Law/Sextortion	
<i>Sexting</i> (sharing nudes)- what constitutes an inappropriate image, why young people send	E-Safety Assemblies	E-Safety Assemblies	E-Safety Assemblies	E-Safety Assemblies	E-Safety Assemblies	E-Safety Assemblies
them and the consequences	Anti-bullying week	PSNI talks	Anti-bullying week	Anti-bullying week	Anti-bullying week	Anti-bullying week
		Anti-bullying week		PD (relationships) Love for life workshop		Love for Life workshop
Potentially harmful user communities, e.g. self-harm, anti- vaccine, adverse peer pressures						

Topics/Themes	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13/14
Protecting online reputation	Assemblies	Assemblies	Assemblies	Assemblies	Assemblies	Assemblies
	PD: Relationships	PD: Relationships		PD: Mental Health		
Digital Footprint/Positive Online				& Independent		
Reputation	Computing Online			Living when		
	Safety Unit			applying for jobs		