

AROE CURRICULUM: PARENTAL COMMUNICATION CALENDAR

***SUMMER HALF-TERM A**

Content of the AROE curriculum is outlined in the table below for this half term. AROE lessons each cover statutory Relationships, Sex and Health Education (RSE & HE), underpinned by thematic themes from the PSHE association and our school's AROE ethos, in addition to elements of Citizenship, and RE in line with the British Values. At times it may be necessary for new content to be covered in addition to what is shown below at short notice, in such events we will inform you in writing should any of the content be of sensitive nature.

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
RSE & HE Unit title and Over view	Health & Puberty (Health & Wellbeing) This unit will cover healthy routines, influences on health, puberty, unwanted contact, and FGM	Emotional Wellbeing (Health & Wellbeing) This unit will cover mental health & emotional wellbeing, including body image and coping strategies	Intimate Relationships (Relationships) This unit will cover relationships and sex education including consent, contraception, the risks if STIs and attitudes to pornography	Exploring Influences (Health & Wellbeing) This unit will cover the influence and impact of drugs, gangs, role models and the media	Families (Relationships) This unit will cover the different types of families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.
Skills being covered (Please note that these are not taught in a specific order or as individual lessons)	<ul style="list-style-type: none"> How to make healthy lifestyle choices including dental health, diet, physical activity and sleep How to manage influences relating to caffeine, smoking and alcohol How to manage physical and emotional changes during puberty and personal hygiene How to recognise inappropriate and unwanted contact About FGM and how to access support 	<ul style="list-style-type: none"> About attitudes towards mental health How to challenge myths and stigma About daily wellbeing How to manage emotions How to develop digital resilience About unhealthy coping strategies (e.g. self harm and eating disorders) About healthy coping strategies 	<ul style="list-style-type: none"> About the readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex About myths and misconceptions relating to consent About the continuous right to withdraw consent and capacity to consent About STIs, effective use of condoms and negotiating after sex About the consequences of unprotected sex, including pregnancy How the portrayal of relationships in the media and pornography might affect expectations How to assess and manage risks of sending, sharing or passing on sexual images How to secure personal information online 	<ul style="list-style-type: none"> About positive and negative role models How to evaluate the influence of role models and become a positive role model for peers About the media's impact on the perception of gang culture About the impact of drugs and alcohol on individuals, personal safety, families and wider communities How drugs and alcohol affect decision making How to keep self and other safe in situations that involve substance use How to manage peer influence in increasingly dependent scenarios, in relation to substances, gangs, and crime Exit strategies for pressurised and dangerous situations 	<ul style="list-style-type: none"> About different types of families and changing family structures How to evaluate readiness for parenthood and positive parenting qualities About fertility, including how it varies and changes About pregnancy, birth and miscarriage About unplanned pregnancy options, including abortion About adoption and fostering How to manage change, loss, grief and bereavement About 'honour based' violence and forced marriage and how to safely access support
Relationships and Sex Education (RSE) Statutory Links	4. Being safe (4.1) 5. Intimate sexual relationships, including sexual health (5.4) 6. The law (6.2, 6.3, 6.15)	3. Online & media (3.5)	2. Respectful relationships including friends (2.3) 3. Online & media (3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8) 4. Being safe (4.1, 4.2) 5. Intimate sexual relationships, including sexual health (5.1, 5.2, 5.4, 5.5, 5.6, 5.7, 5.8, 5.9, 5.13) 6. The law (6.2, 6.4, 6.5)	2. Respectful relationships including friends (2.2) 4. Being safe (4.1, 4.2) 5. Intimate sexual relationships, including sexual health (5.12) 6. The law (6.9, 6.11, 6.13, 6.14)	1. Families (1.1, 1.2, 1.3, 1.4, 1.5, 1.6) 2. Respectful relationships including friends (2.1) 5. Intimate sexual relationships, including sexual health (5.2, 5.3, 5.7, 5.8, 5.9, 5.11, 5.13) 6. The law (6.1, 6.6, 6.11)
Health Education (HE) Statutory Links	7. Mental wellbeing (7.5, 7.6) 8. Internet safety & harms (8.1) 9. Physical health & fitness (9.1, 9.2) 10. Healthy Eating (10.1) 11. Health & prevention (12.1, 12.2, 12.5) 14. Changing adolescent body (14.1, 14.2)	7. Mental wellbeing (7.1, 7.3, 7.4, 7.5, 7.6) 8. Internet safety & harms (8.1) 9. Physical health & fitness (9.1)	8. Internet safety & harms (8.2)	8. Internet safety & harms (8.2) 11. Drugs, alcohol & tobacco (11.1, 11.2, 11.3, 11.4, 11.5, 11.6)	
Citizenship Links				The legal system in the UK, different source of law and how the law helps society deal with complex problems.	
RE (British Values)	Religious festival - Sikhism	Islam, Christianity and death	Hinduism and equality – Human rights	Prejudice and discrimination - Religion Protected characteristics	Alternative religions: What is the illuminati ?