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Relationships and Sexuality Education	Book 1: Physical Health and Wellbeing	Book 2: Emotional Health and Wellbeing	Book 3: Social Health and Wellbeing	Book 4: Sexual Health and Wellbeing	Book 5: Self- Identity and Awareness	Book 6: The Environment	Book 7: Money and Finance	Book 8: Progression Planning	Notes
Developing and expressing identity and forming relationships									
The learning environment develops and the teaching focusses on:									
characteristics of equitable, consensual and loving relationships									
an understanding of the importance of connections with others and how these contribute to shaping our identity									
valuing safe, healthy and equitable relationships in a range of contexts (including marriage, and all types of civil partnership)									
an understanding of how social and cultural norms shape feelings about body image, behaviour and health and strategies to counteract									
how and why attitudes towards diversity are changing (including gender and sexual diversity)									
Understanding sexual health and well-being									
The learning environment develops and the teaching focusses on:									
how to recognise the characteristics and positive aspects of healthy relationships which include mutual respect, consent; and shared outlook									
knowledge and understanding that there can be both intended and unintended outcomes of having sexual experiences including offline and online									
the knowledge and understanding of how hormones continue to affect emotional and physical health throughout adulthood									
the knowledge and understanding of the causes, symptoms and impact of conditions and illnesses connected to sexual and reproductive health such as fertility, sexually transmitted infections and linked to menstrual health and wellbeing									
the ability to identify reliable sources of information and how to seek support and facilitate self-care									
Fostering safety and respect, being valued and supported.									
The learning environment develops and the teaching focusses on:									
a sense of responsibility to others including how we respond to behaviours which are discriminatory, disrespectful and harmful including online									
the ability to identify reliable and evidence based sources of information, including online, and to learn about oneself, feelings, bodies and relationships with others									
an understanding of the nature of consent in sexual relationships within different contexts, including online									
an understanding of laws that are in place to protect us from all forms of discrimination, violence, abuse and neglect									