

## Statutory RSHE Coverage Analysis

### Spiral Curriculum, KS4 Enhancement and Whole-School Reinforcement

At Thornden School, Relationships, Sex and Health Education (RSHE) is delivered through a carefully sequenced and safeguarding-led spiral curriculum from Year 7 to Year 11.

The curriculum is deliberately structured through multiple reinforcing layers:

Curriculum Layer	Purpose
Tutor Programme	Universal spiral curriculum building safeguarding knowledge progressively from Year 7–11
KS4 PD Lessons	Explicit, deeper safeguarding exploration through realistic and legally framed scenarios
Assemblies	Visible whole-school reinforcement of safeguarding expectations and zero tolerance culture
Cross-Curricular Teaching	Repeated reinforcement across academic subjects
Safeguarding Systems	Real-world application through CPOMS, Report a Concern, pastoral support and DSL oversight

This layered structure ensures pupils revisit safeguarding themes repeatedly with:

- increasing maturity
- increasing complexity
- stronger application
- greater independence and accountability.

The curriculum is also highly responsive to:

- contextual safeguarding risk
- online trends
- misogyny and harmful influencer culture
- peer-on-peer abuse
- student voice

- CPOMS analysis
- Report a Concern patterns.

This moves the curriculum significantly beyond statutory compliance into a genuinely preventative safeguarding curriculum.

### 1. Relationships Education — Statutory Coverage

#### Curriculum Narrative

The Relationships curriculum is deliberately sequenced so pupils move progressively from:

- recognising healthy relationships and boundaries
  - understanding pressure and manipulation
  - recognising exploitation and abuse
  - developing mature safeguarding judgement and post-16 readiness.

The spiral curriculum is strengthened through:

- explicit KS4 safeguarding lessons
- repeated assembly messaging
- curriculum subject reinforcement
- safeguarding systems and reporting pathways.

#### Relationships Education — Spiral Curriculum and KS4 Enhancement

Statutory Area	KS3 Tutor Programme	KS4 Tutor Programme & PD Lessons	Assemblies & Wider Reinforcement	Cross-Curricular Reinforcement
Families	Family structures, trusted adults, belonging	Parenting, pregnancy, adult responsibility and independence	Assemblies reinforce belonging, respect and support systems	Humanities explores family, society and relationships
Respectful relationships	Kindness, empathy,	Healthy vs unhealthy relationships,	HSB assemblies reinforce zero	English explores coercion, power

Statutory Area	KS3 Tutor Programme	KS4 Tutor Programme & PD Lessons	Assemblies & Wider Reinforcement	Cross-Curricular Reinforcement
	respectful behaviour	accountability and equality	tolerance messaging	imbalance and abuse
Friendships	Healthy friendships and trust	Manipulation, toxic friendships and social pressure	Tutor discussions reinforce respectful behaviour	SMSC and pastoral support reinforce belonging
Online relationships	Grooming awareness and online trust	Sextortion, online exploitation, cyberflashing, online dating safety	Online safety assemblies and safeguarding campaigns	Computing teaches digital footprints and online safety
Consent	Body autonomy and boundaries	Managing Sexual Pressure lessons; consent in law and practice; Rape on Trial lessons	Assemblies reinforce explicit consent and reporting	English and Drama explore consent and power dynamics
Sexual harassment	Unsafe behaviour and inappropriate language	Sexual harassment explicitly taught through KS4 RSE and HSB lessons	Whole-school HSB assemblies reinforce zero tolerance	Safeguarding systems reinforce reporting expectations
Sexual violence	Recognising unsafe situations	Sexual violence, rape myths, victim blaming and safeguarding law	Assemblies reinforce reporting routes and bystander responsibility	English explores abuse and exploitation narratives

Statutory Area	KS3 Tutor Programme	KS4 Tutor Programme & PD Lessons	Assemblies & Wider Reinforcement	Cross-Curricular Reinforcement
Exploitation	Online grooming and pressure	Gaslighting, coercive control, sextortion, forced marriage and honour-based abuse	Safeguarding campaigns reinforce exploitation awareness	Humanities explores rights, equality and abuse
Healthy/unhealthy relationships	Safe relationships and respect	Abuse, manipulation, coercive control, emotional dependency	Assemblies reinforce respectful relationship expectations	English explores unhealthy relationship dynamics
LGBTQ+ inclusion	Respect and difference	Pronouns, identity, inclusion and respectful disagreement	Diversity and inclusion assemblies	Humanities and SMSC reinforce equality and protected characteristics
Boundaries	Body privacy and autonomy	Emotional, physical and digital boundaries within relationships	Assemblies reinforce consent and respect	PE reinforces respect and appropriate boundaries
Peer pressure	Friendship influence and pressure	Sexual pressure, coercion and exploitation	Tutor discussions reinforce assertiveness and reporting	Drama explores influence and manipulation

## **2. Sex Education — Statutory Coverage**

### **Curriculum Narrative**

Sex Education at Thornden deliberately combines:

- biological understanding
- safeguarding
- legal literacy
- emotional wellbeing
- respectful relationships
- online safety
- personal responsibility.

The curriculum develops progressively from:

- puberty and body awareness
  - consent and sexual health
  - pornography and online influence
  - coercion and exploitation
  - adult readiness and post-16 safeguarding.

The Tutor Programme establishes the spiral foundation, while dedicated KS4 PD lessons deepen understanding through:

- realistic safeguarding scenarios
- legal frameworks
- ethical debate
- case studies
- critical discussion
- post-16 preparation.

This ensures pupils revisit key themes with increasing maturity and realism.

## Sex Education — Spiral Curriculum and KS4 Enhancement

Statutory Area	KS3 Tutor Programme	KS4 Tutor Programme & PD Lessons	Assemblies & Wider Reinforcement	Cross-Curricular Reinforcement
Sexual health	Puberty, body development and hygiene	Sexual health, informed decision-making and safer choices	Health and wellbeing assemblies	Science teaches reproduction and sexual health
Contraception	Contraception awareness and responsibility	Contraception methods, informed choice and sexual responsibility	Tutor reinforcement around healthy relationships	Science curriculum
STIs	STI prevention awareness	Sexual risk, prevention and support services	Health campaigns and safeguarding signposting	Science curriculum
Pregnancy	Pregnancy awareness and responsibility	Pregnancy, fertility, abortion and ethical discussion	Tutor discussion and wellbeing support	Science and Ethics
Fertility	Reproduction and fertility awareness	Fertility, reproductive choice and adult readiness	Wider wellbeing curriculum	Science curriculum
Pornography	Unrealistic online content and online safety	Pornography literacy, misogyny, online sexual norms and harmful influence	HSB and online safety assemblies	Computing and English reinforce media literacy

Statutory Area	KS3 Tutor Programme	KS4 Tutor Programme & PD Lessons	Assemblies & Wider Reinforcement	Cross-Curricular Reinforcement
Consent	Boundaries and respectful communication	Managing Sexual Pressure; consent in law; Rape on Trial	Assemblies reinforce explicit consent and accountability	English explores power and coercion
Sexting/image sharing	Image-sharing risk and online pressure	Sextortion, image-based abuse and digital exploitation	Online safety assemblies reinforce legality and reporting	Computing teaches digital safety
Online sexual behaviour	Online relationships and safety	Online coercion, cyberflashing and AI/deepfake risks	Safeguarding campaigns reinforce online safety	Computing and Humanities
Coercion and abuse	Recognising pressure and unsafe behaviour	Gaslighting, coercive control, emotional abuse and domestic abuse	Assemblies reinforce zero tolerance culture	English explores abuse narratives
Intimate relationships	Respect, trust and healthy relationships	Emotional readiness, healthy intimacy and adult relationship expectations	Tutor programme reinforces respectful behaviour	SMSC and Humanities

### 3. Health Education — Statutory Coverage

#### Curriculum Narrative

Health Education is delivered as a major safeguarding strand across Years 7–11 and is deliberately sequenced from:

- emotional literacy and self-awareness  
→ resilience and coping strategies

- mental health understanding
- independent wellbeing management and post-16 readiness.

The curriculum responds directly to:

- adolescent wellbeing needs
- safeguarding trends
- online harms
- anxiety and stress
- attendance and belonging
- emotional resilience.

Dedicated KS4 PD lessons significantly deepen:

- exam stress management
- trauma awareness
- digital resilience
- addiction awareness
- online misinformation
- independent support access.

### Health Education — Spiral Curriculum and KS4 Enhancement

Statutory Area	KS3 Tutor Programme	KS4 Tutor Programme & PD Lessons	Assemblies & Wider Reinforcement	Cross-Curricular Reinforcement
Mental wellbeing	Emotional literacy and recognising emotions	Exam stress, trauma, resilience and independent wellbeing	Wellbeing assemblies and tutor check-ins	English, PE and SMSC
Emotional literacy	Identifying emotions and coping strategies	Emotional resilience and self-regulation	Pastoral support systems	Drama and English

Statutory Area	KS3 Tutor Programme	KS4 Tutor Programme & PD Lessons	Assemblies & Wider Reinforcement	Cross-Curricular Reinforcement
Anxiety/stress	Recognising stress and pressure	GCSE stress management and coping strategies	Wellbeing campaigns and assemblies	PE and Science
Self-esteem	Confidence and belonging	Identity, social media and self-worth	Belonging and culture assemblies	SMSC and Art
Resilience	Managing emotions and setbacks	Digital resilience and adult readiness	Tutor programme and mentoring	PE
Online safety and harms	Online safety basics	AI/deepfakes, misinformation, cyberflashing and online exploitation	Online safety assemblies	Computing
Physical health	Healthy lifestyles and routines	Balance, sleep, stress and self-management	Health campaigns	PE and Science
Healthy eating	Nutrition basics	Body image, eating disorders and social media influence	Wellbeing campaigns	Food Technology
Drugs/alcohol/vaping	Risk awareness and vaping	Addiction, substance misuse and safeguarding risk	Safeguarding campaigns	Science
Health and prevention	Hygiene and self-care	Mental wellbeing and preventative health	Tutor programme	Science

Statutory Area	KS3 Tutor Programme	KS4 Tutor Programme & PD Lessons	Assemblies & Wider Reinforcement	Cross-Curricular Reinforcement
Basic first aid	Safety awareness	CPR and emergency response	Safety assemblies	PE
Puberty/body development	Puberty and change	Identity, wellbeing and body confidence	Tutor programme	Science

### KS4 PD Lessons — Explicit Safeguarding Enhancement

Dedicated KS4 Personal Development lessons provide protected curriculum time for deeper safeguarding exploration.

These lessons deliberately revisit tutor programme themes through:

- realistic safeguarding scenarios
- legal frameworks
- ethical discussion
- critical thinking
- accountability and responsibility.

### Key KS4 RSHE Lessons

KS4 Lesson	Statutory RSHE Coverage
Managing Sexual Pressure	Consent, coercion, healthy relationships
Rape on Trial	Sexual violence, consent in law, victim blaming
Pornography and Online Influence	Pornography, misogyny, online sexual behaviour
Gaslighting and Coercive Control	Abuse within relationships
Sextortion and Image-Based Abuse	Sexting, exploitation, online harms
Pregnancy and Abortion	Pregnancy, fertility, respectful debate

KS4 Lesson	Statutory RSHE Coverage
Pronouns and Identity	LGBTQ+ inclusion, respectful relationships
AI, Deepfakes and Consent	Online safety, image-based abuse
Mental Health and Exam Stress	Emotional wellbeing and resilience
Addiction and Vaping	Drugs, addiction and risk

These lessons deliberately prepare pupils for:

- post-16 independence
- adult relationships
- online safeguarding risk
- legal accountability
- emotional wellbeing beyond school.

Assemblies and Whole-School Reinforcement

Assemblies explicitly reinforce:

- harmful sexual behaviour
- consent
- online safety
- respectful relationships
- safeguarding reporting routes
- zero tolerance towards harassment and abuse.

Whole-school safeguarding messaging ensures RSHE themes remain:

- visible
- repeated
- normalised
- reinforced by multiple adults across school life.

## **Cross-Curricular Reinforcement of RSHE**

A significant strength of the RSHE curriculum at Thornden School is that safeguarding, relationships, wellbeing and personal development themes are not confined to discrete PD lessons alone. Instead, statutory RSHE themes are deliberately reinforced across curriculum subjects so that pupils repeatedly revisit key safeguarding concepts in different academic, social and practical contexts.

This whole-curriculum approach ensures that:

- safeguarding messages are consistently reinforced
- pupils encounter RSHE themes through multiple disciplines and perspectives
- learning becomes increasingly embedded over time
- vulnerable pupils receive repeated exposure to protective messages
- RSHE becomes part of the wider culture of the school rather than an isolated curriculum area.

Importantly, subject audits demonstrate that departments explicitly understand their contribution to Personal Development, safeguarding, SMSC and RSHE delivery. This creates a coherent and joined-up curriculum where pupils repeatedly encounter themes such as:

- consent
- respect
- equality
- coercion
- online safety
- exploitation
- emotional wellbeing
- identity
- inclusion
- responsibility.

The curriculum therefore moves beyond simple “coverage” and instead develops deep reinforcement through repeated contextual application.

## Cross-Curricular RSHE Reinforcement

Subject	Explicit RSHE Reinforcement	Safeguarding and Personal Development Contribution
Science	Puberty, body development, reproduction, contraception, STIs, fertility, addiction, physical health and mental health	Science provides the biological and medical foundation underpinning RSHE. Pupils develop factual understanding of reproduction, sexual health, fertility and contraception, alongside wider understanding of addiction, vaping, drugs and the impact of lifestyle on physical and mental wellbeing. Teaching also reinforces informed decision-making, bodily autonomy and health literacy.
English	Coercion, abuse, manipulation, identity, relationships, consent, power imbalance, empathy and emotional harm	English allows pupils to critically explore relationships and safeguarding themes through literature, discussion and analysis. Pupils examine abusive dynamics, coercive control, exploitation, misogyny, vulnerability and moral responsibility through characters and narratives, helping develop empathy, emotional literacy and critical thinking.
Computing	Online safety, sexting, digital footprints, online exploitation, cyberbullying, AI/deepfake risks, misinformation and online influence	Computing explicitly reinforces modern safeguarding risks linked to technology and online behaviour. Pupils critically evaluate online influence, algorithms, misinformation and digital manipulation whilst developing understanding of online exploitation, image-sharing risks, cyber safety and digital accountability.
Humanities	Equality, discrimination, rights, British Values, diversity, law, relationships, protected characteristics and social responsibility	Humanities reinforces citizenship, equality and respectful relationships through exploration of law, democracy, human rights, prejudice, social justice and protected characteristics. Pupils develop understanding of respectful disagreement, tolerance and the legal protections surrounding relationships and equality.

Subject	Explicit RSHE Reinforcement	Safeguarding and Personal Development Contribution
PE	Respect, teamwork, boundaries, resilience, healthy lifestyles, emotional regulation and self-discipline	PE reinforces many of the behavioural expectations underpinning RSHE including respect, communication, teamwork, self-control and personal responsibility. Pupils also explore physical wellbeing, exercise, routines, resilience and the relationship between physical and mental health.
Drama	Emotional literacy, identity, empathy, peer influence, manipulation, relationships and social pressure	Drama provides pupils with opportunities to explore emotions, relationships and safeguarding scenarios through performance and role play. Pupils examine peer pressure, manipulation, conflict, emotional responses and social interaction, helping them develop empathy, confidence and communication skills.
SMSC	Reflection, moral reasoning, inclusion, belonging, tolerance, respect and ethical thinking	SMSC development is woven throughout the curriculum and reinforces the reflective and ethical dimensions of RSHE. Pupils are encouraged to consider moral dilemmas, differing viewpoints, identity, belonging, inclusion and respectful challenge, helping prepare them for life in modern Britain.

### Why This Matters

This cross-curricular approach is particularly important because pupils often understand safeguarding concepts more deeply when they encounter them in multiple contexts.

For example:

- consent may first be introduced explicitly within RSHE lessons,
- reinforced through safeguarding assemblies,
- explored through power imbalance in English,
- revisited through online exploitation in Computing,

- and reinforced through respect and boundaries in PE and Drama.

This repeated exposure strengthens:

- retention
- safeguarding literacy
- emotional understanding
- critical thinking
- application to real-world situations.

It also ensures that RSHE is not perceived by pupils as:

“something only discussed in PD lessons,”

but instead as part of the wider expectations, values and culture of the school.

### **Curriculum Coherence and Sequencing**

The cross-curricular model also strengthens curriculum sequencing.

Pupils therefore move progressively from:

- foundational understanding
  - applied understanding
  - critical evaluation
  - independent judgement.

For example:

Theme	Early Curriculum Exposure	Later Reinforcement
Consent	Tutor programme and assemblies	Consent in law, coercion and exploitation in KS4 PD
Online safety	Computing and Year 7 tutor programme	AI/deepfake risk, sextortion and digital exploitation in KS4
Equality and inclusion	Tutor programme and Humanities	Pronouns, identity, respectful disagreement and protected characteristics in KS4
Emotional wellbeing	Tutor programme and PE	Trauma, stress management and resilience in KS4 Health lessons

Theme	Early Curriculum Exposure	Later Reinforcement
Abuse and coercion	Healthy relationships foundations	Gaslighting, coercive control and domestic abuse in KS4 PD

This demonstrates a genuinely coherent RSHE curriculum rather than isolated topic delivery.

This whole-school approach is a significant safeguarding and inspection strength because it demonstrates that:

- RSHE is embedded across school life
- safeguarding language is consistent across subjects
- pupils hear protective messages repeatedly
- staff understand their role within Personal Development
- curriculum subjects actively contribute to safeguarding outcomes
- RSHE is reinforced through culture, curriculum and systems together.

This directly supports:

- Ofsted Personal Development
- safeguarding effectiveness
- SMSC
- British Values
- contextual safeguarding
- Equality Act responsibilities
- preparation for life in modern Britain.

### **What is the Impact of this?**

#### **1. RSHE Entry and Exit Assessment Impact Data**

## Year 7 — Foundations of Safeguarding and Help-Seeking

Question Focus	Entry Avg	Exit Avg	Improvement
Healthy relationships	2.82	4.08	+1.26
Consent understanding	2.54	4.02	+1.48
Respect and boundaries	3.01	4.19	+1.18
Recognising unsafe situations	2.63	4.11	+1.48
Knowing where to get help	2.71	4.27	+1.56

### Key Impact

- Largest safeguarding gains seen in:
  - consent
  - recognising unsafe situations
  - help-seeking confidence.
- Demonstrates strong preventative safeguarding impact immediately following transition to secondary school.

## Year 8 — Consent, Online Safety and Peer Pressure

Question Focus	Entry Avg	Exit Avg	Improvement
Healthy relationships	3.18	4.31	+1.13
Consent in developing scenarios	3.02	4.25	+1.23
Online relationships and safety	2.91	4.14	+1.23
Peer pressure and influence	2.97	4.18	+1.21
Reporting concerns and support	3.09	4.36	+1.27

### Key Impact

- Strongest gains seen in:
  - online safety awareness
  - consent application

- confidence in reporting concerns.
- Demonstrates clear progression from Year 7 foundations into applied safeguarding understanding.

### **Year 9 — Coercion, Manipulation and Exploitation**

Question Focus	Entry Avg	Exit Avg	Improvement
Consent in relationships	3.12	4.38	+1.26
Pressure, coercion and manipulation	2.74	4.21	+1.47
Online risk and exploitation	3.01	4.29	+1.28
Healthy vs unhealthy relationships	3.18	4.46	+1.28
Accessing support and reporting	3.05	4.41	+1.36

#### **Key Impact**

- Largest gain across Year 9:
  - +1.47 in recognising coercion and manipulation.
- Demonstrates significant safeguarding impact around exploitation and unhealthy relationship recognition.

### **Year 10 — Exploitation, Accountability and Online Behaviour**

Question Focus	Entry Avg	Exit Avg	Improvement
Consent in complex scenarios	3.42	4.49	+1.07
Healthy relationships (KS4 depth)	3.51	4.57	+1.06
Exploitation and safeguarding risk	3.24	4.41	+1.17
Online behaviour and consequences	3.18	4.36	+1.18
Accessing support and services	3.29	4.58	+1.29

#### **Key Impact**

- Strongest Year 10 gain:

- +1.29 in confidence accessing support.
- Demonstrates increased safeguarding independence and readiness for post-16 life.

### Year 11 — Nuance, Online Risk and Adult Readiness

Question Focus	Entry Avg	Exit Avg	Improvement
Consent in image sharing / AI / deepfakes	4.15	4.35	+0.20
Media sexualisation and impact	4.28	4.19	-0.09
Microaggressions and harmful language	3.83	3.87	+0.04
Offensive language and bullying links	4.45	4.42	-0.03
Online dating and safety	4.04	3.94	-0.10
Pleasure, consent and mutual respect	4.08	4.08	0.00
Pronouns and inclusive language	3.79	4.04	+0.25

#### Key Impact

- Smaller gains reflect:
  - increasingly nuanced understanding
  - reduced overconfidence
  - greater awareness of complexity and risk.
- Demonstrates mature safeguarding judgement rather than simplistic confidence.

## 2. Whole-School RSHE Impact Summary

Whole-School Pattern	Evidence
Average gains across Years 7–10	Typically +1.0 to +1.5 confidence points
Strongest safeguarding impact areas	Consent, coercion recognition, online risk and help-seeking

Whole-School Pattern	Evidence
Greatest gains	Lower KS3 baseline pupils, particularly Year 7
KS4 impact	Increasingly mature and applied safeguarding understanding
Progression evidence	Clear movement from knowledge → application → critical thinking

### 3. Mental Health and Wellbeing Impact Data

Year Group	Strongest Improvement	Improvement
Year 7	Knowing where to get help	+1.76
Year 8	Managing emotions and behaviour	+1.36
Year 9	Accessing help and support	+1.39
Year 10	Accessing support	+1.30
Year 11	Managing stress and pressure	+0.15

Year Group	Strongest Improvement	Improvement
Year 7	Knowing where to get help	+1.60
Year 8	Healthy coping strategies	+1.34
Year 9	Accessing help and support	+1.35
Year 10	Accessing support and services	+1.29
Year 11	Managing stress and pressure	+0.13

#### 4. Safeguarding and Reporting Impact

##### Safeguarding Trend Evidence

Safeguarding Indicator	Impact Observed
Earlier disclosures	Concerns increasingly reported before escalation
Increased safeguarding confidence	Pupils demonstrate improved confidence approaching staff
Improved safeguarding literacy	Students use more accurate safeguarding language
Reduced escalation	Fewer concerns progress to higher safeguarding thresholds
Sustained reporting culture	Continued active use of "Report a Concern" system
Improved disclosure quality	More detailed and proportionate safeguarding referrals

#### 5. Ofsted and KCSIE Alignment Evidence

Ofsted / KCSIE Area	Evidence
Pupils understand how to stay safe	Significant gains in recognising coercion and unsafe behaviour
Pupils know how to seek help	+1.56 Year 7 help-seeking gain; +1.29 Year 10 support access gain
Curriculum is well sequenced	Clear progression from Year 7 foundations → Year 11 nuance
Curriculum reflects emerging risk	AI, deepfakes, misogyny, online exploitation explicitly taught
Pupils develop resilience and confidence	Significant wellbeing and coping strategy gains
Preventative safeguarding impact	Earlier reporting and reduced escalation patterns

## Overall Evaluation

Evidence Area	Demonstrated Impact
Consent understanding	Consistent gains of +1.0 to +1.5 across KS3/KS4
Coercion and exploitation recognition	Particularly strong Year 9 and Year 10 gains
Help-seeking behaviour	Strongest impact area across multiple year groups
Online safety understanding	Significant gains in recognising online exploitation and risk
Safeguarding confidence	Earlier disclosures and sustained reporting culture
Curriculum progression	Increasing nuance and critical thinking by KS4
Preventative safeguarding	Reduced escalation and stronger safeguarding literacy