



Maricourt Catholic High School and Sixth Form

This information is to help parents and carers gain a better understanding of their child's experience of RSE in school. We would like to highlight that our programme of study is taken from an Archdiocese recommended resource that provides age-appropriate content and is used in various schools across Merseyside. We deliver Relationships and Sex Education (RSE) in accordance with the guidance of the Catholic Church, while also addressing relevant contemporary issues as they arise within the school or local community. We acknowledge that parents have the right to withdraw their child from specific lessons that fall outside the national curriculum. If, after reviewing our RSHE curriculum and offer below, you decide that you would prefer your child not to participate in certain sessions, please submit a written request to the school explaining your reasons.

Religious and Social Education Provision.

Year	Topic	Time	Curriculum area	Selection Criteria
7	Year 7 Girls Hygiene and menstruation talk Female students in Year 7 learn about basic hygiene practices like regular bathing, using deodorant, and caring for changing bodies. Specifically, regarding menstruation, topics cover what periods are, when they might start, using menstrual products, managing symptoms like cramps, and understanding the emotional aspects. The aim is to provide knowledge, normalise discussions about puberty, and ensure they feel informed and prepared for this natural part of growing up.	Autumn Term	PE	Female students



	Year 7 Boys Health and Hygiene talk Year 7 boys learn the importance of personal hygiene, including regular washing, deodorant use, and changing clothes, especially after sport. The session also covers puberty changes, healthy eating, sleep, and staying active. The aim is to build confidence and responsibility for their bodies as they grow and become young men.	Summer Term	PE	Male Students
	SWACA (Sefton's women's and children's aid) In the sessions run by SWACA Women's and Children's Aid, a small group of students receive support and guidance on topics such as healthy relationships, self-esteem, and coping strategies. These sessions are designed to create a safe, supportive environment where students can explore their feelings, build resilience, and gain tools to navigate personal challenges effectively.	Autumn Term	PSHE	Selected cohort
	SMASHED theatre company production SMASHED deliver an engaging performance that highlights the risks and consequences of underage drinking and alcohol abuse. Through relatable storytelling and interactive discussions, students explore topics such as peer pressure, decision-making, and the impact of alcohol on health and relationships. The session aims to raise awareness, challenge misconceptions, and empower students to make safe and informed choices regarding alcohol.	Autumn Term	PSHE	All Students
	Who am I? The core religious understanding taught at the outset of this programme of work is that we are created by God as one whole person, both body and soul. Pupils will be encouraged to celebrate their uniqueness, value and dignity, which derive from God, and subsequently to recognise the respect they should have for themselves and others as persons.	Winter Term	PSHE	All Students



	Changing Bodies. Building on the religious understanding of the body, students will explore changes in puberty, including physical and emotional changes. They will consider how to look after and accept their changing bodies, including how to take responsibility for personal hygiene, and understand that there are different body shapes, sizes and personal attributes.	Winter Term	PSHE	All Students
	Healthy Inside and out. In this session, pupils identify what contributes to their self-esteem, and how high or low levels of self-esteem can affect their confidence and decision making. Building on previous exploration of body shapes and sizes, they will explore the effect of body image and learn techniques to help them increase self-esteem.	Winter Term	PSHE	All Students
	Where do we come from? This session enables students to understand sexual intercourse within a scientific, moral and religious context, leading them in turn to a richer understanding of human reproduction, including fertility and the menstrual cycle.	Winter Term	PSHE	All Students
	Family and Friends. In this session, pupils will learn the features of positive and stable relationships between family and friends. They will reflect on different family structures, explore how to deal with conflict, and understand the qualities of true friendship.	Winter Term	PSHE	All Students
	My life on screen. Rooted in the RE teaching that we are made from love for love, pupils will explore their digital	Winter Term	PSHE	All Students



	lives and the effect our use of digital technology can have on ourselves and others.			
	Living Responsibly. Building on previous sessions' learning about behaviour management, the final session of the Foundation Programme explores social responsibility and respect for self and others. It should inspire young people to be responsible and play a positive part in their communities.	Winter Term	PSHE	All Students
	Drug Awareness Evolve Substance Misuse Students will learn about the risks of substance misuse, making informed choices, resisting peer pressure, and accessing support when needed.	Summer Term	PSHE	All Students
	Misogyny Explore everyday examples (e.g., language, media, stereotypes). Discuss the impact of words and jokes that reinforce gender biases and Identify gender stereotypes in films, books, and adverts.	Summer Term	PSHE	All Students
	LFC Foundation- - Conflict and Anti Bullying workshops- looks to challenge fake news, effective debate skills and calling out disrespectful behaviours. Focus is based on values such as respect, compassion, justice, roles and responsibilities. Protected characteristics and the law is also covered.	Winter Term	PSHE	All Students
8	SMASHED theatre company production SMASHED deliver an engaging performance that highlights the risks and consequences of underage drinking and alcohol abuse. Through relatable storytelling and interactive discussions, students explore topics such as peer pressure, decision-making, and the impact of alcohol on health and relationships. The session aims to raise awareness, challenge misconceptions, and empower students to make safe and informed choices regarding alcohol.	Autumn Term	PSHE	All Students
	Eve's Story- Liverpool Royal Court In the sessions led by the Liverpool Royal Court featuring <i>Eve's Story</i>, students engage with a powerful performance that highlights critical issues like grooming, exploitation, and knife crime.	Autumn Term	PSHE	All Students



	Through storytelling and discussion, the program raises awareness, fosters understanding of these dangers, and equips students with knowledge to recognise risks and seek help if needed.			
	SWACA (Sefton's women's and children's aid) In the sessions run by SWACA Women's and Children's Aid, a small group of students receive support and guidance on topics such as healthy relationships, self-esteem, and coping strategies. These sessions are designed to create a safe, supportive environment where students can explore their feelings, build resilience, and gain tools to navigate personal challenges effectively.	Autumn Term	PSHE	Selected cohort
	Created and chosen. This foundational session helps students at the beginning of the Year 8 programme to develop an appreciation that our deepest identity is in God: as people created, chosen and loved by Him. Students will learn that science proves our uniqueness and becoming aware of it can help us to open up to God who is the ground of our being and the One who loves us.	Winter Term	PSHE	All Students
	Appreciating differences- Building on the teaching that our deepest identity is in God, students will learn about male/female differences including issues such as gender stereotypes, gender identity and gender dysphoria. Students will understand that equality is of great importance, and that we should celebrate our uniqueness. Students will learn about different perspectives regarding gender and transgender identity, and they will know that bullying and marginalising others is always wrong because every person is a child of God, worthy of love.	Winter Term	PSHE	All Students
	Feelings. This session explores God's wonderful gift of sexual attraction, which requires self-control, mutual respect and patience to manage well. Pupils will also learn that God has a plan for sex: that our deepest drive to love and be loved is met through sexual union, which is total, faithful and open to the precious gift of life.	Winter Term	PSHE	All Students



	Before I was born. This session invites pupils to appreciate the beautiful and fragile gift that life is through learning about the miraculous journey from conception to birth. This also involves teaching on the ending of pregnancies prematurely through miscarriage or deliberately via abortion, and different attitudes surrounding this, including discussions about when life begins.	Winter Term	PSHE	All Students
	Tough Relationships. Building on themes of equality and celebrating difference, this session address's themes prejudice and discrimination, both historical and current. Pupils will learn about privilege, 'Protected Characteristics' and how to resist judgement. The session ends with a challenge for pupils to choose the route of tolerance, kindness and forgiveness, and never to suffer in silence.	Winter Term	PSHE	All Students
	Think before you share- This session explores the social, personal and legal consequences of sharing images of a sexual nature. Pupils will also learn about their digital footprint, pornography and online exploitation, leading to the understanding that sharing anything in word, speech or action that reduces people to objects dishonours their God-given dignity.	Winter Term	PSHE	All Students
	Wider World Exploring issues of prejudice, discrimination and homophobic bullying, including a Holocaust case study, pupils will learn that we are called to love and respect one another as children of God with value and dignity that far surpasses our culture, race, religion, sexual orientation, choices and attitudes. Pupils will be given the opportunity to examine and commit to change their own behaviour.	Winter Term	PSHE	All Students
	Knife Crime In Rob Jackson's talk on knife crime, students hear real-life stories from his 20+ years as an NHS A&E nurse. Through powerful images and personal experiences, he highlights the tragic impact of knife violence. He also teaches practical life-saving advice, empowering students to	Spring Term	PSHE	All Students



	make safer, informed choices in dangerous situations.			
	Misogyny - Focus on online misogyny, cyberbullying, and social media. Discuss gendered harassment in gaming, social media, and influencer culture. Introduce the concept of toxic masculinity and its link to misogyny	Summer Term	PSHE	All students
	LFC Foundation- She Inspired Female leadership programme which focuses on empowerment, female aspirations, role models. Influences of social media, fake news and self-esteem. The programme looks to build self-confidence and develop aspirations.	Winter Term	PSHE	Selected cohorts
	LFC Foundation- Conflict and Anti Bullying workshops- looks to challenge fake news, effective debate skills and calling out disrespectful behaviours. Focus is based on values such as respect, compassion, justice, roles and responsibilities. Protected characteristics and the law is also covered.	Winter Term	PSHE	All Students
	EITC- Change Makers- The PL Inspires team propose that the Change makers programme will be best suited for working on a range of mental health and wellbeing issues. The programme is aimed at young females facing a range of personal, social, and educational issues. The aim of the programme is to empower young women and help them realise their full potential. It will aim to teach them how to better care for themselves and their wellbeing, to educate and to empower them to raise their aspirations and realise their full potential	Winter Term	PSHE	Selected cohort of female students

Year	Topic	Time	Curriculum area	Selection Criteria
9	Eve's Story- Liverpool Royal Court	Autumn Term	PSHE	All Students



	In the sessions led by the Liverpool Royal Court featuring Eve's Story, students engage with a powerful performance that highlights critical issues like grooming, exploitation, and knife crime. Through storytelling and discussion, the program raises awareness, fosters understanding of these dangers, and equips students with knowledge to recognise risks and seek help if needed.			
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	The search for love The session shows that what every human being is searching for - happiness - is ultimately a search for love. Often, we look to romantic and sexual relationships to satisfy that longing for love. But beyond romantic feelings and desires, there is a deeper kind of love based on a decision to sacrifice for the good of the other. This is the true love we all most want and need from others and for ourselves.	Summer Term	PSHE	All Students
	Love People, use things The session reflects on consumerism's impact and examines the concept of objectification. In terms of sexual desire, this means we can treat people the way we treat things.	Summer Term	PSHE	All Students
	In control of my choices A reflection on desire and attraction, what it is and why we experience it. It explains the meaning of lust. Through a range of stories and insights from both students and presenters, it considers	Summer Term	PSHE	All Students



	how effort and perseverance are needed to control our choices and not let them be dominated by lust.			
	Fertility and contraception A reflection on the gift and responsibility of fertility. Students consider what they already know about how different contraceptives function and their effectiveness and learn about the potential drawbacks. They will be invited to reflect on Catholic teaching that married couples should choose Natural Family Planning instead of contraception as an expression of responsible parenthood.	Summer Term	PSHE	All Students
	Commitment and Marriage The session invites students to reflect on what commitment means and the different forms it can take in terms of sexual relationships including marriage.	Summer Term	PSHE	All Students
	Understanding consent This session invites students to explore the complexities surrounding consent, including sexual consent. Students will hear several real-life stories where consent has not been given and explore the different factors involved in giving and receiving consent.	Summer Term	PSHE	All Students
	Human rights and wrongs The session begins with an explanation of human rights and then moves on to explore the way human rights are violated by sexual harassment, exploitation, assault and rape.	Summer Term	PSHE	All Students
	Misogyny How misogyny affects boys and girls in school, friendships, and relationships. The link between	Summer Term	PSHE	All Students



	everyday sexism and more extreme forms of gender-based harm.			
	LFC Foundation-On Target – Targeted intervention, which is 6-week programme with LFC Foundation, focuses on Mental Health, Wellbeing, Confidence and Self-Esteem and Self Respect.	Summer Term	Wellbeing	150 students across year 9 based on the self-survey

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10	Authentic Freedom. Through a film where a young couple explore issues such as peer pressure, virginity, love, sex and responsibility, this session discusses the objective reality of sex: pregnancy and chemical bonding between two people. A common belief is that 'personal freedom is doing what you want as long as no one gets harmed', but this session holds up an alternative perspective: that making a loving gift of self is an ideal worth holding out for, one which leads to authentic freedom.	Winter Term	PSHE	All Students
	Self-Image This session addresses themes such as body image, body shame and control over sexual urges to explore positive and negative ways of feeling attractive and confident in ourselves. Pupils will learn that true confidence in who we are, including confidence in our bodies, comes from knowing we have dignity – that we are to be valued and respected not because of how we look or what we do, but just by being alive, created by God and called His child.	Winter Term	PSHE	All Students
	Beliefs values and attitudes Through a film where a young man experiences an internal moral battle and the story of	Winter Term	PSHE	All Students



	executed anti-Nazi activist Sophie Scholl, this session reveals the importance of knowing our own beliefs, values and attitudes so that we are not at risk of making decisions which go against them. Pupils will be given the chance to interrogate their own core values and consider how faith can give us the courage to stand up for what we believe in.			
	Parenthood Following a film where a teenage girl has a blazing row with her Dad and realises she had been taking him for granted, this session considers what it means to be a parent, including issues such as love, dedication, obligation, commitment, sacrifice and a lifetime of responsibility. Marriage is positioned as the ideal foundation for parenthood and family life, and God as our unconditionally loving Father.	Winter Term	PSHE	All Students
	Abuse This session unpacks different types of abuse (physical, emotional, domestic and neglect), which are all incompatible with an understanding of innate human dignity. The session also touches on topics such as entrapment, manipulation, sexual grooming, cyberbullying and pornography. Pupils will learn that people are not things to be used but uniquely precious persons to be loved and cherished, that we should remain vigilant to abuse in our own/others' relationships and that victims of abuse should always be encouraged to speak out and access support.	Winter Term	PSHE	All Students
	Solidarity Through a drama where a teenager wonders if their small act of charity can possibly make a difference on a wider scale, this session explores the Catholic Social Teaching principle of 'integral ecology', where dignity, human rights and concern for the poor are intertwined with a concern for nature, the environment and the whole of creation. Pupils will be challenged to live wisely, think deeply and love generously in order to live in solidarity and peace with God's creation.	Winter Term	PSHE	All Students



	Self-Worth This session invites pupils to consider how they respect themselves and others, and the role God can play within that.	Summer term	PSHE	All Students
	Addiction In this session, pupils hear the story of Dina, who overcame severe drug addiction through the help of family, community, responsibility and faith. Pupils will learn through her story and discussion activities that the pull of short-term highs is strong, but that maturity and growth happens through appreciating one's own life as a gift and learning to make a gift of oneself to others. Mairi and Nathan invite pupils to consider their own patterns or tendencies towards addiction, because being aware about our own addictions can help us to be more patient and honest with ourselves and others.	Summer term	PSHE	All Students
	Eating Disorders Through their stories and classroom discussion, pupils will learn that gaining insight into oneself is a key to well-being. This session invites pupils to consider their own deepest needs and the complexities and contradictions within themselves.	Summer term	PSHE	All Students
	Birth Control This session holds fertility up as a precious gift to be protected, nurtured and valued. Through activities and discussions, pupils end the session with an invitation to consider what they want their future lives to be like.	Summer term	PSHE	All Students
	Pornography This session looks at 'adult content' in an adult way: asking questions about how it affects people's behaviour, how it affects the way people think about themselves, others and their	Summer term	PSHE	All Students



	relationships.			
	STI's Through stories, activities and discussions, pupils will consider how the reality of STIs connects to deeper questions about sexual choices and consequences, and how to rethink behaviour that causes harm.	Summer term	PSHE	All Students
	Coercive Control Through stories, pupils will be able to consider what is meant by coercive control and how this type of abusive relationship can develop. They will also be able to discuss issues such as rape, victim-blaming, sexism and misogyny.	Summer term	PSHE	All Students
	Sexual Consent In this session, students will explore the importance of consent in relationships, learn about different methods of contraception, and understand how to prevent, identify, and treat sexually transmitted infections (STIs). The session promotes informed, respectful decision-making to support students' health, safety, and well-being in intimate relationships.	Summer term	PSHE	All Students
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	Misogyny and Violence Misogyny and Violence: From Harassment to Harm. Students explore sexual violence and consent.	Summer Term	PSHE	All Students
	Drug Awareness Evolve Substance Misuse Students will learn about the risks of substance misuse, making informed choices, resisting peer pressure, and accessing support when needed.	Summer Term	PSHE	All Students
	Sexual Health Students learn about respectful, informed consent, the role of contraception in protecting health, understanding STIs, and responsible choices—including how condoms work—within the context of Catholic values on dignity and care.	Summer Term	PSHE	All Students
	LFC Foundation-On Target – Targeted intervention, which is 6 week programme with LFC Foundation, focuses on Mental Health, Wellbeing, Confidence and Self-Esteem and Self Respect.	Summer Term	Wellbeing	150 students across year 10 based on the self-survey

Year	Topic	Time	Curriculum area	Selection Criteria
11	SWACA (Sefton's women's and children's aid) In the sessions run by SWACA Women's and Children's Aid, a small group of students receive support and guidance on topics such as healthy relationships, self-esteem, and coping strategies. These sessions are designed to create a safe, supportive environment where students can explore their feelings, build resilience, and gain tools to navigate personal	Autumn Term	PSHE	Selected Cohort of Students



challenges effectively.

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Sixth Form	SWACA (Sefton's women's and children's aid) In the sessions run by SWACA Women's and Children's Aid, a small group of students receive support and guidance on topics such as healthy relationships, self-esteem, and coping strategies. These sessions are designed to create a safe, supportive environment where students can explore their feelings, build resilience, and gain tools to navigate personal challenges effectively.	Autumn Term	PSHE	All students
	Healthy Relationships Sixth form students will learn how to recognise the qualities of healthy relationships, including respect, communication, and boundaries, while also understanding how to identify and respond to unhealthy behaviours.	Winter Term	PSHE	All Students
	Masculinity and Men Sixth form students will explore the concept of masculinity, how societal expectations impact men's mental health and behaviour, and develop a deeper understanding of positive, inclusive expressions of male identity.	Winter Term	PSHE	All Students
	Misogyny Students will discuss systemic misogyny and intersectionality (race, class, sexuality). Examine legal frameworks and societal shifts toward gender equality and explore how men and women	Summer Term	PSHE	All students



	can work together to challenge misogyny.			
	Emotional wellbeing Sixth form students explore stress management, emotional regulation, and self-care strategies through discussion, reflection, and practical wellbeing activities.	Summer Term	PSHE	All students

	Universal offer to all year groups
Homophobia	Promoting dignity and respect for all, reflecting God's love by standing against discrimination based on sexual orientation.
Anti-racism	Embracing every culture as part of God's creation; challenging racism with compassion, equality, and justice.
Disability Discrimination	Valuing all abilities; promoting inclusion and kindness as every person is made in the image of God.
Online safety	Staying safe, respectful, and responsible online, protecting yourself and others as digital disciples.
Cyber Bullying	Using technology to uplift, not harm; speaking out with courage and compassion when others are targeted.
Railway safety	Respecting boundaries and life; staying alert and safe near railways, valuing the gift of life.
Anti-bullying	Choosing kindness always; standing up for others and building a community of faith, love, and respect.
Knife Crime	Valuing life as sacred; rejecting violence and choosing peace, courage, and care in every decision we make.



Respectful Relationships	LFC Foundation- Personal development programme works with students on respectful relationships, communication skills and aspirations. It looks at ways to develop resilience, self-worth, confidence and communication skills. Female and male cohort (Selected cohorts- focus wellbeing and attendance)
Resilience	EITC Leadership programme- focuses on bringing males and females together in sport to focus on resilience, solidarity, teamwork, leadership and relationships. It is centred on effective communication and having confidence to show case talents through sport. (Selected cohorts across all years)