



Curriculum Overview: RSHE

Year Group	Autumn Term – Living in the wider	Spring Term – Relationships (RSE)	Summer Term-Health & Wellbeing	Useful information / websites
Year 7	<p>How can we be aspirational students?</p> <p>Introduction to citizenship</p> <p>British Liberties</p> <p>How does self-esteem help us to achieve?</p> <p>How can we budget our money?</p> <p>What are different financial products?</p> <p>Savings, loans and interest rates</p> <p>Money management</p> <p>How can we shop ethically?</p> <p>Being a resilient student</p> <p>Prejudice and discrimination – racism</p> <p>Social Media – safe and private</p>	<p>Keeping good friendships</p> <p>Family relationships</p> <p>Managing your emotions</p> <p>Bullying or banter</p> <p>Cyberbullying</p> <p>Keeping safe and positive relationships</p> <p>Personal Identity – British Values</p> <p>What is radicalisation and extremism?</p> <p>Community Cohesion</p> <p>Volunteering in the community</p> <p>Islam and dress</p> <p>Humanism</p> <p>Atheism</p>	<p>What do we mean by a healthy lifestyle?</p> <p>How can I keep healthy? – food groups?</p> <p>How can I eat responsibly?</p> <p>Healthy living exercise</p> <p>Consequences of not eating healthy</p> <p>What's the big deal about energy drinks?</p> <p>The dangers of smoking and second-hand smoking</p> <p>Puberty (separate boys and girls)</p> <p>Mental Health intro – depression</p> <p>What are drugs? – class a b c</p> <p>How can we manage our anger?</p>	<p>Loudmouth performance covering: Year 7 'My Mate fancies you' 8th May 2024 Relationships, consent, sex and puberty (whole school) · Pupils should know the key facts about puberty and the changing adolescent body, including physical and emotional changes. · Pupils should be taught key facts about the menstrual cycle including what is an average period, range of menstrual products and the implications for emotional and physical health.</p> <p>https://www.gov.uk/government/publications/changes-to-personal-social-health-and-economic-pshe-and-relationships-and-sex-education-rse</p>
Year 8	<p>Internet safety – online grooming</p> <p>How can we care for the environment?</p> <p>Careers focus – communication skills</p> <p>Careers focus – teamwork skills</p> <p>Careers focus – entrepreneurs</p> <p>How is tax spent – public services?</p> <p>Finance – income and expenditure</p>	<p>What is consent and why is it important we know about it?</p> <p>Sexting and image share danger</p> <p>Body image – self-esteem</p> <p>Prejudice and discrimination – religion</p>	<p>Personal development and target setting – how can I improve my skills and behaviour?</p> <p>Self-confidence and goals</p> <p>Manging my behaviour to achieve</p> <p>Body image</p> <p>Personal safety and first aid</p> <p>Vaping, nicotine and addiction</p>	<p>Safe and sound workshop Thursday 18th January 2024</p> <p>The characteristics of positive and healthy relationships (intimate and friendships), including trust, mutual respect, honesty, boundaries, privacy, consent, loyalty</p>



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	<p>Finance – budgeting and saving. Finance – tax and NI Discrimination teens and media Prejudice and stereotypes – disability Democracy, voting and elections. Parliament</p>	<p>How can we prevent radicalisation? Dealing with bullies Domestic conflict – running away from home. How do extreme leaders attract converts? Media influence Refugees Immigration Asylums (2 hours) British values – tolerance anti racism LGBT +</p>	<p>What is mindfulness? Emotional literacy and self-awareness Cancer awareness Bullying Alcohol Introduction Ramadan and Eid Beliefs about the soul</p>	<p>and ending relationships safely. Types of behaviour within relationships are criminal, including violent behaviour and coercive control. The law relating to sexual consent, abuse, coercion, harassment, rape and domestic abuse, and how these can affect current and future relationships. How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn. https://www.gov.uk/government/publications/changes-to-personal-social-health-and-economic-pshe-and-relationships-and-sex-education-rse</p>
<p>Year 9</p>	<p>How does knife crime impact our lives? How does the law treat young offenders? Employability – applying and preparing. Navigating financial institutions Work skills – what can we learn from entrepreneurs. Is sending aid the answer. Human rights abuses – genocide and trafficking Human rights – charity focus UNICEF</p>	<p>British community, religion and culture Domestic violence and abusive relationships How does child sexual exploitation happen? Body image – girls focus. Body image, media and eating disorders. Human rights and responsibilities How can we deal with peer pressure? Immigration the UK and diverse communities</p>	<p>Behaving to achieve – rules. Developing interpersonal links How to cope with stress Teen pregnancy and parenting Drugs and the law Why are people self-obsessed? Alcohol awareness Why do people self-harm? Why can't some people access education? Discrimination and the equality act 2010</p>	<p>Loudmouth performance covering: 'Trust me' Thursday 25th January 2024 · Safer sex and sexual health help ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life. · Facts about the full range of contraceptive choices and options available. · Different sexually transmitted infections (STIs) and how risk can be reduced through safer sex (including through condom use), the importance of testing and key facts about treatment. https://www.gov.uk/government/publications/changes-to-personal-social-health-and-economic-pshe-and-relationships-and-sex-education-rse</p>

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	<p>The nature of rules and laws and the justice system</p> <p>The operation of parliament</p> <p>Role of the police</p>	<p>Religious tolerance</p> <p>Discrimination – charity lesson</p> <p>Homophobia</p> <p>Revenge porn</p>	<p>How can we manage anxiety?</p> <p>What are acid attacks?</p> <p>Vaccinations, organs and blood donations</p>	
Year 10	<p>What is Fake News and why do we need critical thinking skills?</p> <p>Preparing for work experience</p> <p>Rights and responsibilities in the workplace</p> <p>Money laundering</p> <p>What are employers looking for in CVs</p> <p>How does the criminal justice system work?</p> <p>Overt and covert racism</p> <p>Why do people become extremists?</p> <p>Why pursue a STEM career</p> <p>The right career for me</p> <p>Crime, gangs and county lines</p> <p>Labour party and socialism</p> <p>United nations</p>	<p>Same sex relationships (LGBT+)</p> <p>Anti- social behaviour</p> <p>Conflict management</p> <p>Forced and arranged marriages</p> <p>Community cohesion</p> <p>Online reputation</p> <p>Relationships with role models</p> <p>Harassment and stalking</p> <p>Sexism and gender prejudice</p> <p>Parenting</p> <p>Volunteering in the community</p> <p>Why do we need an international Women’s day?</p>	<p>How can we manage our time effectively to help us succeed?</p> <p>What is FGM and why is it dangerous</p> <p>Why do people commit suicide?</p> <p>Managing grief and bereavement</p> <p>Managing social anxiety</p> <p>Homelessness</p> <p>Hate crime.</p> <p>How harmful is binge drinking?</p> <p>Study skills</p> <p>Social media and self esteem</p> <p>Screen time – how much is too much</p> <p>Living sustainably</p> <p>Tattoos and piercings</p>	<p>Working for Marcus workshop Thursday 1ST February</p> <p>Relationships, Sexual Health and Health Education (RSHE) should ensure that grooming, sexual exploitation and domestic abuse, including coercive and controlling behaviour, should be addressed sensitively and clearly.</p> <p>Pupils should know how sexual consent, sexual exploitation, grooming and coercion can affect current and future relationships.</p> <p>Pupils should be made aware of the relevant legal position on sexual exploitation, violence and exploitation by gangs, extremism/radicalisation and criminal exploitation including 'county lines'.</p> <p>https://www.gov.uk/government/publications/changes-to-personal-social-health-and-economic-pshe-and-relationships-and-sex-education-rse</p>
Year 11	<p>Applying to college and university</p> <p>Independent living</p> <p>Internet safety the dark web</p>	<p>Developing self-esteem and confidence</p> <p>Bullying body shaming</p> <p>Disposition</p>	<p>Why we take risks.</p> <p>Gambling and online gaming</p> <p>Perseverance and procrastination</p>	<p>Loudmouth performance covering 'Calling it out'.</p> <p>Year 11 Thursday 7th December 2023</p> <p>The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion,</p>

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How do trade unions protect us at work	Relationships break up.	How does privilege affect us?	<p>harassment, rape and how these can affect current and future relationships.</p> <p>how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.</p> <p>https://www.gov.uk/government/publications/changes-to-personal-social-health-and-economic-pshe-and-relationships-and-sex-education-rse</p>
Cybercrime and online fraud	Safe sex – consent	The importance of sleep	
Extremism	Happiness and positivity	Digital footprints	
Health and safety at work	Safe sex – dangers of pornography	Obesity and body positivity	
Multiculturalism	Identity and diversity	First aid CPR	
Animal rights and sustainability	Personal safety wider world		
Pollution, plastic and our environment	Fertility and reproductive health		
European union	Your online reputation		
Parliament and law making	Standing up for equality		
Public sector and economy			

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