



Year Group	Theme 1 – Health and Wellbeing Autumn Term	Theme 2 – Relationships Spring Term	Theme 3 – Living in the Wider World Summer Term
Year 7	<p>Transition – transition to secondary school and personal safety in and outside of school</p>	<p>Building Positive Relationships –Personal identity, maintaining safe and positive friendships (including online), different types of families, different types of bullying, the impact of bullying, responsibilities of bystanders and how and where to get help.</p>	<p>Developing Skills and Aspirations – becoming aspirational students, the importance of self-esteem, wants and needs, resilience, budgeting and finance introduction.</p>
	<p>Health and puberty – puberty recap, healthy routines, unwanted contact and FGM</p>		
Year 8	<p>What factors can influence my health and the health of others? – The dangers of alcohol and smoking, what are drugs and why are they dangerous (caffeine focus)? Vaping, cancer awareness (Marie Curie), disability and vaccinations (including HPV)</p>	<p>Relationships and Sexuality –puberty recap, different types of relationships, healthy and unhealthy relationships, gender identity and sexuality and homophobia (Stonewall).</p>	<p>Digital literacy – online safety, media reliability and sexting (online sexual harassment).</p>
			<p>Finance –income and expenditure, budgeting and saving, national insurance and tax.</p>
Year 9	<p>Mental Health– Growth Mindset, coping with stress (Meditation - Buddhism), anxiety, depression, stigmas surrounding mental health and self-harm and disordered eating.</p>	<p>Intimate Relationships - healthy and unhealthy relationships (sexual harassment focus) and conflict resolution, RSE including consent, conception, contraception, options for an unplanned pregnancy and child sexual exploitation</p>	<p>Employability skills – preparing for the world of work and careers, enterprising and entrepreneurial skills.</p>
Year 10	<p>Influence and Independence – responsible health choices (binge drinking, drugs, risk taking), gangs, knife crime, blood organ and stem cell donation, social media and self-esteem.</p>	<p>Issues in RSE – Gender identity and sexuality (homophobia, biphobia, transphobia), relationships and consent, contraception and STIs and the detrimental impact of pornography. Revenge porn and forced marriage vs arranged marriage (World religion and culture).</p>	<p>Discrimination and Extremism - Racism (Inc. BLM movement), religious discrimination, sexism and extremism</p>

RSHE Curriculum Map 2022/2023

<p>Year 11</p>	<p>Building for the future and independence – personal safety in the wider world, fertility and reproductive health issues, self-examination, first aid – CPR</p>	<p>Communication within relationships- Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse, changing relationships (including loss and bereavement), marriage and readiness for parenthood</p>	<p>Next Steps –GCSE revision and study skills, successfully preparing for a job interview and living independently.</p>
-----------------------	--	--	--