

RSHE Curriculum

Y7
Health & Well-being
1. Energy drinks
2. FGM
3. Healthy Lifestyle
4. Drugs A,B,C
5. Smoking
6. Puberty
7. Periods
8. Depression
9. Anger management
10. Food groups
11. Eating responsibly
12. Healthy living & exercise
13. Consequences of unhealthy diet
Relationships
1. Radicalisation & extremism
2. Personal Identity - British Values
3. Keeping safe & positive relationships
4. Keeping good friendships
5. Falling in love
6. Cyberbullying
7. Bullying or banter

Y8
Health & Well-being
1. Mindfulness
2. Vaping, nicotine & addiction
3. Teen pregnancy & parenting
4. Self confidence & goals
5. Personal safety & first aid
6. Personal development & target setting
7. Managing behaviour to achieve
8. Emotional literacy & self-awareness
9. Cancer awareness
Relationships

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1. Who are extreme groups?
2. Where does extremism come from?
3. Safe sex - STI's
4. Safe sex - sexting & image sharing
5. Safe sex - dangers of pornography
6. Safe sex - contraception
7. Safe sex - Consent
8. Prejudice & discrimination (religion)
9. Extreme leaders & converts
10. Prevent radicalisation & extremism
11. Extremism & sharia law
12. Domestic conflict & running away from home
13. Tolerance & anti-racism
14. Body image - male focus

Y9
Health & Well-being
1. Self-harm
2. Access to education
3. Selfie taking and obsession
4. Acid attacks
5. Vaccinations, organ and blood donation
6. Coping with stress
7. Managing anxiety
8. Growth mindset to achieve
9. Drugs & the law
10. Discrimination & The Equality Act 2010
11. Developing interpersonal skills
12. Behaving to achieve - rules
13. Alcohol awareness
Relationships
1. <i>LGBTQ+ Community</i>
2. Immigration in the UK and diverse communities
3. Child sexual exploitation
4. Dealing with peer pressure
5. Domestic violence & abusive relationships
6. British community, religion and culture

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7. Body image, media and eating disorders

8. Body image

Y10

Health and Well-being

1. Suicide prevention

2. Tattoos and piercings

3. Study skills

4. Social media and self-esteem

5. Screen time

6. Managing time effectively

7. Managing social anxiety

8. Managing grief and bereavement

9. Living sustainably

10. Binge drinking

11. Homelessness

12. Hate crime

Relationships

1. Sexism and gender prejudice

2. Same sex relationships

3. Revenge porn

4. Relationships with role models

5. Parenting

6. Harassment & stalking

7. Gender and trans identity

8. Forced and arranged marriages

9. Conflict Management

10. Community cohesion

Y11

Health & Well-being

1. Why is PHSE so important?

2. Why do we take risks?

3. The importance of sleep

4. Personal safety in the wider world

5. Perseverance & professionalism

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6. Obesity and body positivity
7. First Aid CPR*
8. Fertility and reproductive health
9. Identity and diversity
10. How does privilege affect us?
11. Gambling and online gaming
12. Digital footprints
Relationships
1. What is good sex?
2. Types of relationships
3. Safe sex and chem sex
4. Relationship break ups
5. Happiness and positivity
6. Consent, rape and sexual abuse
7. Bullying & body shaming