

Curriculum Plan for RSHE

Exam Board:

More information can be found at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907640/RSE_secondary_schools_guide_for_parents.pdf

Year 7	Year 8	Year 9	Year 10	Year 11
<p>Personal wellbeing and mental health You and your identity You and your feelings – anxieties and worries You and your values You and your decisions You and your feelings – managing emotions You and your money You and your leisure</p> <p>Relationships and sex education You and your changing body You and other people You and your knowledge about sex You and your relationships You and bullying You and the internet</p> <p>Physical health and wellbeing You and smoking Drugs and drug taking You and your diet You and exercise You and first aid</p> <p>Social education You and your opinions You and the local community</p>	<p>Personal wellbeing and mental health You and adolescence Managing your emotions Managing stress You and your money You and your future</p> <p>Relationships and sex education You and your relationships Sexual relationships – your responsibilities You and safer sex Staying safe from abuse</p> <p>Physical health and wellbeing Drugs and addictions You and alcohol You and your health Caring for your body</p> <p>Social education Stereotyping and prejudice The police and the law You as a citizen You and other people</p>	<p>Personal wellbeing and mental health You, your confidence and self – esteem You and your mental health and wellbeing Gambling You and your money</p> <p>Relationships and sex education You and your sexuality and gender You and your rights You and your safety Pregnancy and parenthood Partnership and marriage</p> <p>Physical health and wellbeing Drugs and drug taking Social pressures Eating disorders</p> <p>Social education Racism, prejudice and discrimination Young people and crime Fake news, radicalization and online literacy Global issues</p>	<p>Personal wellbeing and mental health Personal Identity and risk: Body image and health implications. Personal identity: strengths, confidence, self-esteem. Healthy lifestyles: Coping with stress. Healthy lifestyles: Emotional and mental health and wellbeing Healthy lifestyles: risks and choices Healthy lifestyles: taking responsibility.</p> <p>The world of work and preparation for work experience Personal review and planning – Post 16 options. Developing personal identity for career progression.</p> <p>Relationships and sex education Sex and relationships. Healthy and unhealthy relationships. Diversity, discrimination, conflicting values and challenging offensive behaviour.</p>	<p>Personal wellbeing and mental health Personal Identity and risk Healthy lifestyles: risks and choices Healthy lifestyles: taking responsibility.</p> <p>Relationships and sex education Sex and relationships. Healthy and unhealthy relationships.</p>