Altwood
Church of England School

RSE and PSHE Curriculum Map

YEARS 10 11

Relationships – Intimate relationships

- Relationship between physical and mental health
- Balancing work, leisure and sleep
- Making informed healthy eating choices
- Managing influences on body image
- Taking increased responsibility for your physical health
- Managing relationships and family

Living in the wider world – Employability skills

- The consequences of unprotected sex
- The continuous right to withdraw consent and capacity to consent
- Facts and misconceptions relating to consent
- STI's, effective use of condoms and negotiating safer sex
- Understanding readiness for sexual activity
- Attitudes to relationships in the media and pornography
- Securing personal information online
- Assessing and managing risks of sending, sharing or passing on sexual images

Health and wellbeing – Healthy lifestyle

- Employment rights and responsibilities
- Skills for enterprise and employment
- Give and act upon constructive feedback
- Managing your 'personal brand' online
- Identify and access support for concerns relating to life online
- Habits and strategies to support progress

YEAR 9

Relationships – Respectful relationships

- Managing relationships and family
- Conflict resolution strategies
- Conflict and its causes
- Positive relationships in the home
- Different types of families and parenting

Living in the wider world – Setting goals

- Transferable skills, abilities and interests
- Different types of employment and career pathways
- GCSE and post 16 options
- How to demonstrate strengths

Health & wellbeing – Peer, Influence, substances, gangs

- Group think' and how it affects behaviour ling and chance based transactions
- Assessing risk and managing influence
- Distinguishing between healthy and unhealthy friendships
- The legal and physical risks of carrying a knife
- Managing risk in relation to gangs
- Recognising passive, aggressive and assertive behaviour
- Legal and health risks in relation to drug and alcohol use

YEAR 8

Relationships – Identity and relationships

- Attitudes towards mental health
- Challenging misconceptions and stigma
- Daily wellbeing
- Managing emotions
- Developing digital resilience
- Healthy and unhealthy coping strategies
- Daily wellbeing

Living in the wider world – Digital literacy

- Qualities of positive, healthy relationships
- Forming new partnerships and developing relationships
- Demonstrating positive behaviours in healthy relationships
- Basic forms of contraception
- The risks of 'sexting'
- The law and consent
- Gender identity and sexual orientation

Health & wellbeing – Emotional wellbeing

- Different forms of online grooming
- Recognising biased or misleading information
- Using social networking sites safely
- Online communication
- Financial security online
- Gambling and chance based transactions

YEAR 7

Relationships – Discrimination

- Group think and persuasion
- Managing influences on beliefs and decisions
- Developing self-worth and confidence
- Gender identity, transphobia and gender based discrimination
- Recognising and challenging racism and religious discrimination
- Challenging expectations that limit choices
- Recognising and challenging homophobia and biphobia

Living in the wider world – Community and careers

- Equality of opportunity in life and work
- Challenging stereotypes and discrimination in relation to work and pay
- Setting aspirational goals for future careers
- Employment, self employment and voluntary work

Health &wellbeing – Drugs & alcohol

- Medicinal and reactional drugs
- Impact of over- consumption of energy drinks
- Relationship between habit and dependence
- How to use over the counter medications safely
- Assessing the risk of alcohol, tobacco, nicotine and e cigarettes
- Recognise and promote positive social norms and attitudes
- Manage influences in relation to substance use
- Recognise and promote positive social norms and attitudes

YEAR 8

Relationships – Diversity

- Managing physical and emotional changes during puberty
- Manage influences relating to caffeine, smoking and alcohol
- Recognising and responding to inappropriate and unwanted contact
- About FGM, how to access help and support
- Personal hygiene
- Healthy lifestyle choices

Relationships – Building relationships

- Developing self-worth and self-efficacy
- Qualities and behaviours relating to positive relationships
- About consent
- Recognising and challenging stereotypes in the media
- Recognising unhealthy relationships

Living in the wider world – Developing skills & aspirations

- Values and career choices
- Identifying future career aspirations
- How to be enterprising
- Equality of opportunity
- Careers and the abilities and qualities

Health & Wellbeing – Health & puberty

- Identify rights and responsibilities
- Living in a diverse society
- Challenging prejudice, stereotypes and discrimination
- Signs and effects of all types of bullying and how to respond
- How to support others

YEAR 7

Living in the wider world – Financial decision making

- Managing risk taking behaviour
- Ethical and unethical business
- Saving, spending, budgeting
- Challenging stereotypes
- Safe financial choices

Health and Well Being – Transition and safety

- Manage the challenges of moving to a new school
- Establish and manage friendships
- Identify personal strengths and areas for development
- Express and manage emotions in a constructive way
- Basic first aid
- How to response to an emergency situation
- Personal safety strategies and travel safety
- Improve study skills