

### RSE Curriculum 2021

Term	Topic	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Families	Types of committed and stable relationships	Marriage and the law	Parenting roles and responsibilities		
Autumn 1	Respectful relationships, including friendships	Friendship and romance	Friendships and healthy relationships	Identifying unhealthy signs in a relationship	Violent and coercive behaviour in relationships	Sexual harassment and sexual violence
Autumn 1	Safety in forming and maintaining relationships	Creating positive relationships	Positive and negative relationships	Unhealthy influences	Stereotypes and prejudice	Assertiveness and identifying abuse/risks
Autumn 2	The characteristics of healthy relationships	What is a healthy relationship?	Qualities of healthy and positive relationships	Relationships values (communication and respect)	Developing good relationships within the workplace	Healthy committed and intimate relationships
Autumn 2	Mental Wellbeing	Identifying my own emotions	Managing your mental health and wellbeing	Tackling stigma (types of mental ill health)	Recognising signs of mental ill health and wellbeing in others	Exploring healthy and unhealthy coping strategies
Autumn 2	Relationships and mental health	How do healthy relationships benefit mental wellbeing?	Self-esteem and relationships	The impact of peer pressure on relationships	Respecting and supporting others mental health	Investigating specific strategies to support your own and others mental health
Spring 1	Online and Media	Digital resilience (healthy balance online)	Safer online relationships (including gaming)	Gender stereotypes and the media (social influences on our lives)	Online viewing, sharing and reporting of sexual images	Sexually explicit material online (pornography)
Spring 1	Internet safety and harms	Online world and the physical world (including gaming)	Recognising risks and harmful behaviours online	Exploitation within the online world	Sexting	My online footprint – positive and negative
Spring 1	LGBTQ+	What is LGBTQ+? (equality and respect within our community)	Identifying as LGBTQ+ (equality and respect within our community)	LGBTQ+ and discrimination (equality and respect within our community)	LGBTQ+ relationships (equality and respect within our community)	Gender identity, gender expression and sexual orientation (equality and respect within our community)

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<b>Spring 2</b>	<b>Relationships and physical health</b>	How can relationships benefit our physical health?	Strong relationships = strong health	Good physical and mental health can improve relationships	Identifying and managing sexual peer pressure	Sexually transmitted infections and treatments
<b>Spring 2</b>	<b>Intimate and sexual relationships, including sexual health</b>	Intimacy and consent	Consent and the law	Sexually transmitted infections	Contraception and pregnancy	Sex myths and the law
<b>Spring 2</b>	<b>Changing adolescent body</b>	Puberty Menstruation	Feelings and emotions towards puberty Menstruation	Self-image and body image	The impact of puberty on health and wellbeing	
<b>Summer 1</b>	<b>Values</b>	Personal identity	Understanding the identity of those in the world around us	Tackling prejudice and discrimination	Importance of mutual respect	Evaluating my personal values and next steps
<b>Summer 1</b>	<b>Physical Health and Fitness</b>	Healthy lifestyle choices	Physical activity and mental wellbeing	Inactive lifestyle and ill health	Exercise and nutrition (being active and eating well)	Developing lifelong habits for health and fitness
<b>Summer 1</b>	<b>Healthy Eating</b>	Food groups and eating well	Energy needs of the body	Food labelling and marketing influences		
<b>Summer 2</b>	<b>Drugs, alcohol and tobacco</b>	Impact of drug, alcohol and tobacco on lifestyle	Drug and alcohol misuse	Substance misuse and link to mental ill health	Physical and psychological risks associated with substance misuse	Addiction and substance misuse
<b>Summer 2</b>	<b>Health prevention</b>	The importance of personal hygiene	Dental health and good dental hygiene	The importance of sleep on our physical and mental health	Personal appearance, self-confidence and self esteem	The importance of self-examination and screening
<b>Summer 2</b>	<b>First Aid</b>	Basic First Aid	Basic First Aid	Basic First Aid	<b>Summer 1 - Basic First Aid</b>	<b>Summer 1 - Basic First Aid</b>