


**RSHE secondary framework – The Gateway Academy**

This document is to be used alongside The Gateway Academies **Secondary Outcomes RSHE framework**. It provides statements of progression across the year groups in KS3 and KS4 for the new statutory outcomes for Relationships, Sex and Health Education.

Parents are able to withdraw from sex education elements up until 3 terms before a child’s 16th birthday where a child can opt-in. Those elements marked with an asterisk in the table below may be considered sex education and therefore eligible for parental withdrawal.

|  |                  | Autumn Term  |   | Spring Term  |  | Summer Term  |   |
|---|------------------|--|---|--|--|--|---|
|   |                  | 1:1  | 1:2   | 2:1  | 2:2  | 3:1  | 3:2   |
|   |                  | 5 <sup>th</sup> Sept - 14 <sup>th</sup> Oct 2024   | 31 <sup>st</sup> Oct - 16 <sup>th</sup> Dec 2024  | 4 <sup>th</sup> Jan - 10 <sup>th</sup> February 2025   | 20 <sup>th</sup> February - 31 <sup>st</sup> March 2025  | 17 <sup>th</sup> April - 26 <sup>th</sup> May 2025   | 5 <sup>th</sup> June - 19 <sup>th</sup> July 2025   |
| Fortnightly delivery  |                  |  |   |  |  |  |   |
| Year 7 – KS3  | Content          | Thinking about the future:   | Boundaries and respect:   | Relationships:   | Puberty:   | RSE/Sex Education:   | Mental Health:  |
|   | Details/ content | <p>-Aspirations<br/>To understanding personal goals, exploring future career and life ambitions, and developing the motivation and skills needed to achieve them.</p> <p>-Organisations and the year ahead<br/>Key roles of organizations in personal, educational, and community settings, while setting goals and planning for the upcoming year.</p> <p>-Setting goals<br/>How to set realistic, achievable personal and academic goals, and the strategies needed to stay motivated and track progress.</p> <p>-Black History Month part 1<br/>Celebration of Black history, culture, and contributions, while fostering understanding and discussions about the ongoing fight for racial equality and social justice.</p> | <p>-Diversity<br/>The importance of understanding, respecting, and celebrating differences in race, culture, gender, religion, and abilities to promote inclusion and equality.</p> <p>-Keeping good friendships<br/>How to build, maintain, and nurture healthy, supportive relationships based on trust, communication, and respect.</p> <p>-Bullying or banter<br/>Distinguish between harmless joking and harmful behaviour, emphasizing the importance of respect and understanding the impact of words and actions on others.</p> <p>-E-bullying<br/>All types/forms, effects, and consequences of online bullying, along with strategies for prevention, reporting, and seeking support.</p> | <p>-Role models<br/>the qualities and behaviours that make someone a positive influence and how role models impact personal development.</p> <p>-Family relationships<br/>The importance of healthy family dynamics, communication, and support in fostering well-being.</p> <p>-What makes a good friend<br/>The key traits of loyalty, trust, empathy, and mutual respect in building strong and meaningful friendships.</p> | <p>-Puberty what happens when and why<br/>The physical, emotional, and hormonal changes that occur during puberty and their role in human development.</p> <p>-Periods: what happens when and why<br/>The menstrual cycle, its stages, and the importance of understanding and managing periods.</p> <p>-Personal hygiene<br/>Essential hygiene practices, their importance for health and well-being, and how to maintain cleanliness in everyday life.</p> | <p>-Laws on sex<br/>This lesson should cover the legal age of consent, rights and responsibilities regarding sexual activity, and the importance of understanding consent and safe practices.</p> <p>-Challenges for young mothers<br/>This lesson should address the social, emotional, and financial challenges young mothers face, along with available support systems and resources.</p> <p>-Choices for pregnancies<br/>This lesson should explore the various options available for pregnancies, including parenting, adoption, and abortion, while emphasizing informed decision-making and the implications of each choice.</p> | <p>-Importance of sleep<br/>This lesson should cover the role of sleep in physical health, cognitive function, and overall well-being, highlighting the recommended amount of sleep for different age groups.</p> <p>-Self-esteem<br/>This lesson should focus on the concept of self-esteem, its impact on personal development and relationships, and strategies for building and maintaining a positive self-image.</p> <p>-Mental health support<br/>This lesson should provide an overview of mental health issues, the importance of seeking help, and the various support systems available, including talking therapies and community resources.</p> <p>-Importance of sleep for mental health<br/>This lesson should explore how quality sleep affects mental health, including its relationship with stress, anxiety, and mood disorders, and strategies for improving sleep hygiene.</p> |

| Assessment        | - AFL, Feedback form, Google Survey   | - AFL, Feedback form Google Survey  | - AFL, Feedback form Google Survey   | - AFL, Feedback form Google Survey  | - AFL, Feedback form Google Survey  | AFL, Feedback form Google Survey  |
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| <b>End Points</b> | <ul style="list-style-type: none"> <li>-Correctly identify ways of achieving our full potential and achieve our aspirations.</li> <li>-Describe how different case studies of students could achieve their aspirations and what it means to leave our 'comfort zone'.</li> <li>-Explain how students can overcome barriers to aspirations by being resilient and evaluate the importance of this trait.</li> <li>- To understand the importance of moving forward</li> <li>- Learning about how to set a goal and how to overcome obstacles to achieve it.</li> <li>-To understand the importance of goal setting and how to manage your own expectations.</li> <li>- Create a class display celebrating our black British community, their successes, icons and celebrities.</li> <li>-Describe the successes and contributions to Britain and the rest of the world of your chosen black Briton in detail for our display.</li> </ul> | <ul style="list-style-type: none"> <li>- Learn about the similarities, differences and diversity among people of different race, culture and religion.</li> <li>-To produce a draft plan for a Community Cohesion programme</li> <li>-Correctly identify ways we can develop genuine friendships.</li> <li>-Describe how it can be difficult to always be a good friend.</li> <li>-Explain the difference between genuine friendships and toxic friendships.</li> <li>-Identify whether the situations are 'banter' or bullying.</li> <li>-Describe the consequences of 'banter' and how we can tell when banter turns to bullying.</li> <li>-Explain the difference between banter and bullying and why you believe each situation falls into that particular category.</li> <li>- Identify and Describe E-Bullying: Understand what constitutes e-bullying (cyberbullying), recognizing its various forms such as harassment via social media, text messages, emails, and online platforms. Recognize the Impact and Develop Empathy: Be aware of the emotional, social, and possibly legal consequences of e-bullying for both the perpetrator and the victim, fostering empathy towards those who have been affected.</li> <li>-Apply Strategies to Prevent and Respond: Know and apply effective strategies to prevent e-bullying, respond to incidents, and support peers, including how to report e-bullying to appropriate authorities and how to safely stand up against bullying behaviour online.</li> </ul> | <ul style="list-style-type: none"> <li>-Students should be able to identify key characteristics of positive role models, such as integrity, resilience, empathy, and leadership.</li> <li>Students should be encouraged to reflect on and identify individuals in their own lives who serve as positive role models.</li> <li>Students should be empowered to set goals and aspirations for themselves based on the positive qualities exhibited by their role models.</li> <li>Identify the different types of family and the roles of family members.</li> <li>Describe the changes in family roles since the 1950s</li> <li>Explain why roles have changed and why we need to learn about different types of families.</li> <li>To understand the importance of friendship and the qualities makes a good friend</li> <li>To understand what is needed to make positive relationships with friends.</li> <li>To evaluate why some friendships can be more beneficial than others</li> </ul> | <ul style="list-style-type: none"> <li>-Identify the changes both males and females experience during puberty.</li> <li>Describe the importance of these changes and why they happen.</li> <li>Explain the meaning of new key scientific terms related to puberty.</li> <li>-Correctly identify the different ways periods and the menstrual cycle affect us, what exactly happens and how we can manage our periods.</li> <li>Describe the different hygiene products, how the menstrual cycle impacts on our emotional health and how we can best manage our periods.</li> <li>Explain in scientific terms using new terminology how the menstrual cycle works and why periods can cause us to have health issues.</li> <li>-I understand the ways in which diet, exercise, hygiene and sleep contribute to being healthy</li> <li>To understand how important personal hygiene is and how to achieve it</li> </ul> | <ul style="list-style-type: none"> <li>-To understand what a sexual relationship is, why people might form them and what makes them healthy, unhealthy and abusive.</li> <li>-To know what is meant by a sexual relationship.</li> <li>-To identify the key differences between platonic, romantic and sexual relationships.</li> <li>-To identify reasons why people might form sexual relationships and whether these might be healthy or unhealthy.</li> <li>-To identify and understand healthy, unhealthy and abusive sexual relationships</li> <li>-Identify the challenges teen parents face as well as any positives about becoming a parent at a young age.</li> <li>Describe options available to young people who find themselves in this situation, where help can be found and what help is available.</li> <li>Analyse why it is harder to be financially stable when you are a young parent and explain the statistics behind teen pregnancy in the UK.</li> <li>-To understand what a sexual relationship is, why people might form them and what are the healthy options for pregnancies.</li> </ul> | <ul style="list-style-type: none"> <li>-To be able to make informed choices about health and wellbeing - in particular, regarding the importance of sleep.</li> <li>-To consider why sleep is an important part of a healthy lifestyle.</li> <li>-To design an aid to help teenagers improve their sleep routines.</li> <li>-Correctly identify mental health illnesses and their symptoms</li> <li>-Describe possible ways for us to retain good mental health and how we can recognise depression</li> <li>-Explain how you could apply ideas you have learned about retaining good mental health to your own life</li> <li>-Correctly identify importance of sleep and mental health illnesses and their symptoms</li> <li>Describe possible ways for us to improve mental health with sleep</li> <li>-Correctly identify ways students can help their self-esteem to improve and describe which piece of advice fits each case study.</li> <li>-Explain how a person could directly apply your advice to their personal situation using detailed examples.</li> <li>-Analyse the root cause of each person's self esteem and which piece of advice would be most and least useful to them explaining why you think this.</li> </ul> |

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|  | <b>Big Question</b>             | Where am I going?  | What's the appropriate way to behave around others?   | What makes me a good person?   | How do I take care of my personal hygiene?   | What can I do to stay safe in a relationship?  | How should I be taking care of my mental health?  |   |
|  | <b>Cultural Capital</b>         |  |   | Trip to places of worship-Church.  |  | Online speech/talk.  | Online speech/talk.   |   |
| <b>Y<br/>e<br/>a<br/>r<br/>8<br/>-<br/>K<br/>S<br/>3</b> | <b>Content</b>                  | <b>Racism:</b>   | <b>Health:</b>  | <b>Bullying:</b>   | <b>Discrimination and stereotypes:</b>   | <b>Relationships:</b>  | <b>Relationships:</b>   |   |
|  | <b>Details</b>                  | <p>-Black History Month part 1<br/>This lesson should introduce the significance of Black History Month, highlighting key figures, events, and contributions of Black individuals to history and culture.</p> <p>-Racism<br/>This lesson should cover the definition of racism, its forms and impact on individuals and communities, and the importance of promoting equality and inclusivity.</p> <p>-Race and Music<br/>This lesson should explore the influence of race on various music genres, examining how cultural exchanges have shaped musical expression and identity throughout history.</p> <p>-Black History Month part 2<br/>This lesson should continue the exploration of Black history by focusing on contemporary issues, achievements, and the ongoing fight for equality, encouraging students to reflect on their roles in promoting social justice.</p> | <p>-Contraception<br/>This lesson should cover various methods of contraception, their effectiveness, importance in preventing unintended pregnancies, and the role of informed choices in sexual health.</p> <p>-Teenage pregnancies<br/>This lesson should address the causes and consequences of teenage pregnancies, including social, emotional, and educational impacts, as well as available support and resources for young parents.</p> <p>-Hygiene<br/>This lesson should focus on the importance of personal hygiene for overall health, including practices for maintaining cleanliness, preventing illness, and promoting well-being.</p> <p>-Vaping, nicotine and addiction<br/>This lesson should examine the health risks associated with vaping and nicotine use, the potential for addiction, and strategies for making informed decisions about substance use.</p> | <p>-Peer pressure<br/>This lesson should explore the concept of peer pressure, its effects on decision-making and behaviour, and strategies for resisting negative influences from peers.</p> <p>-Online Trolling<br/>This lesson should address the nature and impact of online trolling, the motivations behind it, and how to respond effectively while promoting a positive online environment.</p> <p>-What's funny and what's not<br/>This lesson should discuss the nuances of humour, including the importance of context, sensitivity to others' feelings, and the distinction between harmless jokes and offensive comments.</p> | <p>-Cultural appropriation<br/>This lesson should define cultural appropriation, examine its implications in society, and encourage respectful appreciation of diverse cultures while discussing power dynamics.</p> <p>-Stereotypes-"That's so Gay"<br/>This lesson should analyse the use of stereotypes related to sexual orientation, their harmful effects, and the importance of promoting inclusivity and understanding in language.</p> <p>-Stephen Lawrence day and British Values.<br/>This lesson should commemorate Stephen Lawrence's legacy, exploring themes of racial equality and justice, while discussing the significance of British values such as democracy, respect, and tolerance.</p> | <p>-Healthy Intimate relationships<br/>This lesson should cover the characteristics of healthy intimate relationships, including mutual respect, consent, communication, and the importance of personal boundaries.</p> <p>-Healthy relationships<br/>This lesson should focus on the key components of healthy relationships, such as trust, support, and effective communication, while addressing the signs of unhealthy or abusive relationships.</p> <p>-Domestic conflict-running away from home.<br/>This lesson should discuss the reasons behind domestic conflict, the risks of running away, and the importance of seeking help from trusted adults or support services</p> | <p>-Community and responsibility<br/>This lesson should explore the concept of community, the importance of social responsibility, and how individuals can contribute positively to their communities through engagement and service.</p> <p>-Women's safety<br/>This lesson should address issues related to women's safety, including personal safety strategies, awareness of potential risks, and the importance of respect and equality in all interactions.</p> <p>-Healthy relationships with food.<br/>This lesson should focus on the significance of developing a positive relationship with food, including understanding nutrition, mindful eating, and recognizing the impact of diet on physical and mental well-being.</p> |   |
|  | <b>National Curriculum Link</b> | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance   | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance   | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance |
|  | <b>End Points</b>               | <p>-Understanding Racism and Its Impacts: Students should be able to define racism and distinguish between different forms of racism, including individual, institutional, and systemic racism.</p> <p>-Recognizing and Challenging Racist Behaviours: Students</p>  | <p>-Describe some ways we can protect ourselves against unsafe sex.</p> <p>-Explain the pro's and con's of particular forms of contraceptives and where the best place would be for a teenager to get advice and contraception.</p>   | <p>-To be able to explain why it is important to be confident and assertive.</p> <p>To understand how to cope with peer pressure</p> <p>To understand when peer pressure can go wrong and how it can make someone else feel</p>  | <p>-Correctly identify the meaning of cultural appropriation, examples of this and why cultural appropriation can be offensive.</p> <p>Describe in detail the origins of cultural appropriation, why it is an issue, what exactly makes it offensive and why, in detail.</p>   | <p>-In today's lesson we will look at what is considered healthy relationships</p> <p>I can identify the qualities of healthy and unhealthy relationships</p>  | <p>-To understand the role of a foodbank within the local community.</p> <p>-To consider the factors contributing to the need for foodbanks.</p> <p>-To evaluate ways in which local foodbanks could be supported.</p>  |   |

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|  | <p>should be able to identify and describe examples of racist behaviour and language, including microaggressions and stereotypes.</p> <p>-Promoting Inclusivity and Respect: Students should develop an appreciation for diversity and the benefits it brings to society and communities. They should learn about and practice empathy by considering the perspectives and feelings of people from different racial and ethnic backgrounds.</p> <p>-Create a class display celebrating our black British community, their successes, icons and celebrities.</p> <p>-Describe the successes and contributions to Britain and the rest of the world of your chosen black Briton in detail for our display.</p> <p>-Choose two black British icons to research and present. Who has had the most impact in changing our society? Analyse.</p> <p>-Discuss and evaluate the impact of cultural appropriation in music, exploring how dominant cultures have exploited and appropriated black musical genres and styles without proper credit or acknowledgment.</p> <p>-Reflect on the importance of representation and diversity in the music industry, considering how diverse voices and perspectives enrich the cultural landscape and challenge systemic racism and inequality.</p> <p>-To understand the importance of the month and to appreciate individuals in Black History</p> | <p>-Analyse where the incorrect myths about sex might come from and evaluate which type of contraception is best depending on a person's circumstances.</p> <p>-Identify the challenges teen parents face as well as any positives about becoming a parent at a young age.</p> <p>Describe options available to young people who find themselves in this situation, where help can be found and what help is available.</p> <p>Analyse why it is harder to be financially stable when you are a young parent and explain the statistics behind teen pregnancy in the UK.</p> <p>-Identify and understand the importance of basic hygiene practices, such as washing hands regularly, covering mouth when coughing or sneezing, and bathing daily.</p> <p>Demonstrate proper techniques for handwashing, including using soap and water, scrubbing for at least 20 seconds, and drying hands thoroughly.</p> <p>Explain the connection between good hygiene habits and preventing the spread of germs, illnesses, and infections, promoting overall health and well-being.</p> <p>-Identify and categorise the different health problems caused by smoking tobacco and cannabis and describe problems caused by nicotine.</p> <p>Describe the different health problems caused by smoking tobacco and cannabis and the link between addiction, nicotine and dopamine.</p> <p>Explain why the NHS have endorsed vaping as a stop smoking aid and whether or not this makes vaping a safe long</p> | <p>-Students will be able to define what online trolling is and distinguish between trolling and other forms of online communication such as debating or joking.</p> <p>-Students will analyse the emotional and social impacts of online trolling on individuals and communities.</p> <p>-Describe the meaning of bullying and cyberbullying and the impact it can have on an individual</p> <p>-Exploring appropriate ways of responding to discriminating, hurtful or intimidating behaviour.</p> | <p>Explain, using new terminology in the correct context, why particular types of cultural appropriation can be more offensive based on context, referring to the concept of privilege.</p> <p>-To understand what it means to be a man in modern society</p> <p>To explore rigid gender stereotypes of masculine men</p> <p>To evaluate the characteristics of a 'good man' and a 'real man'</p> <p>-In today's lesson we will be look at Stephen Lawrence's murder and how the world changed after this</p> | <p>-To understand what makes up a healthy relationship and how you can build trust</p> <p>-Correctly identify the dangers and risks of leaving home and living on the streets. Identify places we can get help with domestic conflict.</p> <p>Describe solutions (or starting points to help) for a variety of domestic conflict case studies.</p> <p>Explain why running away from home with nowhere to go is a bad idea, explaining the possible long and short-term consequences.</p> | <p>-Understand the concept of women's safety on the streets and recognize the prevalence and impact of street harassment and violence against women.</p> <p>-Identify strategies and practical tips for enhancing personal safety, including situational awareness, assertive communication, and de-escalation techniques.</p> <p>-Explore the importance of bystander intervention and develop skills to intervene safely and effectively when witnessing harassment or violence against women in public spaces.</p> <p>-Recognize the importance of developing a healthy relationship with food and understand the impact of food choices on physical and mental well-being.</p> <p>-Identify signs of disordered eating behaviours and understand the potential risks and consequences associated with unhealthy eating habits.</p> <p>-Develop skills and strategies for fostering a positive body image, practicing mindful eating, and maintaining a balanced diet that promotes overall health and well-being.</p> |
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|  |                         |  | term activity using new terminology.  |  |   |   |   |
|  | <b>Big Question</b>     | How do I challenge racist views?   | What are the consequences of carrying/taking drugs/vaping/smoking/drinking alcohol?   | How do I recognise I am in an unhealthy relationship/friendship?   | How can I enjoy social media without it becoming toxic?   | What are the different roles in a family?   | How do I make sure I am keeping myself safe?  |
|  | <b>Cultural Capital</b> | Online speech/talk.  | Workshop on staying safe online.  |  |   |   |   |
| <b>Y<br/>e<br/>a<br/>r<br/>9<br/>-<br/>K<br/>S<br/>4</b> | <b>Content</b>          | <b>Race and Discrimination:</b>  | <b>Health:</b>  | <b>Thinking Ahead:</b>   | <b>Law and Order:</b>   | <b>Relationships:</b>   | <b>Relationships:</b>   |
|  | <b>Details</b>          | <p>-Human Rights<br/>This lesson should cover the fundamental human rights recognized globally, their importance in promoting dignity and equality, and the role individuals can play in advocating for human rights.</p> <p>-Terrorism<br/>This lesson should explore the definitions of terrorism, its impacts on society, the motivations behind terrorist acts, and the importance of promoting peace and understanding in communities.</p> <p>-Black History Month part 1<br/>This lesson should introduce the significance of Black History Month, highlighting key figures, events, and contributions of Black individuals to history and culture.</p> <p>-Black History Month part 2<br/>This lesson should continue the exploration of Black history by focusing on contemporary issues, achievements, and the ongoing fight for equality, encouraging students to reflect on their roles in promoting social justice.</p> <p>-Misogyny and Sexism, Sexism<br/>This lesson should address the concepts of misogyny and sexism, their prevalence in society, the harmful effects they have on individuals and communities, and strategies to challenge and combat these attitudes.</p> | <p>-Mental Health<br/>This lesson should cover the importance of mental health, common mental health issues, and strategies for maintaining well-being and seeking help when needed.</p> <p>-Managing exam stress<br/>This lesson should focus on techniques for managing exam stress, including time management, relaxation techniques, and the importance of a healthy study-life balance.</p> <p>-Body image, exercise<br/>This lesson should explore the impact of body image on self-esteem, the role of exercise in promoting a healthy body image, and the importance of valuing health over appearance.</p> <p>-Exercise and mental health<br/>This lesson should examine the positive effects of regular exercise on mental health, including stress reduction, improved mood, and overall emotional well-being.</p> <p>-The body<br/>This lesson should provide an overview of human anatomy and physiology, emphasizing body positivity, respect for diversity in body shapes and sizes, and the importance of self-care.</p> <p>-Vaping/Smoking</p> | <p>-Follow your dreams<br/>This lesson should inspire students to identify their passions and aspirations, discussing the importance of setting goals, overcoming obstacles, and pursuing their dreams with determination.</p> <p>-Managing risks in new situations<br/>This lesson should focus on identifying potential risks in new environments or experiences, evaluating their consequences, and developing strategies to make informed and safe choices.</p> <p>-Achievements<br/>This lesson should celebrate personal and collective achievements, emphasizing the importance of recognizing progress, setting realistic goals, and learning from both successes and failures.</p> <p>-Resilience<br/>This lesson should explore the concept of resilience, discussing how to develop coping strategies, maintain a positive mindset in the face of challenges, and learn from setbacks.</p> <p>-How to take care of my money<br/>This lesson should cover essential money management skills, including budgeting, saving, understanding needs versus wants, and making informed financial decisions.</p> | <p>-British Criminal Justice System<br/>This lesson should provide an overview of the British criminal justice system, including the roles of law enforcement, the courts, and the corrections system, as well as the rights of individuals within the system.</p> <p>-Honour based violence<br/>This lesson should address the concept of honour-based violence, its cultural contexts, the impact on individuals and communities, and the importance of prevention and support for victims.</p> <p>-County Line<br/>This lesson should explore the issue of county lines drug trafficking, discussing how it operates, the risks involved for young people, and strategies for prevention and intervention.</p> <p>-Avoiding Gang and criminal behaviour<br/>This lesson should focus on the factors that lead to gang involvement and criminal behaviour, emphasizing the importance of making positive choices and seeking alternative paths to avoid such influences.</p> <p>-Cut knives out.<br/>This lesson should highlight the dangers of knife crime, discussing its impact on individuals and communities, and promoting messages about conflict</p> | <p>-Marriage, managing unhealthy relationships<br/>This lesson should explore the concept of marriage, the importance of healthy relationships, and strategies for recognizing and addressing unhealthy dynamics within partnerships.</p> <p>-Sustaining relationships<br/>This lesson should focus on the key elements that contribute to sustaining healthy relationships, including effective communication, trust, empathy, and mutual support.</p> <p>-Divorce<br/>This lesson should discuss the reasons for divorce, its emotional and social impacts on individuals and families, and strategies for coping with the changes and challenges it brings.</p> <p>-Relationship break ups<br/>This lesson should address the emotional aspects of relationship breakups, healthy ways to cope with grief and loss, and the importance of self-care during the transition.</p> <p>-Managing Friendships<br/>This lesson should cover the dynamics of friendships, including how to build and maintain healthy friendships, resolve conflicts, and set boundaries for mutual respect and support.</p> | <p>-Building blocks<br/>This lesson should explore the foundational skills necessary for healthy relationships, including communication, trust, respect, and conflict resolution.</p> <p>-Consent part 1<br/>This lesson should introduce the concept of consent, emphasizing its definition, the importance of clear communication, and the legal aspects surrounding consent in various contexts.</p> <p>-Consent part 2<br/>This lesson should build on the previous discussion by exploring the nuances of consent, including factors that can affect the ability to give consent, and the importance of ongoing consent in relationships.</p> <p>-Readiness<br/>This lesson should discuss the concept of readiness in the context of relationships and sexual activity, focusing on emotional, physical, and social factors that indicate a person is prepared to engage in such experiences.</p> <p>-Fertility<br/>This lesson should cover the basics of human fertility, including the reproductive systems, factors affecting fertility, and the implications for</p> |

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|                                 | <p>-Misogyny and hate crimes<br/>This lesson should examine the relationship between misogyny and hate crimes, discussing the impact of gender-based violence and discrimination while promoting awareness and prevention strategies.</p> <p>-Discrimination.<br/>This lesson should define discrimination, explore its various forms (such as based on race, gender, or disability), and emphasize the importance of equality, inclusion, and the fight against discriminatory practices.</p> | <p>This lesson should address the health risks associated with vaping and smoking, the addictive nature of nicotine, and strategies for making informed choices about tobacco use.</p>  | <p>-How to revise effectively<br/>This lesson should provide students with practical techniques for effective revision, including time management, active learning strategies, and creating a conducive study environment</p> <p>-Religion and LGBTQ+<br/>This lesson should examine the intersection of religion and LGBTQ+ identities, discussing various perspectives, promoting understanding and respect, and encouraging dialogue about inclusivity and acceptance.</p> | <p>resolution, safety, and the importance of valuing life.</p>   |   | <p>individuals and couples planning for children.</p> <p>-FGM<br/>This lesson should address the issue of FGM, including its cultural contexts, the physical and psychological harms it causes, and the importance of advocacy and education in preventing this practice.</p> <p>-STIs.<br/>This lesson should provide information about STIs, including their causes, symptoms, prevention methods, and the importance of regular testing and open communication in sexual health.</p> |
| <b>National Curriculum Link</b> | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance   | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance   | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance   | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance   |
| <b>SACRE skills Link</b>        | 2. Synthesise their own and others' ideas and arguments about sources of wisdom and authority using coherent reasoning, making clear and appropriate references to their historical, cultural and social contexts.   | 8. Use a range of research methods to examine and critically evaluate varied perspectives and approaches to issues of community cohesion. Respect for all and mutual understanding, locally, nationally and globally.   |   |  |   |   |
| <b>End Points</b>               | <p>-To understand that sexual norms and attitudes change over time reflect on your own values in relation to human sexuality</p> <p>-recognise the impact of stigma and discrimination on people's lives, using the example of HIV status</p> <p>-know that human rights include rights in relation to human sexuality including sexual orientation</p> <p>-identify how we can all play a part in challenging stigma and discrimination in relation to aspects of human sexuality</p>         | <p>-To describe what mental health and a mental illness is</p> <p>To explore different types of mental illnesses</p> <p>To understand what you can do to help someone with their mental health</p> <p>-To understand why we would phrase the title as Stress Management</p> <p>-understand that our bodies are one aspect of our identity, and that the digital world presents particular challenges for keeping this in proportion</p> | <p>-To understand what motivates me.</p> <p>To consider what perseverance is.</p> <p>To consider how I will know when I am successful.</p> <p>To learn how to assess and manage risk in new situations, including those associated with attending music festivals and going on holiday without parental supervision.</p> <p>To learn about seeking help in unfamiliar settings.</p> <p>I can identify opportunities for achievement.</p>                                      | <p>Demonstrate an understanding that several different organisations make up the Criminal Justice System</p> <p>Be able to discuss some of the different arms of the Criminal Justice system and begin explain what they do</p> <p>Have a developed understanding of the Criminal Justice System and be able to confidently explain the roles of different organisations</p> <p>To understand what female genital mutilation (FGM) is and explain why it is a dangerous practice</p> | <p>-To know the purpose of marriage and Christian views towards it.</p> <p>-To understand why people, get married and the legal requirements.</p> <p>-To be able to examine how the law has changed regarding same sex marriage.</p> <p>-To be able to identify common features of healthy relationships</p> <p>-To evaluate the acceptability of a range of relationship behaviors and identify when a relationship may be unsafe.</p> | <p>-identify the qualities of positive friendships and a range of situations that can cause conflicts</p> <p>-consider different dynamics in relationships and begin to notice how power and gender can impact on relationships</p> <p>-recognise specific relationship behaviours which are healthy or abusive</p> <p>-describe some strategies for dealing with challenges in relationships</p> <p>-know where and how to access support and help with relationships</p>              |

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|  | <p>-to be able to describe different types of terrorism<br/>to be able to explain at least 1 types of terrorism<br/>to fully explain different types of terrorism<br/>-Create a class display celebrating our black British community, their successes, icons and celebrities. Describe the successes and contributions to Britain and the rest of the world of your chosen black Briton in detail for our display.<br/>Choose two black British icons to research and present. Who has had the most impact in changing our society? Analyse.<br/>-To be able to explain what Masculinity and Misogyny is<br/>To understand the dangers of Andrew Tate's views<br/>To discuss the responses to these views<br/>-To be able to understand prejudice and how dangerous it can be and main issues women face in the UK today.<br/>To be able to explain counter arguments against the main reasons why women are often treated differently to men.<br/>To be able to analyse whether certain elements of UK society are perpetuating gender prejudice.<br/>-To identify different forms of prejudice and discrimination<br/>-To consider how we can ensure equality for all in society<br/>-To evaluate how cohesive Britain really is</p> | <p>-appreciate how easily digital images can be edited and that this is common<br/>-identify how images in a range of media often present unrealistic, stereotypical and idealised images of bodies<br/>-know what exercise is enjoyable for yourself<br/>-Planning realistic exercise goals for yourself<br/>-Apply knowledge learnt to everyday life<br/>-To understand the positive impacts exercise can have on your mental health<br/>-know that physical variation between people is normal<br/>-understand that everyone's experience of puberty varies and identify who to talk to for reassurance<br/>-know the structure and function of the human reproductive system (male and female)<br/>-To describe the different types and impacts they have on your body.</p> | <p>I can discuss my own personal achievements and how they make me feel.<br/>I can identify steps I have taken to achieve some goals.<br/>Understand the concept of resilience and its importance in facing and overcoming challenges and setbacks.<br/>Develop awareness of personal strengths and coping mechanisms that contribute to resilience, such as problem-solving skills, positive thinking, and seeking support from others.<br/>Learn practical strategies and techniques to enhance resilience, including mindfulness, goal-setting, and self-care practices, and apply them to navigate difficult situations effectively.<br/>-To identify the difference between wanting and needing.<br/>To explain why it is important to be careful with finances.<br/>To create helpful tips to avoid debt in the future.<br/>-Identify different revision techniques and strategies tailored to individual learning styles and preferences.<br/>Understand the importance of organization and time management in creating a structured revision plan.<br/>Develop skills in active learning, critical thinking, and self-assessment to maximize retention and understanding of study materials during the revision process.</p> | <p>To be able to identify risks, myths and facts associated with both.<br/>To be able to describe how to safely access support for ourselves or others who may be at risk, or have already been subject to FGM or breast ironing.<br/>I understand what the term county lines means<br/>I can explain how county lines gangs recruit and exploit young people<br/>I understand the importance of getting immediate help for myself or a friend if I suspect they or I am are in trouble<br/>To understand how to avoid gangs and criminals and what to do if you are worried about being involved in these groups<br/>-To understand how to prevent knife crime happening and what to do if you know someone is carrying a knife</p> | <p>-consider how sexual attraction and love are different but related feelings<br/>-recognise that love can evoke powerful emotions, and practice some skills for handling emotions such as jealousy<br/>-consider some of the conflicts and demands that can arise in long-term relationships<br/>-identify some forms of relationship abuse<br/>-use assertiveness in communication with others<br/>-To know what divorce is and common reasons for it.<br/>-To understand the different Christian and Muslim attitudes towards divorce.<br/>-To be able to evaluate my own opinion to reasons whether divorce is a religious issue.<br/>-Correctly identify how we can help our friends and ourselves to mend a broken heart after a break-up.<br/>-Describe the best ways we can help distract our friends and ourselves from grief and help manage emotions.<br/>-Explain the meaning of new key terminology and use these phrases articulately in the correct context to communicate key messages to others.<br/>-To understand how we can manage friendships in a positive way</p> | <p>-be aware of some of the ways that people communicate consent and non-consent<br/>-understand what sexual consent means and why it is so important<br/>-know that sexual consent requires choice, freedom, and capacity<br/>-understand the legal age of consent and that most young people do not have sex until after they have passed the age of consent<br/>- To be able to explain what is meant by 'consent', and what this means within healthy relationships.<br/>-To understand and explain some consequences of someone not receiving consent for sexual behaviour within a relationship.<br/>-To describe how and from where to access support, and how to support a friend who may be experiencing abuse .<br/>-be able to reflect critically about your own and others' decision making related to sex<br/>-be aware of a range of factors that may affect decisions to do with sex, including alcohol<br/>-develop self-awareness of factors that are important for a safe and comfortable sexual relationship<br/>-recognise that the ability to communicate about contraception and what is pleasurable are skills that will support good sexual health including enjoyable relationships<br/>-develop a personal concept of 'readiness' for sexual intimacy<br/>-understand that sperm and eggs are sex cells, and know the route from production to fertilisation that is followed by the human male and female sex cells<br/>-know the sequence of processes leading to conception, pregnancy and birth</p> |
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|  |                         |   |  |  |  |  | <ul style="list-style-type: none"> <li>-understand how contraception prevents conception</li> <li>-know what female genital mutilation (FGM) is</li> <li>-know some of the health implications of FGM</li> <li>-consider some of the reasons why FGM happens</li> <li>-have a basic understanding of FGM and the law</li> <li>-practice skills for supporting someone to get help both if concerned that FGM might take place or has already taken place.</li> <li>-know where and how to get help and support relating to FGM</li> <li>-be able to use a condom correctly</li> <li>-understand how different types of sexually transmitted infections (STIs) can move from one person to another and how transmission can be prevented</li> <li>-know that mucus membrane is an efficient transmission route for most STIs – there is mucus membrane in the mouth, anus, vagina, tip of penis</li> <li>-be able to identify risks of STI transmission in relation to different sexual activities</li> <li>-know that it is not possible to guess if someone has an STI</li> <li>understand that there is treatment available for STIs but not all can be cured</li> </ul> |
|  | <b>Big Question</b>     | How do I challenge racist views I witness?  | What are the consequences of carrying/taking drugs/vaping/smoking/drinking alcohol?                                      | What's my dream for the future?  | What does the law say?   | How do I spot a toxic relationship?  | What is consent?   |
|  | <b>Cultural Capital</b> | Online speech/talk.   | Workshop on staying safe online.   |  |  |  |  |
| <b>Y<br/>e<br/>a<br/>r<br/>1<br/>0<br/>-</b> | <b>Content</b>          | <b>Societal Issues:</b>   | <b>The Digital World:</b>  | <b>Who am I:</b>   | <b>Preparing for the future:</b>   | <b>Relationships:</b>  | <b>Relationships:</b>  |
|  | <b>Details</b>          | -Introduction to RSHE<br>This lesson should provide an overview of RSHE, explaining its importance in fostering healthy | -Safety on the Internet<br>This lesson should teach students how to protect their personal information, recognize online | -Drugs and Alcohol<br>This lesson should cover the effects of drugs and alcohol on physical and mental health, the | -How to get work experience<br>This lesson should teach students how to seek and secure work experience opportunities, | -Risky behaviours<br>This lesson should explore the consequences of engaging in risky behaviors, such as substance | -Gender, Power<br>This lesson should explore the influence of gender on power dynamics in relationships,   |



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| KS4 | <p>relationships, informed choices, and physical and mental well-being.</p> <p>-Knife Crime,<br/>This lesson should highlight the dangers and consequences of knife crime and female genital mutilation (FGM), discussing their impact on individuals and communities, and the importance of prevention and legal protections.</p> <p>- FGM<br/>Describe how girls are encouraged into the process and reasons why it's often unreported. Explain why girls feel so much pressure, analyse the link between FGM and patriarchal societies and the main factors for why there are so few prosecutions for FGM.</p> <p>-Indoctrination and Stereotypes,<br/>This lesson should explore the concepts of indoctrination and stereotypes, how they shape perceptions and attitudes, and the importance of critical thinking and challenging prejudiced ideas.</p> <p>Privilege<br/>This lesson should discuss the concept of privilege, exploring how it affects different groups in society, and encouraging reflection on fairness, equity, and the responsibilities that come with privilege.</p> <p>-Black History Month part 1<br/>This lesson should introduce the significance of Black History Month, highlighting key figures, events, and contributions of Black individuals to history and culture.</p> <p>-Black History Month part 2<br/>This lesson should continue the exploration of Black history by</p> | <p>risks, and engage safely on the internet.</p> <p>-Online presence<br/>This lesson should focus on the importance of managing one's digital footprint, making informed decisions about what to share, and understanding the lasting impact of online behaviour.</p> <p>-Positive online identity<br/>This lesson should explore how to build a responsible and authentic online identity, emphasizing kindness, respect, and positive self-expression.</p> <p>-Stalking and harassment<br/>This lesson should address the issues of online stalking and harassment, including how to identify these behaviours, the emotional impact, and where to seek help if targeted.</p> <p>-Pornography<br/>This lesson should explore the effects of pornography on perceptions of relationships and intimacy, discussing how it can distort expectations and emotional connections.</p> <p>-Pornography Myths, Revenge Porn<br/>This lesson should debunk common misconceptions about pornography, explain the serious emotional and legal consequences of revenge porn, and emphasize the importance of consent and respect in sharing intimate images.</p> | <p>risks of addiction, and the importance of making informed choices.</p> <p>-Identity<br/>This lesson should explore the factors that shape personal identity, including culture, values, and experiences, while encouraging self-expression and self-acceptance.</p> <p>-Masculinity<br/>This lesson should discuss the concept of masculinity, including societal expectations, healthy expressions of masculinity, and challenging harmful stereotypes.</p> <p>-Self-awareness<br/>This lesson should focus on developing self-awareness, helping students recognize their emotions, strengths, and areas for growth to improve personal well-being and relationships.</p> <p>--Self-harm<br/>This lesson should provide information about self-harm, its causes, and the importance of seeking help, promoting healthy coping mechanisms and emotional support.</p> <p>Vaping and peer pressure.<br/>This lesson should address the risks associated with vaping, the influence of peer pressure, and strategies for making independent and healthy choices.</p> | <p>including researching industries, networking, and preparing for placements.</p> <p>-How to write a CV<br/>This lesson should guide students through the process of creating an effective CV, emphasizing the importance of clear structure, relevant skills, and tailoring it to job roles.</p> <p>-First aid and Safety<br/>This lesson should provide basic first aid knowledge and safety tips, focusing on how to respond to common emergencies and keep themselves and others safe.</p> <p>-Careers, Employability Skills<br/>This lesson should explore essential employability skills, including communication, teamwork, and problem-solving, while guiding students on how to prepare for and succeed in their chosen careers.</p> | <p>abuse, unsafe sex, and reckless actions, while promoting strategies for making safer, informed choices.</p> <p>-Sustaining relationships<br/>This lesson should focus on the skills required to maintain healthy, long-lasting relationships, including communication, empathy, trust, and resolving conflicts.</p> <p>-Violence against women<br/>This lesson should address the causes and consequences of violence against women, raising awareness about gender-based violence and promoting prevention and support for victims.</p> <p>-Intimate and sexual relationships<br/>This lesson should discuss the importance of mutual respect, consent, and communication in intimate relationships, fostering positive and healthy sexual experiences.</p> <p>--Sexual response and pleasure<br/>This lesson should provide an understanding of sexual response and pleasure, emphasizing the role of mutual consent, respect, and emotional connection in healthy sexual relationships.</p> <p>-Contraception and Pregnancy choices.<br/>This lesson should cover the various contraception methods available, along with the different options for pregnancy, helping students make informed decisions about family planning and reproductive health.</p> | <p>workplaces, and society, promoting equality and understanding of these imbalances.</p> <p>-Consent<br/>This lesson should cover the importance of clear, mutual, and ongoing consent in all relationships and interactions, emphasizing respect for personal boundaries and the law.</p> <p>-Legal status of marriage<br/>This lesson should explain the legal aspects of marriage, including the rights and responsibilities it entails, and the differences between marriage, civil partnerships, and cohabitation.</p> <p>-Religion and Homosexuality<br/>This lesson should explore the varying religious perspectives on homosexuality, encouraging respectful dialogue and understanding of diverse views on sexuality.</p> <p>-managing friendships and pressure<br/>This lesson should focus on maintaining healthy friendships, recognizing unhealthy dynamics, and resisting peer pressure to engage in harmful behaviours.</p> <p>-Abuse in teen relationships, Forced and arranged marriages<br/>This lesson should address the signs of abuse in teenage relationships, including emotional, physical, and digital abuse, and provide guidance on seeking help and support. This lesson should explain the difference between arranged and forced marriages, emphasizing the importance of choice and</p> |
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|                                 | focusing on contemporary issues, achievements, and the ongoing fight for equality, encouraging students to reflect on their roles in promoting social justice.  |  |   |  |  | consent, and the legal protections against forced marriages.   |
| <b>National Curriculum Link</b> | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance   | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance   | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  |
| <b>SACRE Skills Link</b>        | 2. Synthesise their own and others' ideas and arguments about sources of wisdom and authority using coherent reasoning, making clear and appropriate references to their historical, cultural and social contexts.  |  |   |  |  |  |
| <b>End Points</b>               | <p>-To know what RSHE is all about this year.</p> <p>To understand the key skills needed to be successful in school and beyond it.</p> <p>To reflect on the year ahead.</p> <p>-Correctly identify the consequences of knife crime and why young people become involved.</p> <p>Describe the long term and short term consequences of carrying knives and why knife crime is difficult to prevent.</p> <p>Explain how the methods used to stop knife crime sometimes don't help and why this is.</p> <p>-To look at different examples of violence against women and to understand the causes and solutions.</p> <p>Identify what to look out for when a victim may have, or may be soon to experience FGM.</p> <p>Describe how girls are encouraged into the process and reasons why it's often unreported.</p> <p>Explain why girls feel so much pressure, analyse the link between FGM and patriarchal societies and the main factors for why there are so few prosecutions for FGM.</p> | <p>-Be able to list some risks to do with sex</p> <p>-Understand how to reduce risks or protect yourself from risks</p> <p>-Reflect upon character scenarios and demonstrate understanding by giving advice</p> <p>-Know the law relating to sexual imagery, pornography, and the sharing of explicit images</p> <p>-Be able to explain some gains and harms of an online presence</p> <p>-Create a list of appropriate strategies to stay safe online</p> <p>-To learn the importance of your image online.</p> <p>To use social media responsibly to protect the health, wellbeing and rights of all.</p> <p>-The risks associated with sharing sexual images</p> <p>-Ways to manage pressure to share sexual images</p> <p>-Describe some of the risks in relation to sharing sexual images</p> <p>-Understand what the law says about pornography and how it relates to young people</p> <p>-Know that pornography does not represent reality and can reinforce inequalities</p> | <p>-To understand what is the legal age you are allowed to buy and drink alcohol</p> <p>- To understand what is government guidelines on alcohol consumption</p> <p>- To appreciate the wide variety of aspects that make up my identity</p> <p>To understand the nature vs nurture debate</p> <p>To accept that it's okay to be different and to be proud of your identity</p> <p>- Describe what we mean by positive masculine qualities.</p> <p>Explain what makes the case studies from today great positive male role models.</p> <p>- Identify ways we can work on our sensitivity and self-awareness and apply our learning to a case study.</p> <p>-Describe in detail how we can improve our self-awareness and sensitivity and how this can help us improve relationships.</p> <p>- Correctly identify cases of self-harm, dematillomania, anxiety and depression.</p> <p>Describe the characteristics of the above and how we can help support the different conditions.</p> | <p>- To understand what work experience is and why we need to prepare.</p> <p>To consider what the expectations will be.</p> <p>To understand the difference between work etiquette and working practice.</p> <p>- Students will be able to explain the purpose of a CV and identify the key sections (e.g., personal details, education, experience, skills).</p> <p>-Students will practice organizing their personal information, education, and experience into a clear and professional CV format.</p> <p>-Students will learn how to customize their CV to highlight relevant skills and experiences for a specific job or career field.</p> <p>- To understand the difference between "hard" and "soft" employability skills, considering how these may be transferred between different jobs.</p> <p>To consider the other factors that are important to being employable.</p> <p>- Correctly identify ways we improve our levels of personal safety and what to do in different types of medical emergency.</p> | <p>- Be able to list some risks to do with sex</p> <p>-Understand how to reduce risks or protect yourself from risks</p> <p>-Reflect upon character scenarios and demonstrate understanding by giving advice</p> <p>-consider how sexual attraction and love are different but related feelings</p> <p>-recognise that love can evoke powerful emotions, and practice some skills for handling emotions such as jealousy</p> <p>To look at different examples of violence against women and to understand the causes and solutions.</p> <p>Understand what is meant by the 'human sexual response' and what happens when people have sex</p> <p>Be able to suggest and explain some positive and negative reasons why people may have sex</p> <p>Be able to recognise enthusiastic consent or lack of, and have considered how someone could ascertain their partner's consent</p> <p>Apply your understanding to explain the relationship between consent and pleasure, and consent and power</p> | <p>-Understand what is meant by the protected characteristics and why they have been represented in law in this way</p> <p>Be able to explain intersectionality and the effect that intersectionality has on power</p> <p>Reflect upon stereotypes and why they are negative</p> <p>Consider ways to ensure gender equality in our school</p> <p>-be aware of some of the ways that people communicate consent and non-consent</p> <p>-understand what sexual consent means and why it is so important</p> <p>-know that sexual consent requires choice, freedom, and capacity</p> <p>-understand the legal age of consent and that most young people do not have sex until after they have passed the age of consent</p> <p>-To be able to describe the legal rights of people in different forms of long-term commitments</p> <p>-To be able to explain why people might choose to marry and why marriage must be freely entered into</p> <p>-To be able to analyse different attitudes towards marriage</p> |

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|  | <p>-What is extremism? How to prevent and keep children safe from radicalization.</p> <p>-Correctly identify the meaning of privilege and how it affects the lives of everyone.</p> <p>Describe the different levels of privilege, how it affects you personally and why more people should learn about it.</p> <p>Analyse how the privilege levels came to be in the first place and explain what you think would need to be done to redress inequalities in society.</p> <p>-Create a class display celebrating our black British community, their successes, icons and celebrities.</p> <p>Describe the successes and contributions to Britain and the rest of the world of your chosen black Briton in detail for our display.</p> <p>Choose two black British icons to research and present. Who has had the most impact in changing our society? Analyse.</p> <p>-Understand the Origins and Development of Black History Month: Students will be able to identify the founder of Black History Month, recount where and why it was first celebrated, and explain how it has evolved over time.</p> <p>-Reflect on Personal and Historical Impact: Students will reflect on what they have previously learned about Black History Month, discuss any memorable facts or stories, and articulate the personal significance of this observance.</p> <p>-Analyse the Significance of Black History Month: Students will explore why Black History Month is important culturally and educationally, and discuss its impact on society and in their own lives. This includes understanding its role in</p> | <p>-Be aware that watching legal pornography is a choice and should not be done uncritically</p> <p>-Know how to use an assertive communication style to deal with pressure</p> <p>-Correctly identify what to do to prevent revenge porn and what to do if you become a victim.</p> <p>-Describe the long- and short-term consequences of sharing intimate images with partners or friends.</p> <p>-Explain, using new terminology in the correct context the legal, short and long-term consequences for perpetrators and victims.</p> | <p>Explain the difference between self-harm and dermatillomania and how we should support sufferers of either condition.</p> <p>- To describe the different types and impacts they have on your body.</p> | <p>Describe in detail ways we can help in medical emergencies and different methods of improving personal safety.</p> <p>Demonstrate accurately new first aid skills as well as analysing the best way of minimising risk to ourselves in dangerous situations.</p> <p>- Students will be able to recognize and name a variety of career options across different industries and sectors.</p> <p>-Students will learn about the key skills, qualifications, and educational requirements needed for different career paths.</p> <p>-Students will reflect on their own interests and abilities to identify potential career options that align with their strengths and passions.</p> | <p>know that sexual feelings are normal</p> <p>know some of the ways that people experience sexual pleasure and that this is not the same for everyone</p> <p>appreciate that sex and sexual activities should be enjoyable for both partners</p> <p>understand that masturbation is a normal, safe sexual practice</p> <p>Be able to explain how a range of contraceptives work, and why some people may choose one method over other options.</p> <p>Explain the options available to someone who is pregnant.</p> <p>Reflect upon the range of emotions that someone may feel when they discover that they are pregnant</p> | <p>-To be able to describe different types of sexuality and evaluate Christian views on homosexuality.</p> <p>-To describe different types of sexuality.</p> <p>-To work as a group to consider the problem of homophobia.</p> <p>-To explain Christian views on homosexuality.</p> <p>-Identify strategies to resist peer pressure and reasons this can be so difficult.</p> <p>-Describe the best ways particular case studies can resist peer pressure and the meaning of herd mentality.</p> <p>-Explain the difference herd mentality, herd behaviour and peer pressure and analyse which strategies will work best in which case.</p> <p>-To learn how to identify relationship abuse</p> <p>- To learn how to access support</p> <p>- Correctly identify cases of both arranged and forced marriages and begin to describe the differences.</p> <p>-Describe why certain case studies are forced or arranged and where victims can find help.</p> <p>-Explain the differences between forced and arranged marriages in detail and how a person can access help at different stages in the proceedings using new key terms.</p> |
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|                      |                         | promoting awareness of Black achievements and struggles.   |   |  |  |  |   |
|                      | <b>Big Question</b>     | What can we do to improve knife crime?   | Who do I go to for support if I feel unsafe online?   | How can I stay safe on the streets and online?   | What is my plan for the future? Where am I going?  | What are good relationships  | What are good relationships   |
|                      | <b>Cultural Capital</b> | Live event for BHM-broadcast with Deborah Williams, Chief Executive, Creative Diversity Network. (06/10/22 at 10am-10:45am)  | Workshop on staying safe online.  |  | TrailBlazer Workshop   |  |   |
| <b>Year 11 - KS4</b> | <b>Content</b>          | <b>Preparing for Year 11:</b>  | <b>Keeping Safe:</b>  | <b>Planning for the Future:</b>  | <b>British Society and Laws:</b>   | <b>Relationships:</b>  | <b>Relationships:</b>   |
|                      | <b>Details</b>          | <p>-Time Management<br/>This lesson should teach students how to effectively prioritize tasks, manage their time, and balance responsibilities to reduce stress and improve productivity.</p> <p>-Dealing with exam stress and anxiety<br/>This lesson should provide strategies for managing stress and anxiety during exam periods, focusing on relaxation techniques, preparation tips, and maintaining a healthy mindset.</p> <p>-Vaping, Social Media<br/>This lesson should explore the influence of social media on vaping trends among young people, addressing the health risks and the impact of peer pressure in online communities.</p> <p>-Social Media Validation<br/>This lesson should focus on the psychological effects of seeking validation through social media, discussing the importance of self-esteem, authentic self-expression, and setting healthy boundaries online.</p> <p>-Black History Month part 1<br/>This lesson should introduce the significance of Black History Month, highlighting key figures,</p> | <p>-Toxic Relationships<br/>This lesson should help students recognize the signs of toxic relationships, including controlling behaviours and emotional manipulation, and provide strategies for seeking support and setting boundaries.</p> <p>-Child on Child abuse<br/>This lesson should address the issue of abuse between children, focusing on identifying harmful behaviours, understanding the impact, and seeking help for both victims and perpetrators.</p> <p>-Sexual Harassment<br/>This lesson should explain what constitutes sexual harassment, the emotional and legal consequences, and how to respond and seek support if harassment occurs.</p> <p>-Sam sex relationships<br/>This lesson should promote understanding and respect for same-sex relationships, discussing the importance of equality, inclusion, and healthy relationships regardless of sexual orientation.</p> <p>-LGBTQ+ and Religious views<br/>This lesson should explore the intersection of LGBTQ+ identities</p> | <p>-Follow your dreams<br/>This lesson should inspire students to identify their passions and aspirations, encouraging them to set realistic goals and take actionable steps toward achieving their dreams.</p> <p>-Managing risks in new situations<br/>This lesson should equip students with strategies to assess and manage risks when facing new experiences, emphasizing the importance of informed decision-making and safety.</p> <p>-Achievements<br/>This lesson should encourage students to recognize and celebrate their personal achievements, understand the importance of setting goals, and reflect on the skills and efforts that contribute to success.</p> <p>-Resilience<br/>This lesson should teach students the basics of financial literacy, including budgeting, saving, and responsible spending to promote financial independence and security.</p> <p>-How to take care of my money<br/>This lesson should provide students with strategies and techniques for effective revision, focusing on organization, time</p> | <p>-British Criminal Justice System<br/>This lesson should provide an overview of the British criminal justice system, including its key components, processes, and the rights and responsibilities of individuals within the system.</p> <p>-Honour based violence<br/>This lesson should raise awareness about the issue of county lines drug trafficking, discussing its impact on communities, the exploitation of vulnerable individuals, and how to seek help.</p> <p>-County Line<br/>The dangers of drug trafficking networks that exploit young people, highlighting the signs of exploitation, the impact on communities, and the importance of seeking help and support.</p> <p>-Avoiding Gang and criminal behaviour<br/>This lesson should explore the factors that lead to gang involvement and criminal behaviour, offering students strategies to make positive choices and build supportive relationships.</p> <p>-Cut knives out<br/>This lesson should focus on the dangers of knife crime, promoting</p> | <p>-Marriage, managing unhealthy relationships<br/>This lesson should explore the concept of marriage, the importance of healthy relationships, and strategies for recognizing and addressing unhealthy dynamics within partnerships.</p> <p>-Sustaining relationships<br/>This lesson should focus on the key elements that contribute to sustaining healthy relationships, including effective communication, trust, empathy, and mutual support.</p> <p>-Divorce<br/>This lesson should discuss the reasons for divorce, its emotional and social impacts on individuals and families, and strategies for coping with the changes and challenges it brings.</p> <p>-Relationship break ups<br/>This lesson should address the emotional aspects of relationship breakups, healthy ways to cope with grief and loss, and the importance of self-care during the transition.</p> <p>-Managing Friendships<br/>This lesson should cover the dynamics of friendships, including how to build and maintain</p> | <p>-Building blocks<br/>This lesson should explore the foundational skills necessary for healthy relationships, including communication, trust, respect, and conflict resolution.</p> <p>-Consent part 1<br/>This lesson should introduce the concept of consent, emphasizing its definition, the importance of clear communication, and the legal aspects surrounding consent in various contexts.</p> <p>-Consent part 2<br/>This lesson should build on the previous discussion by exploring the nuances of consent, including factors that can affect the ability to give consent, and the importance of ongoing consent in relationships.</p> <p>-Readiness<br/>This lesson should discuss the concept of readiness in the context of relationships and sexual activity, focusing on emotional, physical, and social factors that indicate a person is prepared to engage in such experiences.</p> <p>-Fertility<br/>This lesson should cover the basics of human fertility,</p> |

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|                                 | <p>events, and contributions of Black individuals to history and culture.</p> <p>-Black History Month part 2<br/>This lesson should continue the exploration of Black history by focusing on contemporary issues, achievements, and the ongoing fight for equality, encouraging students to reflect on their roles in promoting social justice.</p>  | <p>and religious beliefs, encouraging respectful dialogue and fostering understanding of diverse perspectives.</p> <p>-Body image media and eating disorders<br/>This lesson should examine how media influences body image and the development of eating disorders, promoting body positivity, self-acceptance, and mental health awareness.</p> <p>-Voting Rights.<br/>This lesson should cover the history and significance of voting rights, the importance of political participation, and how students can engage in democratic processes as future voters.</p>  | <p>management, and various study methods to enhance learning.</p> <p>-How to revise effectively<br/>This lesson should explore the diverse views within different religions regarding LGBTQ+ identities, fostering understanding, respect, and dialogue about faith and sexual orientation.</p> <p>-Religion and LGBTQ+.<br/>This lesson should focus on building resilience in students, helping them develop coping strategies to face challenges, learn from setbacks, and maintain a positive outlook on life.</p>   | <p>awareness of its consequences and encouraging students to engage in positive activities and community initiatives to prevent violence.</p>  | <p>healthy friendships, resolve conflicts, and set boundaries for mutual respect and support.</p>  | <p>including the reproductive systems, factors affecting fertility, and the implications for individuals and couples planning for children.</p> <p>-FGM<br/>This lesson should address the issue of FGM, including its cultural contexts, the physical and psychological harms it causes, and the importance of advocacy and education in preventing this practice.</p> <p>-STIs.<br/>This lesson should provide information about STIs, including their causes, symptoms, prevention methods, and the importance of regular testing and open communication in sexual health.</p>  |
| <b>National Curriculum Link</b> | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  | Relationships. Education, Relations and Sex Education (RSE) and Health Education – Statutory guidance  |
| <b>End Points</b>               | <ul style="list-style-type: none"> <li>- To evaluate how time management and technology can be managed correctly</li> <li>- To understand the science behind ‘flight’ ‘Fright’ or ‘Freeze’ responses to stress</li> <li>To recognise that stress is only beneficial in the short term and over the long term can effect you physically and emotionally</li> <li>To understand how to manage stress and relaxation</li> <li>-To describe the effects of nicotine, tar and carbon monoxide on the body.</li> <li>-To analyse how the components of cigarettes lead to disease.</li> <li>-To interpret data on the effects of smoking.</li> <li>- I can explain the role of social media influencers</li> </ul> | <ul style="list-style-type: none"> <li>- <i>To understand the importance of our different relationships</i></li> <li>- To understand Child on Child Abuse, how to prevent it in school and how to support one another in dealing with it.</li> <li>- Learn what constitutes sexual harassment and sexual violence and why these are always unacceptable.</li> <li>- Correctly identify ways that homosexual and heterosexual relationships differ and ways they are the same.</li> <li>Describe the challenges that people in same sex relationships face and the meaning of LGBTQAI+</li> <li>Explain the differences and similarities between homosexual and heterosexual relationships in family life, sexual life and</li> </ul> | <ul style="list-style-type: none"> <li>-To understand what motivates me.</li> <li>To consider what perseverance is.</li> <li>To consider how I will know when I am successful.</li> <li>To learn how to assess and manage risk in new situations, including those associated with attending music festivals and going on holiday without parental supervision.</li> <li>To learn about seeking help in unfamiliar settings.</li> <li>I can identify opportunities for achievement.</li> <li>I can discuss my own personal achievements and how they make me feel.</li> <li>I can identify steps I have taken to achieve some goals.</li> <li>Understand the concept of resilience and its importance in</li> </ul> | <ul style="list-style-type: none"> <li>Demonstrate an understanding that several different organisations make up the Criminal Justice System</li> <li>Be able to discuss some of the different arms of the Criminal Justice system and begin explain what they do</li> <li>Have a developed understanding of the Criminal Justice System and be able to confidently explain the roles of different organisations</li> <li>To understand what female genital mutilation (FGM) is and explain why it is a dangerous practice</li> <li>To be able to identify risks, myths and facts associated with both.</li> <li>To be able to describe how to safely access support for ourselves or others who may be at risk, or have already been subject to FGM or breast ironing.</li> </ul> | <ul style="list-style-type: none"> <li>-To know the purpose of marriage and Christian views towards it.</li> <li>-To understand why people, get married and the legal requirements.</li> <li>-To be able to examine how the law has changed regarding same sex marriage.</li> <li>-To be able to identify common features of healthy relationships</li> <li>-To evaluate the acceptability of a range of relationship behaviors and identify when a relationship may be unsafe.</li> <li>-consider how sexual attraction and love are different but related feelings</li> <li>-recognise that love can evoke powerful emotions, and practice some skills for handling emotions such as jealousy</li> </ul> | <ul style="list-style-type: none"> <li>-identify the qualities of positive friendships and a range of situations that can cause conflicts</li> <li>-consider different dynamics in relationships and begin to notice how power and gender can impact on relationships</li> <li>-recognise specific relationship behaviours which are healthy or abusive</li> <li>-describe some strategies for dealing with challenges in relationships</li> <li>-know where and how to access support and help with relationships</li> <li>-be aware of some of the ways that people communicate consent and non-consent</li> <li>-understand what sexual consent means and why it is so important</li> </ul> |

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|  | <p>I understand the risks associated with social media validation and how to get rid of it<br/>I can evaluate how social media can impact my self-esteem and mental health</p> <ul style="list-style-type: none"> <li>- To understand the importance of the month and to appreciate individuals in Black History</li> </ul> | <p>marriage, historically and geographically.</p> <ul style="list-style-type: none"> <li>- To learn about the experiences of LGBT+ people of faith.</li> </ul> <p>To understand it's OK to be LGBT+ and religious</p> <p>To discover how to be an ally to LGBT+ people of faith.</p> <ul style="list-style-type: none"> <li>- Correctly identify different eating disorders and their symptoms</li> </ul> <p>Describe possible ways for us to retain good mental and physical health to help prevent eating disorders developing</p> <p>Explain how keeping good mental health could help prevent eating disorders and how eating disorders can be treated.</p> <ul style="list-style-type: none"> <li>- To know the voting rights of UK citizens and to understand why it is important to vote</li> </ul> | <p>facing and overcoming challenges and setbacks.</p> <p>Develop awareness of personal strengths and coping mechanisms that contribute to resilience, such as problem-solving skills, positive thinking, and seeking support from others.</p> <p>Learn practical strategies and techniques to enhance resilience, including mindfulness, goal-setting, and self-care practices, and apply them to navigate difficult situations effectively.</p> <ul style="list-style-type: none"> <li>-To identify the difference between wanting and needing.</li> </ul> <p>To explain why it is important to be careful with finances.</p> <p>To create helpful tips to avoid debt in the future.</p> <ul style="list-style-type: none"> <li>-Identify different revision techniques and strategies tailored to individual learning styles and preferences.</li> </ul> <p>Understand the importance of organization and time management in creating a structured revision plan.</p> <p>Develop skills in active learning, critical thinking, and self-assessment to maximize retention and understanding of study materials during the revision process.</p> | <p>I understand what the term county lines means</p> <p>I can explain how county lines gangs recruit and exploit young people</p> <p>I understand the importance of getting immediate help for myself or a friend if I suspect they or I am are in trouble</p> <p>To understand how to avoid gangs and criminals and what to do if you are worried about being involved in these groups</p> <ul style="list-style-type: none"> <li>-To understand how to prevent knife crime happening and what to do if you know someone is carrying a knife</li> </ul> | <ul style="list-style-type: none"> <li>-consider some of the conflicts and demands that can arise in long-term relationships</li> <li>-identify some forms of relationship abuse</li> <li>-use assertiveness in communication with others</li> <li>-To know what divorce is and common reasons for it.</li> <li>-To understand the different Christian and Muslim attitudes towards divorce.</li> <li>-To be able to evaluate my own opinion to reasons whether divorce is a religious issue.</li> <li>-Correctly identify how we can help our friends and ourselves to mend a broken heart after a break-up.</li> <li>-Describe the best ways we can help distract our friends and ourselves from grief and help manage emotions.</li> <li>-Explain the meaning of new key terminology and use these phrases articulately in the correct context to communicate key messages to others.</li> <li>-To understand how we can manage friendships in a positive way</li> </ul> | <ul style="list-style-type: none"> <li>-know that sexual consent requires choice, freedom, and capacity</li> <li>-understand the legal age of consent and that most young people do not have sex until after they have passed the age of consent</li> <li>- To be able to explain what is meant by 'consent', and what this means within healthy relationships.</li> <li>-To understand and explain some consequences of someone not receiving consent for sexual behaviour within a relationship.</li> <li>-To describe how and from where to access support, and how to support a friend who may be experiencing abuse.</li> <li>-be able to reflect critically about your own and others' decision making related to sex</li> <li>-be aware of a range of factors that may affect decisions to do with sex, including alcohol</li> <li>-develop self-awareness of factors that are important for a safe and comfortable sexual relationship</li> <li>-recognise that the ability to communicate about contraception and what is pleasurable are skills that will support good sexual health including enjoyable relationships</li> <li>-develop a personal concept of 'readiness' for sexual intimacy</li> <li>-understand that sperm and eggs are sex cells, and know the route from production to fertilisation that is followed by the human male and female sex cells</li> <li>-know the sequence of processes leading to conception, pregnancy and birth</li> <li>-understand how contraception prevents conception</li> <li>-know what female genital mutilation (FGM) is</li> </ul> |
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|  |                     |   |   |   |                           |                             | <ul style="list-style-type: none"> <li>-know some of the health implications of FGM</li> <li>-consider some of the reasons why FGM happens</li> <li>-have a basic understanding of FGM and the law</li> <li>-practice skills for supporting someone to get help both if concerned that FGM might take place or has already taken place.</li> <li>-know where and how to get help and support relating to FGM</li> <li>-be able to use a condom correctly</li> <li>-understand how different types of sexually transmitted infections (STIs) can move from one person to another and how transmission can be prevented</li> <li>-know that mucus membrane is an efficient transmission route for most STIs – there is mucus membrane in the mouth, anus, vagina, tip of penis</li> <li>-be able to identify risks of STI transmission in relation to different sexual activities</li> <li>-know that it is not possible to guess if someone has an STI understand that there is treatment available for STIs but not all can be cured</li> </ul> |
|  | <b>Big Question</b> | How to deal with stress and year 11 expectations? | How can I enjoy social media without it becoming toxic? | What do I need to do to achieve my goals? | What does the UK law say? | What are good relationships | How do I spot a toxic relationship?   |