

The Relationships, Sex and Health (RSHE) Curriculum 2024-25

RSHE Curriculum Vision

Our curriculum is embedded throughout pastoral and curriculum input. It sits alongside the values and ethos of the school, with PRIDE values being a critical component of the education students receive in RSHE. The RSHE curriculum is statutory so the provision is mandatory, but beyond that our students deserve the best opportunity to stay safe and reach their potential, learning how to be adults of the highest character who are inspiring, moral citizens of the world, driven by kindness and consideration for others. The curriculum places a high value on respect and tolerance, developing empathy and listening to others opinions. The students own viewpoints and experiences are important. Staff use “talking points” which link across the curriculum, so that listening, articulating and challenging each other’s views are a valuable way students can develop deeper understanding of the issues and the different perspectives that may exist within a diverse community. RSHE is delivered through tutor time activities, assemblies, special visits and events, service opportunities, Humanities, Science and English curriculum lessons as relevant topics are covered through the national curriculum. Modules provide a clear focus, but the issues are interlinked and constantly related to each other. The curriculum provides the flexibility for modules to be moved should a particular issue need addressing in response to local or national events. The below represents an overview of the minimum offer in a particular year group, learning from previous years is revisited to reinforce key messages.

Key stage 3 – Modules

Term	Year 7	Year 8	Year 9
1	<p>Flourishing as an Individual <i>I understand how to talk about my emotions accurately and sensitively.</i> <i>I understand the importance of keeping myself safe and healthy and the factors that contribute to this.</i></p>	<p>Flourishing as an Individual <i>I understand the importance of positive self-image/esteem</i> <i>I know how to recognise and deal with different emotions</i> <i>I understand the different factors of physical wellbeing</i></p>	<p>Preparing for a Flourishing Future <i>I am aware of my strengths and weaknesses</i> <i>I understand the different skills that will help me in the future including goal setting, teamwork, leadership and interview skills</i></p>
2	<p>Preparing for a Flourishing Future <i>I know what Unifrog is and how it can support me through my 7 year journey</i> <i>I am aware of the different career pathways that are available to me, including university</i> <i>I understand what employability skills are</i> <i>I am aware of the stereotypes that exist in employment</i></p>	<p>Preparing for a Flourishing Future <i>I am aware of the different industries that exist and the roles within these</i> <i>I understand what success looks like and how to overcome failure</i> <i>I know how to develop different employability skills and what positive career role models look like</i> <i>I am aware of the different GCSE and Post 16 options available to me</i></p>	<p>Flourishing as an Individual <i>I understand the connection between mental, physical and social wellbeing</i> <i>I can identify the different types of drugs and alcohol (including smoking/vaping) and their impact</i> <i>I can identify the different eating disorders, understand their impact and know where to access support</i></p>
3	<p>Flourishing in Respectful Relationships <i>I understand how to have a positive role in relationships including within my family and in friendships</i> <i>I know what a positive influence looks like and how to respect boundaries</i> <i>I understand how to support my peers and also how to seek this support</i></p>	<p>Flourishing Positively Online <i>I understand different types of online relationships and the laws in relation to them</i> <i>I am aware of online media including fake news and the impact of influencers</i> <i>I understand the concept of online trends and the dangers that can be associated with these</i></p>	<p>Flourishing in Respectful Relationships <i>I understand how to communicate and articulate my emotions</i> <i>I understand the concept of consent and being intimately ready</i> <i>I understand the importance of managing expectations including within my family</i> <i>I am aware of the different types of stereotypes and discrimination</i></p>
4	<p>Flourishing Positively Online <i>I understand social media and its dangers, including the need for privacy settings and confidentiality</i> <i>I am aware of my digital footprint</i> <i>I understand cyber bullying and its impacts</i> <i>I understand the laws that govern online use</i> <i>I am aware of the importance of managing screen time</i></p>	<p>Flourishing in Respectful Relationships <i>I understand the concept of peer pressure and the impact of it</i> <i>I am aware of what bullying is and how to stand up to it</i> <i>I know the different family units that exist</i> <i>I understand how to respect the boundaries of others and the importance of my boundaries being respected</i></p>	<p>How to contribute to a flourishing society <i>I understand the impact of democracy</i> <i>I understand the basics of the UK justice system</i> <i>I am aware of the different laws that impact society</i> <i>I understand the issue of knife crime and its impact on society</i> <i>I am aware of issues that affect my local community and the wider UK</i></p>
5	<p>How to contribute to a flourishing society</p>	<p>How to contribute to a flourishing society</p>	<p>Financial Flourishing <i>I understand the importance of being financially independent</i></p>

	<p><i>I understand the concept of community and the values held within them</i></p> <p><i>I am aware of the concept of equality and diversity, and what is meant by stereotypes, prejudice and bullying</i></p> <p><i>I am aware of the different religions that exist</i></p>	<p><i>I am aware of the diversity that exists within our community</i></p> <p><i>I am aware of the different ways I can support my local community, including charity</i></p> <p><i>I understand the concept of democracy and using my voice</i></p> <p><i>I am aware of the concept of law</i></p>	<p><i>I am aware of how to manage money including mortgages, bills and wages</i></p> <p><i>I am aware of the different taxes and what they are used for</i></p> <p><i>I understand the impact of different financial decisions</i></p>
6	<p>Financial Flourishing</p> <p><i>I understand the concept of money and what it means for me</i></p> <p><i>I am aware of the concept of banking and what a bank account looks like</i></p> <p><i>I understand the different attitudes towards money including debt, saving and budgeting</i></p>	<p>Financial Flourishing</p> <p><i>I understand the difference between financial needs and wants</i></p> <p><i>I am aware of the different types of debt</i></p> <p><i>I understand the financial risks that face young people</i></p>	<p>Flourishing Positively Online</p> <p><i>I am aware of the different types of harmful content that can be found online, including the pressure that can arise from this</i></p> <p><i>I am aware of the concept of plagiarism (including AI) and its impact</i></p> <p><i>I understand the importance of a positive online image and the tools needed to impress</i></p>

Key stage 4 – Modules		
Term	Year 10	Year 11
1	<p>Flourishing as an Individual</p> <p><i>I can recognise the causes and signs of stress</i></p> <p><i>I understand the different influences that surround me and how to manage them</i></p> <p><i>I understand the different factors that can damage my physical wellbeing including addiction, unprotected sex and the need for self-examination</i></p>	<p>Flourishing as an Individual</p> <p><i>I know the different strategies that can help me manage stress</i></p> <p><i>I understand how to maintain healthy habits to support my wellbeing, including managing my time effectively</i></p> <p><i>I understand how to support myself and others during the exam period and beyond</i></p>
2	<p>Preparing for a Flourishing Future</p> <p><i>I understand what effective teamwork looks like and how different personalities work within this</i></p> <p><i>I am aware of the application process including CVs, and understand the importance of honesty in this process</i></p>	<p>Preparing for a Flourishing Future</p> <p><i>I understand how to prepare for my P16 options</i></p> <p><i>I am aware of the learning skills I need including revision skills, time management, being an independent learner</i></p> <p><i>I am aware of the importance of maintaining a positive work/life balance</i></p> <p><i>I understand employment rights</i></p>
3	<p>Flourishing Positively Online</p> <p><i>I understand the importance of having a positive online identity and footprint</i></p> <p><i>I am aware of the different ways of working including remote</i></p> <p><i>I understand the importance of professional communication including confidentiality</i></p> <p><i>I am aware of the different online careers available</i></p>	<p>Flourishing in Respectful Relationships</p> <p><i>I understand how to manage relationships during times of stress</i></p> <p><i>I understand my rights and responsibilities around consent</i></p> <p><i>I am aware of the different risks associated with social settings and how to keep myself safe</i></p> <p><i>I know how to challenge unwanted behaviour/harassment including online</i></p> <p><i>I understand the different options around having and raising children</i></p>
4	<p>Financial Flourishing</p> <p><i>I understand the impact of advertising on financial decisions including promotion of gambling</i></p> <p><i>I understand the concept of financial wellbeing including how to access advice and avoid scams</i></p> <p><i>I am aware of different financial dilemmas and how to tackle them</i></p> <p><i>I understand the concept of financial exploitation and coercive control</i></p>	<p>Financial Flourishing</p> <p><i>I understand the impact of money on mental wellbeing</i></p> <p><i>I am aware of my rights with regards to part time work including minimum wage</i></p> <p><i>I understand how to plan for my financial future including student loans</i></p>
5	<p>Flourishing in Respectful Relationships</p> <p><i>I understand the different types of intimacy and the importance of managing sexual pressure</i></p>	<p>Flourishing Positively Online</p> <p><i>I know how to communicate professionally and effectively online</i></p>

	<p><i>I am aware of sexual harassment and its different forms including upskirting</i></p> <p><i>I am aware of the concept of toxic masculinity</i></p> <p><i>I am aware of pornography (including sending sexual imagery), the laws and its impact</i></p> <p><i>I understand the laws and cultural expectations that surround marriage,</i></p> <p><i>I am aware of the dangers of domestic violence/unsafe relationships</i></p>	<p><i>I am aware of the different ways I can search for jobs online and how to complete the application process</i></p> <p><i>I know the different online study skills I can use</i></p> <p><i>I understand how to research effectively</i></p>
6	<p>How to contribute to a flourishing society</p> <p><i>I understand the importance of using my vote</i></p> <p><i>I understand the UK legal system and how it compares globally</i></p> <p><i>I am aware of the issue of criminal exploitation including extremism, radicalisation, grooming</i></p> <p><i>I understand how to positively contribute to my local community and wider society</i></p>	Exams

Key stage 5		
Term	Year 12	Year 13
1	<p><i>Mental Health</i></p> <ul style="list-style-type: none"> - To recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety - To recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours - To recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing - To analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support 	<p><i>Mental Health</i></p> <ul style="list-style-type: none"> - To recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety - To recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours - To recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing - To analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support
2	<p><i>Physical Health</i></p> <ul style="list-style-type: none"> - To take responsibility for monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination and cervical screening - To consistently access reliable sources of information and evaluate media messages about health <ul style="list-style-type: none"> - how to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online - To understand how alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking 	<p><i>Physical Health</i></p> <ul style="list-style-type: none"> - How to register with and access health services in new locations - To recognise illnesses that particularly affect young adults, such as meningitis and 'freshers' flu' - How to maintain a healthy diet, especially on a budget - The risks of being a passenger with an intoxicated driver and ways to manage this - The impact of alcohol and drug use on road safety, workplace safety, reputation and career - <i>How to take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment</i>
3	<p><i>Online & Media</i></p> <ul style="list-style-type: none"> - <i>To recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online</i> - <i>to manage personal safety in new relationships, including online activity or when meeting someone for the first time whom they met online</i> - <i>To understand the risks associated with gambling, including online gambling</i> 	<p><i>Online & Media</i></p> <ul style="list-style-type: none"> - <i>To recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online</i> - <i>to manage personal safety in new relationships, including online activity or when meeting someone for the first time whom they met online</i> - <i>To understand the risks associated with gambling, including online gambling</i>

4	<p style="text-align: center;"><i>Safeguarding & Exploitation</i></p> <ul style="list-style-type: none"> - <i>to assess and manage risk and personal safety in a wide range of contexts, including online; about support in place to safeguard them in these contexts and how to access it</i> - <i>to manage personal safety in relation to travel, such as cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely to perform first aid and evaluate when to summon emergency services, irrespective of any potential legal implications, for example, when the situation involves alcohol, drugs, gangs or violent crime</i> 	<p style="text-align: center;"><i>Safeguarding & Exploitation</i></p> <ul style="list-style-type: none"> - <i>to assess and manage risk and personal safety in a wide range of contexts, including online; about support in place to safeguard them in these contexts and how to access it</i> - <i>Taluate the dangers and consequences of being involved in gangs, serious organised crime or carrying a weapon</i>
5	<p style="text-align: center;"><i>Respectful Relationships</i></p> <ul style="list-style-type: none"> - <i>To understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people’s right to give, not give, or withdraw their consent (in all contexts, including online)</i> - <i>To understand the emotional, physical, social and legal consequences of failing to respect others’ right not to give or to withdraw consent</i> - <i>How to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities</i> 	<p style="text-align: center;"><i>Respectful Relationships</i></p> <ul style="list-style-type: none"> - <i>To recognise the opportunities to build meaningful relationships in the workplace and the boundaries around professional relationships</i> - <i>To understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people’s right to give, not give, or withdraw their consent (in all contexts, including online)</i> - <i>How to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities</i>
6	<p style="text-align: center;"><i>Democracy</i></p> <ul style="list-style-type: none"> - <i>Ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination</i> 	<p style="text-align: center;"><i>Democracy</i></p> <p><i>Ways to celebrate cultural diversity, promote inclusion and safely challenge prejudice and discrimination</i></p>