

PSHE and RSHE Curriculum Grid

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Year 10	Stress management and exam stress. Relationships: - Coercive/ Controlling abuse - Exploitative - Gaslighting - Emotional abuse Sexual health: - Assessing readiness for sex - Contraceptives - STIs - AIDs and HIV prevention Pregnancy: - Unplanned pregnancy - Choices	Online validation: - Social media - Influencers The law: - Stalking - Sexual harassment Mental health support - Networks Stereotyping: - Equality - Equity - Discrimination and prejudice Behaviours: - Bullying - Offensive language - Microaggression	Online behaviours: - Cyber crimes - Illegal criminal behaviours LGBT: - Who are the LGBT + community - Rights Managing social anxiety Gambling - Online - Offline	Cancer: - Self check / Screening - Breasts - Testicles Lumps, bumps and changes Health: Menopause Appearance: - Tattoos - Piercings - Body modifications Hate crime Extremism in the UK	Illegal drugs and alcohol: - Binge drinking - Risks - Addiction - Laws Marriage: - Different types - Forced marriage - Laws Parenthood and the brain development throughout life Changes to relationships: - Divorce - Separation - Loss	Rise of AI Social media: - Body image - Mental health - Loneliness - Resilience Vaping and smoking: - Is vaping as bad as smoking? Living independently - Adult life - independent living - Online world

Year 11	What does power mean? -Behaviours -Relationships -Compulsive -Unwanted -Fixed behaviours Knife crime Types of relationships -Sexuality -Same sex What is sexual intimacy? -Relationships -Consent -Contraception -Pleasure -Virginity What is adulthood like? -Navigating a cost-of-living crisis.	Relationships: -Expectations of a romantic relationship -Managing relationships -Role models Personal safety: -Independent travel -Risks on the street -Abroad -Festivals How can I manage risk? -Risky emergency situations -First aid -Medical concerns FGM: -What is it? -Why is it so dangerous? -Children's rights -Being safe - illegal/ legal	What are the risks online: -AI chatbots -Poor advice -Sharing images - Misplaced affections Online risks: -Online dating -Online harms Health: -Fertility and Menopause -Gynaecological - Menstrual -Reproductive Health	Social media: -Sex in the media -Harassment -Stalking -Grooming Honour violence -What is it? -Killings Parenting: -Different types -Costs -Consideration Abortion	Mental health: -Self harm -Suicide and prevention Online criminal behaviours: -Sextortion -Nudes -Semi-nudes Online privacy -Data protection -Keeping safe online Pornographic deepfakes -Image sharing -The law	Online extremism -Radicalisation -Subcultures Criminal behaviours: -Mob mentality Illegal drugs: -Party drugs -Nitrous oxide Porn: -Sexual ethics -Strangulations -Online harm What we are proud of: -Reflection

Relationships Education

F = Families

RR = Respectful relationships

OSA = Online safety and awareness

BS – Being safe

ISR = Intimate and sexual relationships, including sexual health

Health Education (Health and Wellbeing)

MW = Mental wellbeing

WO = Wellbeing online

PHF = Physical health and fitness

DATV = Drugs, Alcohol, Tobacco and vaping

HPP = Health protection and prevention and understanding the healthcare system

PS = Personal safety

BFA = Basic first aid

DB = Developing bodies