

## Introduction

At The Cowplain School we have adopted the three broad themes of Living in the Wider World, Relationships (RSE) and Health and Wellbeing advocated by the **PSHE Association** to inform our curriculum planning. The links to the PSHE Association's recommended Programme of Study are indicated in the 'Link to PoS' section where H, L and R mean: H: Health and Wellbeing, R: Relationships (RSE), L: Living in the Wider World. In Year 9, there is a crossover of both KS3 and KS4 content depending on age appropriateness of the teaching material.

The **DfE's RSE Secondary Stage Curriculum and Outcomes** outlines the following key areas which students need to have covered by the end of secondary school:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

In addition, the **DfE's Health Education Secondary Stage Curriculum and Outcomes** outlines the following key areas which students need to have covered by the end of secondary school:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

The links to the DfE's requirements for both aspects are shown for each half term.

Each half term has a broad theme, however the nature of RSHE means, at times, other themes will be covered although they may not be the primary focus of the content being taught.

The RSHE curriculum has also incorporated careers guidance to support The Cowplain School in meeting the Gatsby Benchmarks. These are indicated on the relevant half terms.

**Year 7**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content	<b>Living in the Wider World</b>  1. Learning the Cowplain Way (School and Personal Values) 2. Personal Identity and Influences 3. Career Dreams and Goals	<b>Relationships (RSE)</b>  4. Friendships and Toxic Friends 5. Dealing with Bullies 6. Social Media Safety 7. Cyberbullying	<b>Health and Wellbeing</b>  8. Maintaining Physical Health 9. Diet and Nutrition 10. Physical and Mental Wellbeing 11. Anger Management	<b>Health and Wellbeing</b>  12. Puberty Overview 13. Puberty: Female Focus (The Menstrual Cycle) 14. Puberty: Male Focus and Positive Body Image	<b>Relationships (RSE)</b>  15. Safe and Positive Relationships 16. Families 17. Falling in Love (inc. Consent)	<b>Health and Wellbeing</b>  18. First Aid 19. Personal Safety: Energy Drinks, Tobacco, Vaping
Key Words	<b>Key Words:</b> Identity, Value, Influence, Dreams, Goals.	<b>Key Words:</b> Frenemies, Toxic Friendships, Genuine Friendships, Bullying, Bystander, Cyberbullying	<b>Key Words:</b> Diet, Nutrition, Sleep, Exercise, Medical Care, Hygiene, Calorie, Eatwell Guide, Wellbeing, Physical, Mental, Emotions, Anger Management, Adrenaline.	<b>Key Words:</b> Puberty, Menstrual Cycle, Period, Males, Females, PMS, Penis, Foreskin, Ejaculation, Body Image.	<b>Key Words:</b> Pedophile, Domestic Abuse, Family, Blended Family, Nuclear Family, Extended Family, Communication, Dopamine, Infatuation, Consent.	<b>Key Words:</b> Personal Safety, First Aid, Caffeine, Diabetes, Energy Drinks, Smoking, Vaping.
Link to PoS	H1, H9 L2, L3, L6, L9	R2, R13, R14, R17, R19, R38, R42, R43	H2, H5, H6, H10, H13, H14, H15, H16, H17, H18, H20	H3, H34 L24	R1, R9, R10, R18, R24, R27	H24, H26, H27, H28, H31, H33
	<b>Careers Guidance</b>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Online and Media</li> <li>Internet Safety</li> </ul>	<ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Health and Fitness</li> <li>Healthy Eating</li> <li>Health and Prevention</li> </ul>	<ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Health and Prevention</li> <li>Changing Adolescent Body</li> </ul>	<ul style="list-style-type: none"> <li>Families</li> <li>Respectful Relationships</li> <li>Being Safe</li> </ul>	<ul style="list-style-type: none"> <li>Drugs, Alcohol and Tobacco</li> <li>First Aid</li> </ul>

**Year 8**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Curriculum Content</b>	<b>Living in the Wider World</b> 1. Your Online Reputation 2. Digital Literacy and Fake News 3. Social Media and Body Image	<b>Health and Wellbeing</b> 4. Negative Peer Pressure 5. Peer Pressure and Alcohol 6. Introduction to Drugs 7. Mindfulness	<b>Living in the Wider World</b> 8. Employability Skills 9. Money and Choices 10. Extremist Groups 11. Radicalisation	<b>Relationships (RSE)</b> 12. Healthy Friendships 13. Consent and Intimacy 14. Sexting	<b>Relationships (RSE)</b> 15. Introduction to Contraception 16. Introduction to Pornography	<b>Living in the Wider World</b> 17. Social Justice 18. Diversity and Neurodiversity 19. Stereotyping and Gender Stereotypes 20. Teen Stereotyping
<b>Key Words</b>	<b>Key Words:</b> Screen Time, Online Reputation, Digital Literacy, Fake News, Body Image.	<b>Key Words:</b> Peer Pressure, Negative Peer Pressure, Alcohol, Risky Behaviour, Medicines, Drugs, Stimulants, Antidepressants, Mental Health, Mindfulness.	<b>Key Words:</b> Skills, Transferable Skills, Wants, Needs, Extremist Groups, Radicalisation.	<b>Key Words:</b> Consent, Sexting.	<b>Key Words:</b> Contraceptive, STI, Pornography.	<b>Key Words:</b> Fairness, Protected Characteristics, Social Justice, Social Injustice, Neurodiversity, Stereotype, Gender Stereotypes, Portrayed.
<b>Link to PoS</b>	L20, L21, L22, L23, L25, L26, L27	H7, H24, H25 R20, R43, R44	L1, L4, L5, L14, L15, L17, L26 R15, R16	R11, R25, R26, R28, R29, R30	R7, R8, R32, R33	L10 R3, R39, R40, R41
	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Online and Media</li> <li>Internet Safety</li> </ul>	<ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Drugs, Alcohol and Tobacco</li> </ul>	Careers Guidance	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Families</li> </ul>	<ul style="list-style-type: none"> <li>Online and Media</li> <li>Being Safe</li> <li>Intimate Relationships</li> </ul>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> </ul>

**Year 9**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content	<b>Living in the Wider World</b> 1. Success at KS4 2. Career Journeys 3. Key Skills for Work	<b>Health and Wellbeing</b> 4. Self-Esteem and Risk-Taking 5. The Law and Alcohol 6. The Law and Drugs 7. Violence, Gangs and County Lines	<b>Health and Wellbeing</b> 8. Managing Mental Health and Wellbeing (Self-Harm and Eating Disorders) 9. Coping with Change 10. Dealing with Loss	<b>Relationships (RSE)</b> 11. Families (inc. Marriage) 12. Healthy Relationships (Domestic Abuse) 13. Consent	<b>Relationships (RSE)</b> 14. STIs and Staying Safe 15. Consequences of Pregnancy 16. FGM 17. Diverse Relationships/Pornography	<b>Living in the Wider World</b> 18. Money Management 19. Knife Crime 20. Young Offenders
Key Words	<b>Key Words:</b> Success, Career Plan, Training, Key Skills, Aspirations, Employment Law.	<b>Key Words:</b> Self-Esteem, Risk, Alcohol, Government Guidance, Binge Drinking, Drug, Legal, Illegal, Stimulant, Depressant, Hallucinogen, County Lines, Grooming, Cuckooing.	<b>Key Words:</b> Mental Health, Strategies, Self-Harm, Eating Disorder, Change, Loss.	<b>Key Words:</b> Marriage, Civil Partnership, Family, Abuse, Consent, Non-Consensual, Freedom, Capacity, Rape Culture.	<b>Key Words:</b> Contraceptive, STIs, Pregnancy, CSA, Teenage Pregnancy, FGM, Biological Sex, Gender Identity, Sexual Orientation, Pornography.	<b>Key Words:</b> Bank, Building Society, Loan, Debit Card, Credit Card, Interest, Credit Score, Debt, Peer Pressure, Knife Crime, Age of Criminal Responsibility, ASBO, Serious Offence.
Link to PoS	L7, L8, L11, L12, L13	L19 R45, R46 H23, H24, H25, H29	H2, H4, H5, H6, H7, H8, H11, H12, H21	R6, R12, R21, R22, R23, R31, R35, R37	H22, H35, H36 R4, R5, R7, R34, R36	L16, L17, L18, L19 R47 H32
	<b>Careers Guidance</b>	<ul style="list-style-type: none"> <li>Drugs, Alcohol and Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Mental Wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>Families</li> <li>Respectful Relationships</li> <li>Being Safe</li> </ul>	<ul style="list-style-type: none"> <li>Online and Media</li> <li>Intimate Relationships</li> <li>Health and Fitness</li> </ul>	<ul style="list-style-type: none"> <li>Internet Safety</li> </ul>

**Year 10**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content	<b>Health and Wellbeing</b> 1. Mental Wellbeing 2. Lifestyle Choices: Sleep, Diet, Exercise, Vaccinations 3. Unhealthy Choices: Drugs 4. Unhealthy Choices: Alcohol	<b>Relationships (RSE)</b> 5. The Dangers of Pornography 6. Healthy Relationships and Consent 7. Child on Child Abuse 8. Misogyny Online	<b>Living in the Wider World</b> 9. Personal Safety 10. First Aid 11. Organised Crime	<b>Living in the Wider World</b> 12. Post-16 Options 13. Work Values 14. Online Reputation: Creating a Positive Online Presence	<b>Relationships (RSE)</b> 15. Committed Relationships and Marriage (Forced Marriage) 16. Diversity in Relationships Equality Act 17. Sexual Health Services	<b>Health and Wellbeing</b> 18. Managing Screen Time 19. Staying Safe: Cosmetic Procedures and Body Modification 20. Depression and Suicide
Key Words	<b>Key Words:</b> Mental Health, Healthy Eating, Ultraprocessed, Sleep Deprivation, Melatonin, Cognitive Function, Anti-Vaxxers, Social Drinking, Internal Influence, External Influence.	<b>Key Words:</b> Pornography, Addiction, Desensitisation, Human Trafficking, Ethical Porn, Intimate Relationships, Enthusiastic Consent, Verbal Consent, Non-Verbal Consent, Child on Child Abuse, Rape Culture, Revenge Porn, Misogyny.	<b>Key Words:</b> First Aid, Personal Safety.	<b>Key Words:</b> Career Journey, Pathways, Expectations, Motivation, Online Reputation, Digital Footprint, Personal Branding, Fake News.	<b>Key Words:</b> Marriage, Cohabitation, Civil Partnership, Forced and Arranged Marriage, Homosexual, Heterosexual, Homophobia, LGBTQAI+, Trans, Transitioning, Gender, Sex, STIs, Infection, Disease.	<b>Key Words:</b> Screen Time, Electronic Screen Syndrome, Melatonin, Self Expression, Septicemia / Sepsis, Body Modification, Prejudice, Depression, Suicide.
Link to PoS	H2, H5, H7, H9, H10, H11, H13, H14, H19, H20	R2, R3, R7, R8, R9, R16, R18, R19, R22, R30	H4, H22, H23, H24 R35, R36, R37, R38	H1 L1, L2, L3, L4, L5, L6, L7, L8, L14, L15, L21, L22, L23, L24	R1, R4, R5, R6, R10, R33, R34 H27, H28, H29	H3, H6, H8, H12, H17, H18 L25, L26, L27, L28, L29
	<ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Healthy Eating</li> <li>Health and Prevention</li> </ul>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Being Safe</li> <li>Intimate Relationships</li> </ul>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Internet Safety</li> <li>First Aid</li> </ul>	<ul style="list-style-type: none"> <li>Internet Safety</li> <li>Careers Guidance</li> </ul>	<ul style="list-style-type: none"> <li>Families</li> <li>Respectful Relationships</li> <li>Being Safe</li> </ul>	<ul style="list-style-type: none"> <li>Online and Media</li> <li>Intimate Relationships</li> <li>Internet Safety</li> </ul>

**Year 11**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Curriculum Content</b>	<b>Living in the Wider World</b>  1. The Risks of Gambling 2. The Dangers of Cybercrime 3. Post-16 Pathways 4. The Future of Work and College Applications	<b>Relationships (RSE)</b>  5. Healthy and Unhealthy Relationships 6. Power and Abusive Relationships 7. Consent 8. Revenge Porn	<b>Health and Wellbeing</b>  9. Healthy Choices: Smoking v. Vaping 10. Blood, Organ and Stem Cell Donation 11. Self-Examination	<b>Relationships (RSE)</b>  12. Families and Parenting 13. Fertility, Pregnancy and Abortion, Adoption and Fostering, Miscarriage 14. Readiness for Sex		
<b>Key Words</b>	<b>Key Words:</b> Gambling, Dopamine, Phishing, Fraud, Cybercrime, Post 16 Pathways, Vocational Qualification, Apprenticeship, Job Sector.	<b>Key Words:</b> Abusive Behaviour, Gaslighting, Intimacy, Enthusiastic Consent, Revenge Porn, Image Based Sexual Assault.	<b>Key Words:</b> Vaping, Smoking, Blood Types, Organ Donation, Stem Cells, Sun Beds	<b>Key Words:</b> Parenting Styles, Fertility, Pregnancy, Unplanned Pregnancy, Abortion, STIs, Sexual Health Clinic, Contraception.		
<b>Link to PoS</b>	L9, L10, L11, L12, L13, L16, L17, L18, L19, L20, H25	R8, R11, R12, R14, R15, R28, R29, R31, R32, H26	R20, H15, H16, H21	R13, R17, R21, R24, R25, R26, R27, H30, H31, H32, H33		
	<ul style="list-style-type: none"> <li>Online and Media</li> <li>Internet Safety</li> </ul> <b>Careers Guidance</b>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Intimate Relationships</li> </ul>	<ul style="list-style-type: none"> <li>Health and Fitness</li> <li>Drugs, Alcohol and Tobacco</li> <li>Health and Prevention</li> </ul>	<ul style="list-style-type: none"> <li>Families</li> <li>Intimate Relationships</li> </ul>		



**RELATIONSHIPS, SEX AND HEALTH EDUCATION**  
**Curriculum Map**  
2025-2026