

## **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**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Curriculum Content</b>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Learning the Cowplain Way (School and Personal Values)</li> <li>Personal Identity and Influences</li> <li>Career Dreams and Goals</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Friendships and Toxic Friends</li> <li>Dealing with Bullies</li> <li>Social Media Safety</li> <li>Cyberbullying</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>Maintaining Physical Health</li> <li>Diet and Nutrition</li> <li>Physical and Mental Wellbeing</li> <li>Anger Management</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>Puberty Overview</li> <li>Puberty: Female Focus (The Menstrual Cycle)</li> <li>Puberty: Male Focus and Positive Body Image</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Safe and Positive Relationships</li> <li>Families</li> <li>Falling in Love (inc. Consent)</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>First Aid</li> <li>Personal Safety: Energy Drinks, Tobacco, Vaping</li> </ol>
	<p><b>Key Words:</b> Identity, Value, Influence, Dreams, Goals.</p>	<p><b>Key Words:</b> Frenemies, Toxic Friendships, Genuine Friendships, Bullying, Bystander, Cyberbullying</p>	<p><b>Key Words:</b> Diet, Nutrition, Sleep, Exercise, Medical Care, Hygiene, Calorie, Eatwell Guide, Wellbeing, Physical, Mental, Emotions, Anger Management, Adrenaline.</p>	<p><b>Key Words:</b> Puberty, Menstrual Cycle, Period, Males, Females, PMS, Penis, Foreskin, Ejaculation, Body Image.</p>	<p><b>Key Words:</b> Pedophile, Domestic Abuse, Family, Blended Family, Nuclear Family, Extended Family, Communication, Dopamine, Infatuation, Consent.</p>	<p><b>Key Words:</b> Personal Safety, First Aid, Caffeine, Diabetes, Energy Drinks, Smoking, Vaping.</p>

<p><b>Link to PoS</b></p>	<p>H1: Recognise what makes me unique and celebrate my personal strengths.  H9: Use strategies to help me stay strong and build up resilience as well as know how to cope with disappointments and setbacks  L2: Reflect on my strengths, interests, skills, qualities, and values, and think about ways to improve and develop them  L3: Set realistic yet ambitious targets and goals  L6: Explain why being a lifelong learner is important and describe the benefits it has for my future and personal growth  L9: Explain the benefits of setting ambitious goals and staying open to new opportunities in all areas of my life</p>	<p>R2: Understand what a healthy or unhealthy relationship looks like (including those online)  R13: Safely and responsibly form, maintain and manage positive relationships (including those online)  R14: Recognise and demonstrate expected behaviours within a relationship, whether it is at school, wider society, family and friendships, including online)  R17: Use a range of strategies to identify and reduce risk when meeting people online, as well as recognise when and how ask for help  R19: Use a range of skills and strategies to deal with conflict and reconcile after disagreement  R38: Recognise bullying, and its impact, in all its forms and use a range of strategies to manage being targeted or witnessing others being bullied.  R42: Recognise peer influence and use a range of strategies to manage it, including online.  R43: Recognise the role peers can play in supporting one another and resisting pressure from others, challenging harmful social norms as well as accessing appropriate support</p>	<p>H2, H5, H6, H10, H13, H14, H15, H16, H17, H18, H20</p>	<p>H3, H34  L24</p>	<p>R1, R9, R10, R18, R24, R27</p>	<p>H24, H26, H27, H28, H31, H33</p>

	<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>
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**Year 8**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Curriculum Content</b>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>1. Your Online Reputation</li> <li>2. Digital Literacy and Fake News</li> <li>3. Social Media and Body Image</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>4. Negative Peer Pressure</li> <li>5. Peer Pressure and Alcohol</li> <li>6. Introduction to Drugs</li> <li>7. Mindfulness</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>8. Employability Skills</li> <li>9. Money and Choices</li> <li>10. Extremist Groups</li> <li>11. Radicalisation</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>12. Healthy Friendships</li> <li>13. Consent and Intimacy</li> <li>14. Sexting</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>15. Introduction to Contraception</li> <li>16. Introduction to Pornography</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>17. Social Justice</li> <li>18. Diversity and Neurodiversity</li> <li>19. Stereotyping and Gender Stereotypes</li> <li>20. Teen Stereotyping</li> </ol>

	<p><b>Key Words:</b> Screen Time, Online Reputation, Digital Literacy, Fake News, Body Image.</p>	<p><b>Key Words:</b> Peer Pressure, Negative Peer Pressure, Alcohol, Risky Behaviour, Medicines, Drugs, Stimulants, Antidepressants, Mental Health, Mindfulness.</p>	<p><b>Key Words:</b> Skills, Transferable Skills, Wants, Needs, Extremist Groups, Radicalisation.</p>	<p><b>Key Words:</b> Consent, Sexting.</p>	<p><b>Key Words:</b> Contraceptive, STI, Pornography.</p>	<p><b>Key Words:</b> Fairness, Protected Characteristics, Social Justice, Social Injustice, Neurodiversity, Stereotype, Gender Stereotypes, Portrayed.</p>
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<p><b>Link to PoS</b></p>	<p>L20: Explain how the internet can increase both the speed and scale at which information is shared, and how boundaries and recognise how blurred boundaries between public and private content — along with a perception of anonymity — can affect online behaviour. L21: Recognise the importance of keeping personal information private and use safe, responsible strategies to manage what is shared online (personal information and images online), including on social media. L22: Understand the benefits and positive use of social media and how it can offer opportunities engaging in a wide variety of views on different issues. L23: Recognise the importance of seeking a variety of perspectives on issues and assessing the evidence to support those views. L25: Make informed decisions about whether different media and digital content are appropriate to view and develop skills to act on them. L26: Recognise the different viewpoints on any issue, recognising the potential influence of extreme views on people's attitudes and behaviours.</p>	<p>H7: recognise the characteristics of mental and emotional healthy and use strategies to manage these. H24: Evaluate the misconceptions, social norms and cultural values relating to alcohol and drugs misuse. H25: Use strategies to manage a range of influences on alcohol and drugs use , including peers. R20: learn to manage the influence of drugs and alcohol on decision making within relationships and social situations. R43: Recognise the role peers can play in supporting one another and resisting pressure from others, challenging harmful social norms as well as accessing appropriate support, R44: Use strategies to manage the need for peer approval and how this can generate feelings of pressure and lead to increased risk-taking.</p>	<p>L1, L4, L5, L14, L15, L17, L26  R15, R16</p>	<p>R11, R25, R26, R28, R29, R30</p>	<p>R7, R8, R32, R33</p>	<p>L10  R3, R39, R40, R41</p>
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	L27: Respond appropriately when things go wrong online, including seeking for support, reporting to authorities and / or platforms.					
	<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**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
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<p><b>Curriculum Content</b></p>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>1. Success at KS4</li> <li>2. Career Journeys</li> <li>3. Key Skills for Work</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>4. Self-Esteem and Risk-Taking</li> <li>5. The Law and Alcohol</li> <li>6. The Law and Drugs</li> <li>7. Violence, Gangs and County Lines</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>8. Managing Mental Health and Wellbeing (Self-Harm and Eating Disorders)</li> <li>9. Coping with Change</li> <li>10. Dealing with Loss</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>11. Families (inc. Marriage)</li> <li>12. Healthy Relationships (Domestic Abuse)</li> <li>13. Consent</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>14. STIs and Staying Safe</li> <li>15. Consequences of Pregnancy</li> <li>16. FGM</li> <li>17. Diverse Relationships and Pornography</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>18. Money Management</li> <li>19. Knife Crime</li> <li>20. Young Offenders</li> </ol>
	<p><b>Key Words:</b> Success, Career Plan, Training, Key Skills, Aspirations, Employment Law.</p>	<p><b>Key Words:</b> Self-Esteem, Risk, Alcohol, Government Guidance, Binge Drinking, Drug, Legal, Illegal, Stimulant, Depressant, Hallucinogen, County Lines, Grooming, Cuckooing.</p>	<p><b>Key Words:</b> Mental Health, Strategies, Self-Harm, Eating Disorder, Change, Loss.</p>	<p><b>Key Words:</b> Marriage, Civil Partnership, Family, Abuse, Consent, Non-Consensual, Freedom, Capacity, Rape Culture.</p>	<p><b>Key Words:</b> Contraceptive, STIs, Pregnancy, CSA, Teenage Pregnancy, FGM, Biological Sex, Gender Identity, Sexual Orientation, Pornography.</p>	<p><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.</p>

<p><b>Link to PoS</b></p>	<p>L7: Describe the different routes available after Year 9, and know how to find support and information to make informed choices.  L8: Understand different career, training and academic pathways, and recognise how they connect to future aspirations.  L11: Identify different types and patterns of work, including paid employment, self-employment, and voluntary work, and recognise that there is no single career path.  L12: Understand a variety of job roles and career options, and begin to clarify personal interests, strengths and goals.  L13: Explain the basic rights and responsibilities of young people in the workplace, including rules around working hours, pay and safety.</p>	<p>L19: Recognise the signs of financial exploitation, such as being targeted for illegal activity, scams or money muling, and understand how to respond or seek help.  R45: Understand the social, emotional, and legal consequences of being involved in gang-related behaviours or carrying weapons.  R46: Use appropriate strategies to resist pressure to join gangs or take part in unsafe or illegal activity, and know how to exit harmful situations and seek support.  H23: Understand how to manage the influences of peers, media, and social pressures when it comes to using alcohol, tobacco or other substances.  H24: Evaluate common myths and misconceptions about drug, alcohol and tobacco use, and understand how cultural and social values can influence behaviour.  H25: Access accurate information about the risks and effects of legal and illegal substances, and use this knowledge to make safer decisions.  H29: Understand what addiction means, including physical and psychological dependence, and recognise where to find support for themselves or others.</p>	<p>H2, H4, H5, H6, H7, H8, H11, H12, H21</p>	<p>R6, R12, R21, R22, R23, R31, R35, R37</p>	<p>H22, H35, H36  R4, R5, R7, R34, R36</p>	<p>L16, L17, L18, L19  R47  H32</p>
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	Careers Guidance	<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**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
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<p><b>Curriculum Content</b></p>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Mental Wellbeing</li> <li>2. Lifestyle Choices: Sleep, Diet, Exercise, Vaccinations</li> <li>3. Unhealthy Choices: Drugs</li> <li>4. Unhealthy Choices: Alcohol</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>5. The Dangers of Pornography</li> <li>6. Healthy Relationships and Consent</li> <li>7. Child on Child Abuse</li> <li>8. Online Healthy Relationships and Misogyny</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>9. Personal Safety</li> <li>10. First Aid</li> <li>11. Organised Crime</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>12. Post-16 Options – different types of employment.</li> <li>13. Work Values – add in confidentiality and discrimination.</li> <li>14. Online Reputation: Creating a Positive Online Presence</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>15. Committed Relationships and Marriage (Forced Marriage)</li> <li>16. Diversity in Relationships Equality Act</li> <li>17. Contraception, STIs and Sexual Health Services</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>18. Managing Screen Time – add in extremist views.</li> <li>19. Staying Safe: Cosmetic Procedures and Body Modification</li> <li>20. Depression and Suicide</li> </ol>
	<p><b>Key Words:</b> Mental Health, Healthy Eating, Ultraprocessed, Sleep Deprivation, Melatonin, Cognitive Function, Anti-Vaxxers, Social Drinking, Internal Influence, External Influence.</p>	<p><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.</p>	<p><b>Key Words:</b> First Aid, Personal Safety.</p>	<p><b>Key Words:</b> Career Journey, Pathways, Expectations, Motivation, Online Reputation, Digital Footprint, Personal Branding, Fake News.</p>	<p><b>Key Words:</b> Marriage, Cohabitation, Civil Partnership, Forced and Arranged Marriage, Homosexual, Heterosexual, Homophobia, LGBTQAI+, Trans, Transitioning, Gender, Sex, STIs, Infection, Disease.</p>	<p><b>Key Words:</b> Screen Time, Electronic Screen Syndrome, Melatonin, Self Expression, Septicemia / Sepsis, Body Modification, Prejudice, Depression, Suicide.</p>

<p><b>Link to PoS</b></p>	<p>H2: Explain how self-confidence, self-esteem, and mental health are affected by internal and external influences, and know how to manage these influences. H5: Describe how daily actions can affect mental and emotional health, and understand the importance of empathy and supporting others. H7: Use strategies to support emotional wellbeing, avoid negative thinking, and manage mental health challenges. H9: Recognise warning signs of unhealthy coping strategies, like self-harm or eating disorders, and know what support is available. H10: Identify when self or others need mental health support and know how to access the most appropriate help. H11: Make informed lifestyle choices around sleep, diet, and exercise to support health and wellbeing. H13: Identify and assess reliable sources of information and advice for physical and mental health. H14: Describe the health services available and use strategies to confidently access NHS or other health services.</p>	<p>R2: Describe the role of pleasure in intimate relationships, including orgasms. R3: Respond appropriately to indicators of unhealthy relationships, including seeking help when necessary. R7: Access reliable, accurate and appropriate advice and support with relationships, and assist others to access it when needed. R8: Understand the potential impact of the portrayal of sex in pornography and other media on sexual attitudes, expectations and behaviours. R9: Recognise, clarify and if necessary challenge personal values and understand how values influence decisions, goals and behaviours. R16: Recognise unwanted attention, such as harassment and stalking (including online), know ways to respond, and how to seek help. R18: Understand the concept of consent in maturing relationships. R19: Evaluate the impact of attitudes towards sexual assault and challenge victim-blaming, including when abuse occurs online. R22: Evaluate different motivations and contexts in which sexual images are shared, and consider possible legal, emotional and social consequences.</p>	<p>H4, H22, H23, H24  R35, R36, R37, R38</p>	<p>H1  L1, L2, L3, L4, L5, L6, L7, L8, L14, L15, L21, L22, L23, L24</p>	<p>R1, R4, R5, R6, R10, R33, R34  H27, H28, H29</p>	<p>H3, H6, H8, H12, H17, H18  L25, L26, L27, L28, L29</p>
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	<p>H19: Explain how substance misuse impacts individual mental and physical health, relationships, as well as families and wider communities.</p> <p>H20: Describe the personal risks and wider consequences of illegal substance use, including its impact on safety and future.</p>	<p>R30: Recognise when a relationship is abusive and use strategies to manage this.</p>				
	<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>• <b>Careers Guidance</b></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**

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
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<p><b>Curriculum Content</b></p>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>1. The Risks of Gambling</li> <li>2. The Dangers of Cybercrime</li> <li>3. Post-16 Pathways</li> <li>4. The Future of Work and College Applications</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>5. Healthy and Unhealthy Relationships – end of relationships.</li> <li>6. Power and Abusive Relationships</li> <li>7. Consent – different types of intimacy, including online</li> <li>8. Revenge Porn</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>9. Healthy Choices: Smoking v. Vaping ADD DRUGS</li> <li>10. Blood, Organ and Stem Cell Donation</li> <li>11. Self-Examination</li> </ol> <p>Self-Examination: Oddballs and Coppafeel</p>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>12. Families and Parenting – add in divorce.</li> <li>13. Fertility, Pregnancy and Abortion, Adoption and Fostering, Miscarriage</li> <li>14. Sexual Health and Contraception – Readiness for Sex</li> </ol>		
	<p><b>Key Words:</b> Gambling, Dopamine, Phishing, Fraud, Cybercrime, Post 16 Pathways, Vocational Qualification, Apprenticeship, Job Sector.</p>	<p><b>Key Words:</b> Abusive Behaviour, Gaslighting, Intimacy, Enthusiastic Consent, Revenge Porn, Image Based Sexual Assault.</p>	<p><b>Key Words:</b> Vaping, Smoking, Blood Types, Organ Donation, Stem Cells, Sun Beds</p>	<p><b>Key Words:</b> Parenting Styles, Fertility, Pregnancy, Unplanned Pregnancy, Abortion, STIs, Sexual Health Clinic, Contraception.</p>		

<p><b>Link to PoS</b></p>	<p>L9: Research and take full advantage of work experience opportunities that support future career goals.</p> <p>L10: Develop a personal career identity based on values and aspirations, and understand how to present strengths when applying for jobs or courses.</p> <p>L11: Recognise the benefits and challenges of creating career opportunities through digital platforms and online networks.</p> <p>L12: Use strategies to manage and improve an online presence to support future education or employment opportunities.</p> <p>L13: Demonstrate understanding of rights and responsibilities at work, including health and safety procedures</p> <p>L14: Create and manage a realistic personal budget, and understand the advantages of saving money regularly</p> <p>L17: Make informed financial decisions and assess the potential risks and rewards involved.</p> <p>L18: Identify and evaluate the different factors that influence financial choices (such as advertising, peer pressure and personal values)</p> <p>L19: Access appropriate support when dealing with financial worries, gambling issues or concerns about consumer rights.</p> <p>L20: Recognise and respond to financial exploitation, including in online contexts such as scams, fraud or being used as a money mule.</p> <p>H25: Understand the risks and influences related to drug, alcohol and tobacco use, and use strategies to manage peer pressure and avoid harmful behaviours.</p>	<p>R8: Understand how the portrayal of sex in pornography and other media can influence sexual attitudes, expectations and behaviours.</p> <p>R11: Use appropriate strategies to manage strong emotions that may arise in different stages of relationships.</p> <p>R12: Manage changes in personal relationships safely and respectfully, including how to end a relationship.</p> <p>R14: Recognise the potential risks and benefits of forming relationships online and use strategies to stay safe in digital interactions.</p> <p>R15: Understand the legal and ethical responsibilities in online relationships, including privacy, consent and respectful behaviour.</p> <p>R28: Recognise manipulation, persuasion or coercion in relationships and know how to respond safely.</p> <p>R29: Understand the law around abuse in relationships, including coercive control and online harassment.</p> <p>R31: Use strategies to respond to and seek help in situations involving bullying, exploitation, harassment or controlling behaviours in relationships.</p>	<p>R20,</p> <p>H15, H16, H21</p>	<p>R13, R17, R21, R24, R25, R26, R27</p> <p>H30, H31, H32, H33</p>		
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		<p>R32: Recognise challenges in getting help in situations involving domestic abuse, understand the importance of doing so, and know where to access appropriate support.</p> <p>H26: Identify different types of intimacy, including online, and understand the possible emotional and physical effects — both positive and negative — of close personal relationships.</p>				
	<ul style="list-style-type: none"> <li>• Online and Media</li> <li>• Internet Safety</li> </ul> <p>Careers Guidance</p>	<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>• Healthy Eating</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>		

<b>Extra curricular sessions (Provided by external visitors)</b>	<b>Y7</b>	<b>Y8</b>	<b>Y9</b>	<b>Y10</b>	<b>Y11</b>
<p>Stacey Miller - Workshop on Careers and Mental Health (TBC, Spring)</p> <p>Link to Theme:</p>	<p>Stacey Miller - Workshop on Careers and Mental Health (TBC, Spring)</p> <p><b>Living in the Wider World</b></p>	<p>Re-start a heart day (Autumn term)</p> <p><b>Health and Wellbeing</b></p>	<p>Y Services - Contraception workshop (Spring term)</p> <p><b>Relationships (RSE)</b></p>	<p>Prison Me No Way (full drop down day session in Spring term)</p> <p><b>Living in the Wider World</b></p>	<p>Testicular and Breast cancer awareness Assemblies by Oddballs and Coppafeel (Autumn 2 term)</p> <p><b>Health and Wellbeing</b></p>



**RELATIONSHIPS, SEX AND HEALTH EDUCATION**

**Curriculum Map**

2025-2026