



## RELATIONSHIPS, SEX AND HEALTH EDUCATION

### Curriculum Map

2026-2027

#### Introduction

At The Cowplain School we use the DfE's latest guidance and the PSHE association to inform our RSHE curriculum. We continue to use our three overarching PSHE curriculum strands: **Relationships, Health and Wellbeing, and Living in the Wider World** to map out our curriculum. However, **the statutory RSHE content** is embedded across these strands and **is interconnected rather than taught as separate areas**. Individual themes will therefore contribute to more than one strand where appropriate. This enables pupils to revisit and build on their knowledge, understanding and skills progressively throughout secondary education.

The **DfE's Relationships and Sex Education (RSE): Secondary** guidance identifies the following key areas of learning that pupils should have covered by the end of secondary school:

Families

Respectful Relationships

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



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Healthy eating

Drugs, alcohol, tobacco

Health protection and prevention

Basic first aid

Developing adolescent bodies

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

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

The RSHE curriculum also incorporates 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<br>Content | <p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>1. Learning the Cowplain Way (School and Personal Values)</li> <li>2. Personal Identity</li> <li>3. Dreams and Goals</li> <li>4. Careers</li> </ol> | <p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>5. Diversity</li> <li>6. Friendships and Toxic Friends</li> <li>7. Bullying</li> <li>8. Staying Safe Online</li> </ol> | <p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>9. Healthy Lifestyles</li> <li>10. Mental Health</li> <li>11. Anger Management</li> </ol> | <p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>12. Social Media and Mental Health</li> <li>13. Puberty</li> <li>14. Menstruation</li> </ol> | <p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>15. Healthy Relationships</li> <li>16. Families</li> <li>17. Coping with change</li> <li>18. Falling in Love (inc. Consent)</li> </ol> | <p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>19. First Aid</li> <li>20. Smoking and Vaping</li> </ol> |

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|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Key Words</b>                                     | <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> Paedophile, Domestic Abuse, Blended Family, Nuclear Family, Extended Family, Communication, Dopamine, Infatuation, Consent. | <b>Key Words:</b> Personal Safety, First Aid, Caffeine, Diabetes, Energy Drinks, Smoking, Vaping.   |
| <b>Themes</b>                                        | Careers Guidance                                                                                                                                 | <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> |
| <b>Reflection time links and Additional Sessions</b> | British Values (Linked to Citizenship)<br>AI - Online Safety<br>Mental Health - Exams Preparation, Revision techniques.<br>Y7 - Careers workshop |                                                                                                                                     |                                                                                                                                                                         |                                                                                                                                           |                                                                                                                                               |                                                                                                     |

Year 8

|                       | Autumn 1                                                                                                                                                                                | Autumn 2                                                                                                                                                                                                                                       | Spring 1                                                                                                                                                                                  | Spring 2                                                                                                                                                                                               | Summer 1                                                                                                                                               | Summer 2                                                                                                                                                                                          |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Curriculum<br>Content | <p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Online v Physical World</li> <li>Fake News and Social Media</li> <li>Social Media, Body Image</li> </ol> | <p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>Managing Risks and Personal Safety</li> <li>Taking responsibility for healthy lifestyle</li> <li>Peer Pressure and Alcohol</li> <li>Introduction to Drugs</li> </ol> | <p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Self-Esteem and Confidence</li> <li>Overcoming Conflict and Forgiveness</li> <li>Consent and Intimacy</li> </ol> | <p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Employability Skills</li> <li>Creating the Life You Want</li> <li>Decision Making</li> <li>Leadership Skills</li> </ol> | <p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Introduction to Contraception</li> <li>Introduction to Pornography</li> </ol> | <p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Challenging Gender Stereotypes (Unifrog)</li> <li>Money and Choices</li> <li>Mental Health and Emotions</li> </ol> |

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| Key Words                                     | <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> Consent, Sexting.                                                              | <b>Key Words:</b> Skills, Transferable Skills, Wants, Needs, Extremist Groups, Radicalisation. | <b>Key Words:</b> Contraceptive, STI, Pornography.                                                                           | <b>Key Words:</b> Fairness, Protected Characteristics, Social Justice, Social Injustice, Neurodiversity, Stereotype, Gender Stereotypes, Portrayed.                    |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Themes                                        | <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>                                                    | <ul style="list-style-type: none"> <li>• Respectful Relationships</li> <li>• Families</li> </ul> | Careers Guidance                                                                               | <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> <li>• Diversity</li> <li>• Mental Health and wellbeing</li> <li>• Financial guidance</li> </ul> |
| Reflection time links and Additional Sessions | Healthy Lifestyles - Taking Responsibility for Your Health<br>AI - Online Safety<br>British Values (Linked to Citizenship)<br>Mental Health - Exams Preparation, Revision techniques.<br>Y8 - Re-start a Heart Day |                                                                                                                                                               |                                                                                                  |                                                                                                |                                                                                                                              |                                                                                                                                                                        |

Year 9

|                           | Autumn 1                                                                                                                                                 | Autumn 2                                                                                                                                                    | Spring 1                                                                                                                                                                                                                     | Spring 2                                                                                                                                                   | Summer 1                                                                                                                                        | Summer 2                                                                                              |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Curriculum<br><br>Content | <b>Living in the Wider World</b><br><br>1. Financial choices - savings and debt<br>2. Working and Earning Money<br>3. Career Journey<br>4. Labour Market | <b>Health and Wellbeing</b><br><br>5. Self-Esteem and Risk-Taking<br>6. Alcohol<br>7. The Law and Drugs<br>8. Physical Health Self-Examination and Vaccines | <b>Health and Wellbeing</b><br><br>9. Managing Mental Health and Wellbeing<br>10. Mental Health and developing coping strategies<br>11. Mental Health - coping strategies: Self-Harm and Eating Disorders, Dealing with loss | <b>Relationships (RSE)</b><br><br>11. Marriage<br>12. Unhealthy and Abusive Relationships<br>13. Consent<br>14. Sexuality and Gender Identity Introduction | <b>Relationships (RSE)</b><br><br>15. STIs and Staying Safe<br>16. Consequences of Pregnancy<br>17. FGM<br>18. Sex, relationships and the media | <b>Living in the Wider World</b><br><br>19. Gambling<br>20. Social Influences, young people and gangs |

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|------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Key Words</b>                                     | <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. |
| <b>Themes</b>                                        | Careers Guidance<br>Financial guidance                                                                                                                                                                                                                                                                  | Drugs, Alcohol and Tobacco                                                                                                                                                       | <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> <li>• Coping Strategies</li> </ul> | <ul style="list-style-type: none"> <li>• Families</li> <li>• Respectful</li> <li>• Relationships</li> <li>• Being Safe</li> </ul> | <ul style="list-style-type: none"> <li>• Online and Media Safety</li> <li>• Intimate Relationships</li> <li>• Health and Fitness</li> </ul>      | <ul style="list-style-type: none"> <li>• Internet Safety</li> <li>• Mental Wellbeing</li> </ul>                                                                                           |
| <b>Reflection time links and Additional Sessions</b> | Reinforcing Mental Health and Coping Strategies<br>Mental Health - Exams Preparation, Revision techniques.<br>AI - Online Safety<br>Incel Culture and misogyny (Spring term)<br>British Values (Linked to Citizenship)<br>Knife Crime and Young offenders (Summer term)<br>Y9 - Sexual Health Workshops |                                                                                                                                                                                  |                                                                                                   |                                                                                                                                   |                                                                                                                                                  |                                                                                                                                                                                           |

Year 10

|                           | Autumn 1                                                                                                                                                                        | Autumn 2                                                                                                                                             | Spring 1                                                                                                                          | Spring 2                                                                                                                         | Summer 1                                                                                                                                                              | Summer 2                                                                                                                                             |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Curriculum Content</b> | <b>Health and Wellbeing</b><br>1. Mental Wellbeing<br>2. Lifestyle Choices: Sleep, Diet, Exercise, Vaccinations<br>3. Unhealthy Choices: Drugs<br>4. Unhealthy Choices: Alcohol | <b>Relationships (RSE)</b><br>5. The Dangers of Pornography<br>6. Healthy Relationships and Consent<br>7. Child on Child Abuse<br>8. Misogyny Online | <b>Living in the Wider World</b><br>9. Personal Safety<br>10. First Aid<br>11. Staying safe online - misinformation and extremism | <b>Living in the Wider World</b><br>12. Post-16 Options<br>13. Work Values<br>14. Staying safe online - protecting personal data | <b>Relationships (RSE)</b><br>15. Committed Relationships and Marriage (Forced Marriage)<br>16. Diversity in Relationships Equality Act<br>17. Sexual Health Services | <b>Health and Wellbeing</b><br>18. Managing Screen Time<br>19. Staying Safe: Cosmetic Procedures and Body Modification<br>20. Depression and Suicide |

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|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Key Words</b>                              | <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. |
| <b>Themes</b>                                 | <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> </ul> <p>Careers Guidance</p>                                               | <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>                              |
| Reflection time links and Additional Sessions | <p>Incel culture and misogyny (Autumn)</p> <p>AI - Online Safety</p> <p>Know your rights - Equality act of 2010</p> <p>Online Reputation: Creating a Positive Online Presence (Spring)</p> <p>British Values (Linked to Citizenship)</p> <p>Mental Health - Exams Preparation, Revision techniques.</p> <p>Y10 - Prison Me No Way event</p> |                                                                                                                                                                                                                                           |                                                                                                                              |                                                                                                                                           |                                                                                                                                                                                                         |                                                                                                                                                                |



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#### Year 11

|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|----------|----------|----------|----------|----------|----------|
|--|----------|----------|----------|----------|----------|----------|

| Curriculum<br>Content | Living in the<br>Wider World                                                                                                                                                                                    | Relationships (RSE)                                                                                                                                                                                                       | Health and<br>Wellbeing                                                                                                                                                 | Relationships (RSE)                                                                                                                                                                                                                                                     |  |  |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
|                       | <ol style="list-style-type: none"> <li>1. Post-16 Choices</li> <li>2. The Future - Work and College Application</li> <li>3. Financial choices in the world of work</li> <li>4. The Risks of Gambling</li> </ol> | <ol style="list-style-type: none"> <li>5. Healthy and Unhealthy Relationships</li> <li>6. Power and Abusive Relationships</li> <li>7. Understanding pornography</li> <li>8. Understanding Consent and Intimacy</li> </ol> | <ol style="list-style-type: none"> <li>9. Illegal drugs</li> <li>10. Substance addiction - how to seek help</li> <li>11. Blood, Organ and Stem Cell Donation</li> </ol> | <ol style="list-style-type: none"> <li>12. Rights and responsibilities (marriage and civil partnership)</li> <li>13. Understanding pregnancy - your choices</li> <li>14. Sexual Health - preventing and treating STIs</li> <li>15. Extra - Readiness for Sex</li> </ol> |  |  |
| Key Words             | <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.                                                                                                                                     |  |  |

| Themes                                        | <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>• 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> |  |  |
|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--|--|
| Reflection time links and Additional Sessions | <p>Careers - Reflection and plans for the future.Using Unifrog to plan and decide POST-16 options</p> <p>British Values (Linked to Citizenship)</p> <p>Mental Health -MOCKS and GCSE Preparation, Revision techniques.</p> <p>Y11 - Self-examinations - Testicular and Breast Cancer Awareness</p> |                                                                                                                |                                                                                                                                               |                                                                                                |  |  |