**Personal Development - RSHE 2022- 2023**

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| **SUBJECT** | **YEAR** | **HALF TERM ONE** | **HALF TERM TWO** | **HALF TERM THREE** | **HALF TERM FOUR** | **HALF TERM FIVE** | **HALF TERM SIX** |
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| **PSHE** | | **7** | Managing changes to secondary school   * Thriving in secondary school * Goal Setting * Keeping Well * Managing change * Feelings and worries * Self -esteem and confidence * Positive attention | Health and Wellbeing   * What do we mean to be healthy * Diet and exercise * Maintaining physical Health * Things that support our health * Where to go for help * Personal Hygiene * Dental Health | Relationships and Health    Puberty and emotional changes  Menstrual wellbeing  Healthy and Unhealthy Relationships  Managing conflict  Introduction to consent | Resilience and being safe  What is risk  How to manage risky situations  Being assertive  Positive relationships and friendships  Bullying  The Bystander effect | **Being Safe**   * Not just Flirting /Just a Joke * Gambling * Gangs and Knife Crime * Sharing Information online * Discrimination * Cybercrime | **Living in The Wider World – Finance**   * How do we use money? * What’s the best way to pay for things? * Borrowing money * How to budget * Spending and Saving |
| **8** | Emotional Wellbeing and Mental Health   * Attitudes to mental health * Promoting emotional wellbeing * Mental health resilience * Unhealthy coping strategies * Healthy coping strategies * Sleep and mental health * Online safety and mental health - cyberbullying | Emotional Wellbeing and Mental Health   * Crossing the line – just send it – sexting * Crossing the line – peer pressure * Crossing the line self esteem * Body Image * Appearance ideals * Media Messages * Confront comparisons * Banish body talk * Be the change | Drugs Education   * Understanding drugs * Tobacco and influences * Alcohol and risk * Alcohol Effects * Smoking | Relationships   * Relationship values * Influences ion relationship expectations * Sexual orientation and gender identity * Consent – voiding assumptions * Introduction to contraception * Being Safe FGM | **Relationships and** Parenting  Parenting roles  Myth versus reality relationships  Online and offline relationships  Somethings not right –relationship abuse  Getting support | **Relationships**  Send me a pic – pressure and identifying healthy relationships  Nudes in relationships  When nudes get set around  **First Aid**  CPR  Asthma and allergies  Bleeding |
| **9** | * Online Safety * Thinking critically about what you see online * Propaganda - content designed to persuade * Can you trust everyone who contacts you online * Digital resilience * Online pressure and how to respond * Impact of social media * Social Media and wellbeing ( Public Health England) | * Online Safety Toolkit - Social media and online friends * Online Safety Toolkit - Social media and online friends * Online Safety Toolkit -Sharing photos/videos * Online Safety Toolkit -Sharing photos/videos * Online safety toolkit Gaming * Online safety toolkit Gaming * Speak out only a joke * Stereotypes and bullying | * Drugs Education * Exploring attitudes towards drugs * Drugs and the law * Drugs and their effects * Managing influence * Gangs and Knife Crime | * Relationships * Communication Skills in relationships - being assertive * respectful relationship behaviours * freedom and capacity to consent * sexual health * contraception * Managing the end of a relationships | * **Unplanned pregnancy and pregnancy choices** * **relationship Expectations** * **Myth V reality Online pornography** * **Not just flirting** * **Media Smart 1 Body Image and advertising** * **Media Smart 2 Social Media and advertising** | **Health**   * **First Aid** * CPR * Asthma and allergies * Bleeding |
| **10** | * Transition to KS4 * Dealing with change * The importance of sleep * Mental health new challenges * Reframe negative thinking * Mental ill health * Promoting emotional wellbeing | * Relationships and family life * Different types of relationships * Relationship definitions * Marriage and cohabiting * Family life 1 Long term commitments * Family life 2 legal status of marriage * Consent and capacity to consent * reporting issues of consent * Relationship abuse | * The role of intimacy and pleasure * The impact of pornography * Pressure , persuasion and coercion * Managing relationship conflict and break ups * Addressing relationship abuse | * Pregnancy choices * Effects of pornography * Pregnancy choices * Disrespect Nobody Relationship abuse * Disrespect Nobody Consent * Disrespect nobody Sharing Sexual images | * **Substance abuse assessing risk** * **Substance use managing influence** * **Support and help** * **Understanding gambling** * **Resilience towards gambling** * **Recognising problem gambling** | * **Health** * **Dental Health** * **Self examination** * **Smear tests** * **First Aid** * CPR * Choking * Head injuries |
| **11** | Emotional wellbeing  Lifestyles and wellbeing  Influences on lifestyle decisions  Facing challenges  Exam stress  Worrying  Social Media and mental health ks4 | * Relating to Others * Skills for successful relationships * Relationship Myths and Ideals \* ICT Suites Optional * Sexual Health * Sexual Health Brook * Sexual Health 2 Brook * Exploitation and abuse in relationships * Relationships help and support | * RSE Family conflict * Long term commitments * Fertility and routes to parenthood * Pregnancy Outcomes * Pregnancy Choices | * Online Sexual Harassment recognising * Online Sexual Harassment responding * Online Sexual Harassment reporting * Discrimination | * Coping with exam stress * Personal Safety * Online dangers and risks * Social Media and professional image * Transition |  |
| **12** | PREVENT  Radicalisation and extremism  Stay safe online  British Values Liberty , Respect, Tolerance  Employability  Work experience Intro and sacu research  Work experience research | Health and Wellbeing  Being active  Nutrition  Healthy eating  Hydration  Recharge  Healthy behaviours  Physical Health  Self Examination – Smear Tests  Breast Cancer  Testicular cancer | Employability Skills  Work experience preparation health and safety  Work experience planning  Work experience Week  Work experience reflection and Update CV CV -Xello | Relationships  Relationships Myths and ideals / Successful relationships  Relationship abuse  Respectful relationships - Consent  Respectful relationships sexual imagery  Online Sexual Harassment responding  Online sexual harassment reporting | Families  routes to parenting  Pregnancy outcomes  Pregnancy choices  Consent , sex and the law . Is this Rape ?  Consent , sex and the law . Is this Rape ? | Employability  Self assessment Skills health check  CV Workshop  Application Forms  Interviews  Transition - options after Gateacre University / Apprenticeships  UCAS Personal Statements |
|  | | **13** | PREVENT  Radicalisation and extremism  Stay safe online  British Values Liberty , Respect, Tolerance  Wellbeing  Healthy Mind healthy body  Mental health | Mental health  Mind training Intro  Mind training 2  Mind training 3  The role of intimacy and pleasure  Sexual Health and contraception  The impact of pornography | Pressure , persuasion and coercion  Managing relationship conflict and break ups  Addressing relationship abuse  Sexual harassment - Is this sexual harassment 1  Sexual harassment - Is this sexual harassment 2 | Sexual harassment - Is this sexual harassment 3  Reporting sexual harassment  Managing your finances - Minted or Skinted  Independent Living -  Borrowing Money  Independent Living - | Survival Buying or renting  Rights at work  Online Reputation  Online Behaviour  Digital Footprint and 21st century skills |  |