**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 changesMenstrual wellbeingHealthy and Unhealthy RelationshipsManaging conflictIntroduction to consent | Resilience and being safe What is riskHow to manage risky situationsBeing assertivePositive relationships and friendshipsBullyingThe 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
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| **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** ParentingParenting rolesMyth versus reality relationshipsOnline and offline relationshipsSomethings not right –relationship abuse Getting support | **Relationships** Send me a pic – pressure and identifying healthy relationshipsNudes in relationshipsWhen nudes get set around**First Aid** CPRAsthma and allergiesBleeding |
| **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
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| **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
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| **11** | Emotional wellbeingLifestyles and wellbeingInfluences on lifestyle decisionsFacing challengesExam stressWorryingSocial 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
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| **12** | PREVENTRadicalisation and extremism Stay safe onlineBritish Values Liberty , Respect, ToleranceEmployability Work experience Intro and sacu researchWork experience research  | Health and WellbeingBeing activeNutritionHealthy eatingHydrationRechargeHealthy behavioursPhysical Health Self Examination – Smear TestsBreast CancerTesticular cancer | Employability SkillsWork experience preparation health and safetyWork experience planning Work experience Week Work experience reflection and Update CV CV -Xello | RelationshipsRelationships Myths and ideals / Successful relationshipsRelationship abuse Respectful relationships - ConsentRespectful relationships sexual imageryOnline Sexual Harassment respondingOnline sexual harassment reporting | Families routes to parentingPregnancy outcomesPregnancy choicesConsent , sex and the law . Is this Rape ?Consent , sex and the law . Is this Rape ? | Employability Self assessment Skills health checkCV WorkshopApplication FormsInterviewsTransition - options after Gateacre University / ApprenticeshipsUCAS Personal Statements |
|  | **13** | PREVENTRadicalisation and extremism Stay safe onlineBritish Values Liberty , Respect, ToleranceWellbeingHealthy Mind healthy bodyMental health | Mental healthMind training IntroMind training 2Mind training 3The role of intimacy and pleasureSexual Health and contraceptionThe impact of pornography | Pressure , persuasion and coercionManaging relationship conflict and break upsAddressing relationship abuse Sexual harassment - Is this sexual harassment 1Sexual harassment - Is this sexual harassment 2 | Sexual harassment - Is this sexual harassment 3Reporting sexual harassment Managing your finances - Minted or SkintedIndependent Living - Borrowing Money Independent Living - | Survival Buying or rentingRights at workOnline ReputationOnline BehaviourDigital Footprint and 21st century skills |  |