

Curriculum plan: RSHE

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INTENT:



The RSHE curriculum equips learners to become lights within their world. They are encouraged to live healthy, safe, productive, capable, responsible and balanced lives. Learners are encouraged to shine by being supported in making effective decisions, positive learning, career choices and in achieving economic wellbeing. Learners are provided with opportunities to reflect on, clarify their own values and attitudes, and explore the complex and conflicting range of values and attitudes encountered now and in the future. Learners will also develop inter and intra personal skills allowing them to develop team work and personal skills ensuring they shine and are not hidden.

"The final forming of a person's character lies in their own hands"

Anne Frank

Physical health and mental wellbeing

Health and wellbeing education should focus on enabling pupils to make well-informed, positive choices for themselves. This should enable pupils to understand how their bodies are changing, how they are feeling and why, to further develop the language that they use to talk about their bodies, health and emotions and to understand why terms associated with mental and physical health difficulties should not be used pejoratively.

Relationships and Sex Education (RSE)

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.

It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships.

Living in the Wider World

Even though much of 'Living in the Wider World' is not included in statutory requirements, this core theme is equally important. A high quality PSHE programme will also cover economic wellbeing, careers and enterprise education, as well as education for personal safety, including assessing and managing risk.

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****Please click on the icons to access our online portal where you can learn more about each topic****

Half term points

7	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid.	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying.	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
	Online lessons: <ol style="list-style-type: none"> Principles of eating healthy Our bodies when exercises Keeping physically active Benefits of a healthy lifestyle Physical Activity and Mental wellbeing Dental care Links: <ol style="list-style-type: none"> St John Ambulance: 'First Aid Training in School' KS3 lesson plans 	Links: <ol style="list-style-type: none"> First careers research Bank of England - EconoME Changing Faces - A World of Difference 	Online Lessons: <ol style="list-style-type: none"> Bullying Impact of Bullying Imbalance of power Respect and Tolerance Unlaw discrimination and bullying Help for victims of stereotyping and bullying Links <ol style="list-style-type: none"> Every Mind Matters – Bullying and cyberbullying Changing Faces - A World of Difference 	Online lessons: <ol style="list-style-type: none"> Exploring Puberty Hygiene Menstrual health: expectations and periods products Menstrual health: Understanding periods Impact of poor sleep 	Online lessons: <ol style="list-style-type: none"> Online behaviour rules Digital citizens Digital citizens part 2 Risks of unknown people online Friendships 	Links <ol style="list-style-type: none"> Media Smart - Piracy: what's the big deal? Bank of England - EconoME What is the best way to look after money? How can we pay for things? Where can we save money?

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	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
	Online Lessons 1. Introduction Alcohol and drugs 2. Alcohol: short and long term effects 3. Alcohol and psychological risks 4. Harmful effects of tobacco 5. Stop smoking	Links: 1. Careers and enterprise company 2. UCAS Careers planner 11-14	Online Lessons 1. Dove – Self-esteem project 2. Changing Faces - A World of Difference 3. Dimensions - #ImwithSam	Online lessons: 1. What is mental health? 2. Outward signs of ill mental health 3. Subtle (easily hidden) signs of ill mental health 4. Interventions: addressing mental 5. Body Image 6. Support for body image issues Links • Movember - Happier, healthier, longer • Every Mind Matters – Dealing with change: Online stress and FOMO	Links 1. Medway Public Health Directorate – Relationships and Sex Education 2. BBFC- Making choices: sex, relationships and age ratings 3. NCA-CEOP – Send me a pic? FASTN KS3 relationships resource – Commitment: what does it mean? 4. Home Office - Something's Not Right (abuse disclosure)	Links: Gamble aware Gambling Fact sheet Understanding gambling Resilience towards gambling Recognising problem gambling

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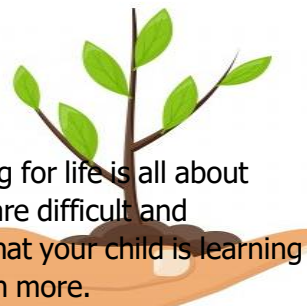
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Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid, vaccinations.	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Online lessons: <ol style="list-style-type: none"> 1. Alcohol short and long term Risks 2. Alcohol: psychological risks 3. Stop Smoking 4. Drugs the law and common drugs 5. Prescription drugs and legal highs 6. Violence and abuse: Gangs 	Online lessons: <ol style="list-style-type: none"> 1. Careers: Find a training course 2. Careers: NVQ in Catering 3. Careers in Sports and recreation 4. World of work (6 parts) 	Online lessons: <ol style="list-style-type: none"> 1. Committed stable relationships 2. Positive relationships for raising a child 3. Wider family relationships 4. Parenting roles 5. Safe family relationships 6. Recognising unsafe relationships in others 7. Conflict resolution 8. Ending a friendship and relationships 	Online lessons: <ol style="list-style-type: none"> 1. Maintaining a healthy lifestyle 2. Physical activity and positive wellbeing 3. Impact of poor sleep 4. Impact of device use on sleep 5. Understanding vaccinations 6. Addressing concerns about vaccinations 	Online lessons: <ol style="list-style-type: none"> 1. Sexual consent and the law 2. Harassment, abuse and rape 3. Domestic violence 4. Grooming, exploitation and coercion 5. County lines 6. STI's 7. Contraception: preventing pregnancy and STI's 	Online lessons: <ol style="list-style-type: none"> 1. Opportunities online 2. Digital footprint 3. Online behaviour rules <p>Links:</p> <ol style="list-style-type: none"> 1. Cifas -Anti-Fraud Education 2. Bank of England - EconoME

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Helpful resources for parents to support their children:

NSPCC have fantastic advice for parents to support their children. Learning for life is all about equipping our students for both now and in the future. Some of the topics are difficult and challenging and you may wish to learn more about them, to understand what your child is learning about in school but also on how best to support your child should they face any of these issues. Please click on the topics to learn more.



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- [Keeping-children-safe, sex-relationships & healthy-relationships](#)
- [Female Genital Mutilation & Female Genital Mutilation - Parents and carers](#)
- [How to talk to your child about online safety](#)
- [Advice for supporting your child with depression, anxiety and mental health](#)
- [Self-harm - advice to help you understand why children and teenagers self-harm, and what you can do to support them.](#)
- [Underage drinking - How to talk to children and teens about alcohol and make sure they know the risks.](#)
- [Children and drugs - How to speak to children about drugs and make sure they're aware of the law and the risks.](#)
- [Harmful sexual behaviour -What is harmful sexual behaviour?](#)

CAMHS

- [A guide to Camhs](#)
- Young Minds charity are a fantastic organisation that have created a '[Parents A-Z guide to support](#)' gives you advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events. They also show you where you can get help.