

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 teamwork 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 acceptable and unacceptable behaviour in relationships is.







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.



Half term points






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

AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change PoS refs: H2, H5, H6, H7, H8, H9, H10 	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices. PoS refs: H25, R38, L16, L17, L18, L19, L20, L25 	Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography PoS refs: R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31 	Exploring influence The influence and impact of drugs, gangs, role models and the media PoS refs: H19, H20, H21, R20, R35, R36, R37 	Addressing extremism and radicalisation Communities, belonging and challenging extremism. Honour based violence and FGM PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, 	Work experience Preparation for and evaluation of work experience and readiness for work. PoS refs: H1, L1, L2, L3, L5, L7, L8, L9, L10, L11, L12, L13, L14, L15, L23 
Links: 1. Everyday stress triggers 2. Issues with school stress 3. Coping with exam stress 4. Panic disorder and attacks 5. Everyday stressors in adult life 6. Maintaining positive mental health in Adult life	Links: 1. Cifas – Anti Fraud Education 2. Demos & GambleAware - Resilience to gambling 3. National Crime Agency - Exploring Cybercrime	Links: 1. Damage due to explicit material 2. Exploitation (pornography) 3. Spiral of addiction 4. Pornography and the law 5. Home Office & GEO - Disrespect NoBody 6. Alice Ruggles Trust – Relationship safety	Links: 1. What is addiction? 2. How addiction effects people? 3. Seeking help with addiction 4. Impact of drugs and alcohol 5. Home Office - #knifefree 6. Medway Public Health - Gangs: Managing risks and staying safe PSHE Association – Drug and Alcohol Education	Links: 1. Violent extremism and links to mental health 2. What is FGM? 3. FGM support 4. What is honour based violence? 5. PSHE Association – Inclusion, belonging and addressing extremism	Links: 1. Environment Agency – Growing careers for positive change 2. PSHE Association - Careers Education lesson plans



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11	Building for the future Self-efficacy, stress management, and future opportunities. PoS refs: H2, H3, H4, H8, H12, L22 	Next steps Application processes, and skills for further education, employment and career Progression. PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L21 	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse. PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32 	Independence Responsible health choices, and safety in independent contexts. PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24 	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships. PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33 	
	Links: 1. PSHE Association - Mental Health and Emotional Wellbeing 2. PSHE Association - The Sleep Factor 3. PSHE Association - Health Education: food choices, physical activity & balanced lifestyles 4. Every Mind Matters – Dealing with change; Exam stress 5. Google and ISD: Be Internet Citizens	Links: 1. PSHE Association - Careers Education lesson plans 2. Environment Agency – Growing careers for positive change	Links: 1. Sexual capacity to consent 2. Reporting issues of consent 3. Sexual Coercion 4. Medway Public Health Directorate – Relationships and Sex Education 5. Alice Ruggles Trust – Relationship safety 6. NCA-CEOP: Online blackmail 7. Home Office - Something's Not Right (abuse disclosure)	Links: 1. St John Ambulance: 'First Aid Training in School' 2. lesson plans, KS4 3. British Heart Foundation – Call Push Rescue 4. NaCTSO - Run, hide, tell 5. Teenage Cancer Trust – What is cancer? 6. Coppafeel! – Breat cancer awareness 7. Orchid - What is testicular cancer?	Links: 1. Pregnancy signs and testing 2. Abortion 3. Pregnancy 4. Labour 5. Miscarriage and still birth 6. Alternative ways of having a baby 7. PSHE Association – Family Life: Exploring relationships, marriage and parenting	

Curriculum plan: RSHE



CONNECTED

At The Kings CE Academy we recognise the essential role British values play in our society. These are embedded into all areas of our RSHE delivery.

The five British values are:

Democracy - making decisions together; the right to an opinion

Individual Liberty - freedom of speech; the right to make our own decisions

Mutual Respect - treating others as you would want to be treated*

Tolerance - learning about other cultures and faiths; listening to other viewpoints*

Rule of Law - understanding rules and why they are important. No one is above the law; laws are there to protect everyone

*Showing respect and tolerance towards the nine protected characteristics outlined in the Equality Act (2010)

