

Curriculum plan: RSHE

Learning for Life: Relationships Sex and Health Education (RSHE) Key Stage 3

CONNECTED

INTENT:



“The final forming of a person’s character lies in their own hands”

Anne Frank

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.

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. This knowledge should enable pupils to understand where normal variations in emotions and physical complaints end and health and wellbeing issues begin.



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. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how such situations can be managed.



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.





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



Mixed Ability	Half Term points						
	AUTUMN 1 Health and Wellbeing	AUTUMN 2 Living in the wider world	SPRING 1 Relationships	SPRING 2 Health and Wellbeing	SUMMER 1 Relationships	SUMMER 2 Living in the wider world	
7	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	
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	
9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness,	Setting goals Learning strengths, career options and goal setting as part	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the	Employability skills Employability and online presence	

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	substance misuse, and gang exploitation	of the GCSE options process	relationship changes		risks of STIs, and attitudes to pornography	
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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.

- [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.