Year 7 RSHE Curriculum	
Lesson Title	Mapped RSHE Requirements:
1. Welcome to Headlands. Transition Between Primary and Secondary School	**Mental Wellbeing:** ● How to recognise the early signs of mental wellbeing concerns **Families**: ● That there are different types of committed, stable relationships. **Respectful Relationships:** ● The importance of self-respect and how this links to their own happiness.
2. Skills for Adulthood	**Families**: ● The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. **Mental Wellbeing:** ● How to recognise the early signs of mental wellbeing concerns; the characteristics and evidence of what constitutes a healthy lifestyle.
3. Personal Strengths	**Mental Wellbeing:** ● The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. ● Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
4. Developing Character:	**Mental Wellbeing:** ● How to recognise the early signs of mental wellbeing concerns. ● The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. ● That happiness is linked to being connected to others.
5. Developing Character:	**Respectful Relationships:**

	● The importance of respect for others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. **Mental Wellbeing:** ● How to make informed choices on mental and physical health.
6. Developing Character:	**Mental Wellbeing:** ● The benefits of self-respect and how this links to their own happiness. ● That self-control and the ability to delay gratification can support health and wellbeing and is an important aspect of personal development.
7. Core British Values	**Respectful Relationships:** ● The importance of self-respect and how this links to their own happiness. ● The importance of respect for others, even when they are very different from them. ● The legal rights and responsibilities regarding equality (including the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.
8. Personal Values and Morality	**Mental Wellbeing:** ● The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. ● How to make informed choices on mental and physical health.
9. Building Strong Friendships: What makes a Healthy Friendship?	**Respectful Relationships:** ● What constitutes a positive, healthy relationship and friendships (including trust, kindness, respect, honesty, boundaries, privacy, consent and the management of conflict). ● The importance of seeking and giving consent and how to do so positively and safely. ● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, boundaries, privacy, consent and the management of conflict. **Mental Wellbeing:** ● That happiness is linked to being connected to others.

10. Navigating Friendship Challenges: Dealing with Conflict and Peer Pressure	**Respectful Relationships:** ● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, boundaries, privacy, consent and the management of conflict. ● Practical steps they can take in a range of different contexts to improve or support respectful relationships. ● How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).
11. How to Manage Peer Pressure?	**Respectful Relationships:** ● The impact of bullying, including cyberbullying, on individuals, the responsibilities of bystanders to report bullying and how and where to get help. **Mental Wellbeing:** ● The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. ● How to make informed choices on mental and physical health.
12. Understanding Families: Dynamics of the Family	**Families:** ● That there are different types of committed, stable relationships. ● How these relationships might contribute to human happiness and their importance for bringing up children. ● What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. ● Why marriage is an important relationship choice for many couples and why it must be freely entered into ● The characteristics and legal status of other types of long-term relationships.
13. Respecting Differences	**Respectful Relationships:** ● The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

	● The legal rights and responsibilities regarding equality (including the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal. ● That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others.
14. When Do Relationships Become Unsafe?	**Respectful Relationships:** ● How to identify harmful behaviours which are abusive, including the use of coercion or control. ● What constitutes sexual harassment and sexual violence and why these are always unacceptable. ● The legal rights and responsibilities regarding equality (including the protected characteristics as defined in the Equality Act 2010).
15. Understanding Misogyny and Respectful Relationships	**Respectful Relationships:** ● The importance of respect for others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. ● The conventions of courtesy and manners. ● The importance of self-respect and how this links to their own happiness. ● What a stereotype is, and how stereotypes can be unfair, negative or destructive. ● The importance of permission-seeking and giving in relationships with friends, peers and adults. ● The legal rights and responsibilities regarding equality (including the protected characteristics as defined in the Equality Act 2010).
16. Responsibility of the Bystander	**Respectful Relationships:** ● The different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. ● Practical steps they can take in a range of different contexts to improve or support respectful relationships. ● The importance of respect in a range of contexts including online.
17. Where to Seek Help and Support	**Mental Wellbeing:** ● How to recognise the early signs of mental wellbeing concerns.

	● The importance of asking for help and to whom it should be directed.
	● That happiness is linked to being connected to others.
	Being Safe:
	● How to report concerns or abuse, and the vocabulary and confidence needed to do so.
	● Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
18. Reputation and Self-Pride On and Offline	**Online and Media:**
	● That specifically sexually explicit material often presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.
	● That there are a range of strategies for identifying and managing mental health concerns.
	● How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
	Mental Wellbeing:
	● The benefits of self-respect and how this links to their own happiness.
	● That self-control and the ability to delay gratification can support health and wellbeing and is an important aspect of personal development.
19. Online Friendships and Staying Safe	**Online and Media:**
	● Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.
	● About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.
	● Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.
	● What to do and where to get support to report material or manage issues online.
	Mental Wellbeing:

	● The impact of viewing harmful content.
	● That social media can have positive and negative effects on mental health and wellbeing.
20. Risks of Online Relationships	**Online and Media:** ● How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours. ● How to identify the signs of negative relationships online (e.g. coercion, manipulation) and how to access support. ● The laws relating to sharing and viewing indecent images of children (including that they are illegal, even if the person creating the image is a child). ● What to do and where to get support to report material or manage issues online.
21. Body Image and Social Media	**Mental Wellbeing:** ● The impact of viewing harmful content. ● That social media can have positive and negative effects on mental health and wellbeing. ● The benefits of self-respect and how this links to their own happiness.
22. Self-Esteem and Online Image	**Mental Wellbeing:** ● How to talk about their emotions accurately and sensitively, using appropriate vocabulary. ● The benefits of self-respect and how this links to their own happiness. ● That self-control and the ability to delay gratification can support health and wellbeing and is an important aspect of personal development.
23. Sharing Information and Images Online	**Online and Media:** ● Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. ● About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. ● That specifically sexually explicit material often presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.

	● Not to provide material to others that they would not want shared further and not to share personal material which is sent to them. ● The impact of viewing harmful content. ● How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours. **Being Safe:** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment and domestic abuse, and how these can affect current and future relationships. ● That specifically sexually explicit material (e.g. pornography) often presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. ● The laws relating to sharing and viewing indecent images of children (including that they are illegal, even if the person creating the image is a child).
24. Physical Changes in Puberty	**Changing Adolescent Body:** ● Key facts about puberty, the changing adolescent body and menstrual wellbeing. ● The main changes which take place in males and females, and the implications for emotional and physical health. **Physical Health and Fitness:** ● The importance of personal hygiene including oral hygiene and dental health. **Mental Wellbeing** ● The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
25. Emotion Changes in Puberty	**Mental Wellbeing:** ● That happiness is linked to being connected to others. ● How to recognise the early signs of mental wellbeing concerns. ● How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

	Changing Adolescent Body:
	● Key facts about puberty, the changing adolescent body and menstrual wellbeing.
	● The main changes which take place in males and females, and the implications for emotional and physical health.
26. Personal Hygiene in Puberty	**Health and Prevention:**
	● The importance of personal hygiene including oral hygiene and dental health.
	● About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
	Changing Adolescent Body:
	● Key facts about puberty, the changing adolescent body and menstrual wellbeing.
	● The main changes which take place in males and females, and the implications for emotional and physical health.
27. FGM (Female Genital Mutilation)	**Being Safe:**
	● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment and domestic abuse, and how these can affect current and future relationships.
	● How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships.
	Keeping Safe:
	● That female genital mutilation (FGM) is illegal and all forms of FGM are abuse (even in communities where it is practiced as a cultural tradition).
	● How to access support if they are concerned about themselves or someone they know.
28. Microbes: How Germs Spread Infections	**Health and Prevention:**
	● About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
29. Dental Health	**Health and Prevention:**
	● The importance of personal hygiene including oral hygiene and dental health.

	● About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.
30. Balanced Diet	**Healthy Eating:** ● How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer. **Physical Health and Fitness:** ● The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.
31. Keeping Fit Benefits Physical and Emotional	**Physical Health and Fitness:** ● The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. ● The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health. **Mental Wellbeing:** ● The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
32. Safe Sun: Dangers of the Sun	**Health and Prevention:** ● The importance of sun protection, including the risks of sunburn, and skin cancer.
33. Safe Sun: Risks of Cancer	**Health and Prevention:** ● The importance of sun protection, including the risks of sunburn, and skin cancer.
34. Why People use Nicotine, Alcohol and other Drugs?	**Drugs, Alcohol and Tobacco:** ● The facts about legal and illegal drugs and their associated risks, including the link between drug use and the associated risks, including the link to serious mental health conditions. ● The law relating to the supply and possession of illegal substances. ● The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.

	● The law relating to the supply and possession of illegal substances.
35. Effects of Nicotine and Alcohol on the Body and Mind	**Drugs, Alcohol and Tobacco:** ● The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. ● The risks associated with smoking tobacco (including nicotine), the legal status of e-cigarettes and the health-related consequences of smoking. ● The facts about legal and illegal drugs and their associated risks.
36. Basic First Aid and Emergency Responses	**Basic First Aid:** ● Basic treatment for common injuries. ● How to assess emergency and non-emergency situations and contact appropriate Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
37. End of Year Assessment	

Year 8 RSHE Curriculum	
Lesson Title	Mapped RSHE Requirements:
1. What Contributes to my Identity?	**Mental Wellbeing:** ● The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. ● That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. ● How to talk about their emotions accurately and sensitively, using appropriate vocabulary. **Respectful Relationships:** ● The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

	● What a stereotype how stereotypes can be unfair, negative or destructive.
2. How to Challenge Discrimination	**Respectful Relationships:** ● The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. ● What a stereotype is, and how stereotypes can be unfair, negative or destructive. ● The legal rights and responsibilities regarding equality (including the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal. ● The different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
3. Religious Intolerance	**Respectful Relationships:** ● The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. ● What a stereotype is, and how stereotypes can be unfair, negative or destructive. ● The legal rights and responsibilities regarding equality (including the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal. **Being Safe:** ● How to report concerns or abuse, and the vocabulary and confidence needed to do so.
4. The Issue of Racism in the UK	**Respectful Relationships:** ● The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. ● What a stereotype is, and how stereotypes can be unfair, negative or destructive. ● The legal rights and responsibilities regarding equality (including the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal. ● The different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.

5. Understanding and Challenging Racism	**Respectful Relationships:** ● The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. ● What a stereotype is, and how stereotypes can be unfair, negative or destructive. ● The different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.
6. Radicalisation	**Respectful Relationships:** ● The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. ● What a stereotype is, and how stereotypes can be unfair, negative or destructive. ● The legal rights and responsibilities regarding equality (including the protected characteristics as defined in the Equality Act 2010) and that **Being Safe:** ● How to report concerns or abuse, and the vocabulary and confidence needed to do so. ● The concepts of, and laws relating to, grooming, coercion, and exploitation, and how these can affect current and future relationships.
7. County Lines and Gang Violence	**Being Safe:** ● The concepts of, and laws relating to, exploitation, abuse, grooming, coercion, harassment and domestic abuse, and how these can affect current and future relationships. ● How to recognise the characteristics of positive and healthy friendships (including online), including trust, mutual respect, truthfulness, loyalty, kindness, generosity, boundaries, privacy, consent and the management of conflict. ● How to determine whether other children, adults or sources of information are trustworthy. **Drugs, Alcohol and Tobacco:** ● The facts about legal and illegal drugs and their associated risks, including the link to serious mental health conditions.

	● The law relating to the supply and possession of illegal substances.
8. Knife Crime: Risks and Consequences	**Keeping safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.
9. Knife Crime: Prevention and Support	**Keeping safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships).
10. Honour Based Violence	**Keeping safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. ● How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
11. Classification of Drugs	**Drugs, alcohol and tobacco** ● The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. ● The law relating to the supply and possession of illegal substances.
12. Social Impacts of Drug Use	**Drugs, alcohol and tobacco** ● The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.
13. Effects of Drug on the Body	**Drugs, alcohol and tobacco** ● The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. ● The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.

14. Legal and Personal Consequences	**Drugs, alcohol and tobacco** ● The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. ● The law relating to the supply and possession of illegal substances. ● The physical and psychological consequences of addiction, including alcohol dependency.
15. Dangers of Prescription Drugs Misuse	**Drugs, alcohol and tobacco** ● Awareness of the dangers of drugs which are prescribed but still present serious health risks.
16. Strategies for Seeking Help with Drug Use	**Drugs, alcohol and tobacco** ● The physical and psychological consequences of addiction, including alcohol dependency.
17. Pressure to Smoke	**Drugs, alcohol and tobacco** The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so. The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
18. Addition and Gambling	**Internet Safety and Harms** ● The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
19. Basic First Aid Skills: CPR and Recovery Position	**Basic First Aid** ● Life-saving skills, including how to administer CPR. ● Basic treatment for common injuries.
20. Purpose of Defibrillator	**Basic First Aid** ● The purpose of defibrillators and when one might be needed.
21. First Aid for Common Injuries	**Basic First Aid** ● Life-saving skills, including how to administer CPR.

	● Basic treatment for common injuries.
22. Immunisation and Vaccinations	**Health and Prevention:** ● The facts and science relating to immunisation and vaccination.
23. Donation and Blood Transfusions	**Health Education**: ● Physical health and Fitness (about the science relating to blood, organ and stem cell donation).
24. Loneliness	**Mental Wellbeing** ● That happiness is linked to being connected to others. ● How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
25. Effective Communication in Relationship	**Respectful relationships, including friendships** ● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. ● Practical steps they can take in a range of different contexts to improve or support respectful relationships. **Mental Wellbeing** ● That happiness is linked to being connected to others.
26. Recognising Health and Unhealthy Relationship	**Respectful relationships, including friendships** ● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. ● That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. **Families** ● How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.

	● That there are different types of committed, stable relationships.
27. Understanding Consent	**Respectful relationships, including friendships** ● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. **Being Safe** ● How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online). ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.
28. Different Levels on Intimacy	**Respectful relationships, including friendships** ● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. **Intimate and sexual relationships, including sexual health** ● How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. **Families** ● That there are different types of committed, stable relationships.
29. Emotional Well-being	**Mental Wellbeing** ● How to talk about their emotions accurately and sensitively, using appropriate vocabulary. ● How to recognise the early signs of mental wellbeing concerns.
30. Expanding Emotional Range	**Mental Wellbeing** ● How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
31. Handling Complex Feelings	**Mental Wellbeing** ● How to talk about their emotions accurately and sensitively, using appropriate vocabulary.

	● How to recognise the early signs of mental wellbeing concerns.
	● How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
32. How to Deal with Anger	**Mental Wellbeing** ● How to talk about their emotions accurately and sensitively, using appropriate vocabulary. ● How to recognise the early signs of mental wellbeing concerns. ● How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
33. Emotional Regulations Strategies	**Mental Wellbeing** ● How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
34. Practical Coping Strategies for Wellbeing	**Mental Wellbeing** ● The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. ● How to recognise the early signs of mental wellbeing concerns. **Physical health and Fitness** ● The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. **Health and Prevention** ● The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.
35. Digital Romances and the Risks	**Online Media** ● About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. ● Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.

	● What to do and where to get support to report material or manage issues online).
36. Strangers Online- Catfish	**Online Media** ● About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online). ● Not to provide material to others that they would not want shared further and not to share personal material which is sent to them. ● What to do and where to get support to report material or manage issues online. **Internet Safety and Harms** ● How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
37. End of Year Assessment	

Year 9 RSHE Curriculum	
Lesson Title	Mapped RSHE Requirements:
1. Mental Health Issues	**Mental Wellbeing** ● Common types of mental ill health (e.g. anxiety and depression). ● How to recognise the early signs of mental wellbeing concerns. ● How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health).
2. The Nature of Eating Disorders	**Mental Wellbeing** ● Common types of mental ill health (e.g. anxiety and depression). ● How to recognise the early signs of mental wellbeing concerns. **Physical Health and Fitness:**

	● The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health. **Healthy Eating** ● How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
3. Anxiety and Panic Disorder	**Mental Wellbeing** ● Common types of mental ill health (e.g. anxiety and depression). ● How to recognise the early signs of mental wellbeing concerns.
4. OCD: Obsessive Compulsive Disorder	**Mental Wellbeing** ● Common types of mental ill health (e.g. anxiety and depression). ● How to recognise the early signs of mental wellbeing concerns.
5. Depression	**Mental Wellbeing** ● Common types of mental ill health (e.g. anxiety and depression). ● How to recognise the early signs of mental wellbeing concerns.
6. Support and Treatment	**Mental Wellbeing** ● How to recognise the early signs of mental wellbeing concerns.
7. Reproductive Health	**Sexual health** ● The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.
8. Being a Parent	**Families** ● The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. ● How these relationships might contribute to human happiness and their importance for bringing up children
9. Teenage Pregnancy	**Sexual health**

	● Choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).
10. Choices on Pregnancy	**Sexual health** ● That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).
11. Qualities of a Good Parent	**Families** ● The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting).
12. Birth and Labour	**Sexual health** ● The facts about pregnancy including miscarriage.
13. Breastfeeding	**Sexual health** ● The facts about pregnancy including miscarriage. **Families** ● The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. ● How these relationships might contribute to human happiness and their importance for bringing up children
14. Harmful Online Content: Lesson One	**Internet Safety and Harms** ● How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours. **Online Media** ● The impact of viewing harmful content.
15. Harmful Online Content: Lesson Two	**Online Media** ● How information and data is generated, collected, shared and used online). ● Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.

	● The impact of viewing harmful content. **Internet Safety and Harms** ● The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
16. How Information is Shared	**Online Media** ● How information and data is generated, collected, shared and used online). ● Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. **Internet Safety and Harms** ● The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
17. Critical Thinking about Online Information	**Internet Safety and Harms** ● How advertising and information is targeted at them and how to be a discerning consumer of information online. ● The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.
18. Resolving Disagreements Constructively	**Respectful relationships, including friendships**

	● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships.
19. Conflict Resolution	**Respectful relationships, including friendships** ● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships.
20. Respect in Relationships	**Respectful relationships, including friendships** ● The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. ● That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.
21. Coercive and Toxic Behaviour	**Respectful relationships, including friendships** That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. **Families** ● How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. **Being Safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships).
22. Sexting- Distribution of Child Pornography	**Online Media** ● About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. ● Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.

	● That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail. **Being Safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships).
23. Child Sexual Exploitation	**Being Safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. **Families** ● How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.
24. Consent and the Law	**Being Safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. ● How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online). **Intimate and sexual relationships, including sexual health** ● That they have a choice to delay sex or to enjoy intimacy without sex.
25. Behaviour that Violates Consent	**Respectful relationships, including friendships** ● That some types of behaviour within relationships are criminal, including violent behaviour and coercive control). ● what constitutes sexual harassment and sexual violence and why these are always unacceptable). **Being Safe**

	- The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. - How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online). **Intimate and sexual relationships, including sexual health** - How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. - That they have a choice to delay sex or to enjoy intimacy without sex.
26. Setting Boundaries Within Relationships	**Respectful relationships, including friendships** - The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships). **Intimate and sexual relationships, including sexual health** - How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. - That they have a choice to delay sex or to enjoy intimacy without sex.
27. Sexism's Impact on Society	**Respectful relationships, including friendships** - How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)). - What constitutes sexual harassment and sexual violence and why these are always unacceptable). **Being Safe** - The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships).
28. Relationship Abuse and Domestic Violence	**Respectful relationships, including friendships**

	● That some types of behaviour within relationships are criminal, including violent behaviour and coercive control). **Families** ● How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. **Being Safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. **Intimate and sexual relationships, including sexual health** ● How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.
29. Support Services for Youth	**Mental Wellbeing** ● How to recognise the early signs of mental wellbeing concerns. **Families** How to seek help or advice, including reporting concerns about others, if needed.
30. How Sexual Expression has Changed	**Respectful relationships, including friendships** ● How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).
31. Good Choices in Sexual Activities	**Intimate and sexual relationships, including sexual health** ● That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. ● That they have a choice to delay sex or to enjoy intimacy without sex. ● How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. ● That they have a choice to delay sex or to enjoy intimacy without sex.

	Sexual health ● That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. ● How the use of alcohol and drugs can lead to risky sexual behaviour.
32. Contraception	**Sexual health** ● The facts about the full range of contraceptive choices, efficacy and options available. ● How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. ● How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment. ● That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
33. Sex Shields	**Sexual health** ● The facts about the full range of contraceptive choices, efficacy and options available. ● How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. ● How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment. ● That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
34. STI and Preventative Health	**Sexual health** ● How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. ● About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. **Health and Prevention**

	● (Late secondary) the benefits of regular self-examination and screening.
35. Personal Health and Sexual Health	**Sexual health** ● How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment. ● The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause. **Health and Prevention** ● (Late secondary) the benefits of regular self-examination and screening.
36. HIV and AIDs	**Sexual health** ● How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. ● About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
37. Pornography	**Online Media** ● About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. ● Not to provide material to others that they would not want shared further and not to share personal material which is sent to them. ● That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail). **Being Safe** ● The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships).