

Personal Development RSHE Curriculum 2021 - 2022					
Health and Wellbeing			Relationships		
KS3	Autumn 1	Spring 1	Spring 2	Summer 1	Additional SOW
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	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	
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Emotional Wellbeing Reintroduce to Y8 SP2 22-23
Personal Development Year 9 classes are included in the Technology Faculty rotations. Each class will have 2 blocks of Personal Development lessons within the rotation calendar. Each rotation will be 8 weeks long (approx. 12 lessons). Students will explore the Relationships topics in one rotation with Miss McKay and the Health and Wellbeing topics with Mrs Benigno in the other.					
Rotations	Miss McKay		Mrs Benigno		Additional SOW
Year 9	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	
KS4	Autumn 1	Autumn 2	Spring 2	Summer 1	Additional SOW
Year 10	Healthy and Intimate Relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Mental Health Reintroduce to Y10 A1 22-23
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Communication in Relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	