

**Cycle 2**

**Life Beyond**

- Sleep deprivation
- Stress triggers
- Risky and emergency situations
- Cancer checks
- Blood and organ donation

**Cycle 3**

Independent revision time for other GCSE exams.

**Cycle 1**

**Making decisions**

- Readiness for sex
- Pornography
- Intimacy
- Sexual risk STI's
- Pregnancy and adoption
- Miscarriage and abortion
- Parenthood

Year 11

<b>Careers</b>	Health and Social Care, Medicine, Teaching, Theology, Chaplaincy, Counselling, Youth worker, Charity fundraising.
<b>Skills</b>	Listening, Speaking, Problem Solving, Creativity, Staying Positive, Aiming High, Leadership and Teamwork skills.
<b>Real World</b>	Sense of social responsibility; strong intellectual and practical skills applicable to the real world, understanding of global complexity of how cultural, societal and religious beliefs and practices shape and influence the world we live in.

**Cycle 2**

**Changing Relationships**

- Sex
- Consent
- STI's
- Pornography
- Families
- Marriage
- Bereavement

**Cycle 3**

**My Voice**

- Political systems
- Medical rights
- Political rights
- Human rights
- Amnesty International

**Cycle 1**

**My Safety**

- Trust
- Exploitation, Substance misuse
- Body modifications
- Financial safety

Year 9

**Challenge and Control Cycle 3**

- Sharing of sexual images
- Sexual assault
- Online stalking and harassment,
- Coercion, manipulation and abuse
- Extremism

**Cycle 1**

**My Career**

- Labour market information
- Employment stereotypes
- Workplace culture
- Interview etiquette
- Financial risk

Year 10

**Cycle 3**

**Enterprise**

- Equality act
- Netiquette
- Money triggers
- Enterprise challenge

**Cycle 2**

**Relationships**

- Strong, positive relationships
- Lust and attraction
- Consent
- Discrimination
- Divorce
- Loss

**Cycle 2**

**Celebrating Differences**

- Emotional wellbeing
- Body image
- Support networks
- Discrimination
- Identity

**Cycle 2**

**Changes**

- Puberty
- Healthy choices
- Media influence
- Prejudice
- Self-esteem
- False information online

**Cycle 3**

**Dreams and Goals**

- Relationships
- Careers
- Goal setting
- Saving
- Gambling

**Growing up**

- Peer pressure
- Assertiveness
- Trolling
- Online safety
- Healthy friendships

Year 7

**My Peers**

- Sexting
- Consent
- Substances
- Peer influence
- Positive role models

Year 8

**Pressure**

- Articulating emotion
- Stress
- Positive friendships

**Transition**

- Changes
- Digital resilience
- Pressure
- Transition

Year 6

**Relationships (Sex Education)**

**The Wider World**

**Health and Wellbeing**

The aim of RSE curriculum is to provide a framework in which sensitive discussions can take place in order to prepare pupils for puberty, adolescence and beyond. This gives them an understanding of sexual development and importantly healthy relationships whilst also supporting our pupils to develop a positive culture around issues of sexuality and relationships.

The aim of the wider world topics are to prepare pupils to be successful 21st century citizens. There are opportunities to learn how to be healthy, independent and responsible members of both local community and worldwide issues. It tackles many of the moral, social and cultural issues that are part of growing up to ensure a lifelong quality of wellbeing.

The aim of the health and wellbeing topics are to equip pupils to adopt healthy behaviours and strategies from an early age, and to seek trustworthy support when they or their friends need it. Physical and mental health is explored alongside important protective factors, problem solving and communication skills in order to recognise emotions and reduce risk. **2024-25**