



Appendix 1: Curriculum Map

HDHS RSHE, PSHEE & Citizenship Curriculum Map (2020-2021)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p><u>Managing Change</u></p> <p>Introduction to PSHEECC. Getting to know people. What is a community? Careers and your future. Sleep and Relaxation. Financial Education. Transition points and your life.</p>	<p><u>Puberty & Body Development</u></p> <p>Puberty. Personal Hygiene. Oral Hygiene. Growing up and FGM. Assertiveness, consent & Hormones. Self Esteem & Empowerment.</p>	<p><u>Politics, Parliament and Me</u></p> <p>Why is politics important. How is our country run? Create a political party. Elections and campaigning. Politics and Debating. Exploring inside Parliament.</p>	<p><u>Friendship, Respect & Relationships</u></p> <p>Consent and boundaries Respect and relationships What makes a good friend? Friendships and managing them Being positive & Self Esteem Pressure & Influence</p>	<p><u>Celebrating Differences</u></p> <p>Multicultural Britain What is your identity? Nature Vs Nurture Equality Act 2010 Breaking down Stereotypes Prejudice and Discrimination Challenging Islamophobia</p>	<p><u>Staying Safe Online & Offline</u></p> <p>Avoiding Gangs Staying Safe Online Fortnite, Grooming & online gaming What is alcohol? What is smoking? E-Cigs and vaping Energy Drinks</p>
Year 8	<p><u>Dangerous Society Online & Offline</u></p> <p>County Lines – What is it? & Who is at risk? Substance misuse. Online safety – Cyber bullying. Grooming Boys and Girls. Drugs Education – Alcohol safety. Child Exploitation and online protection.</p>	<p><u>Physical Health & Mental Wellbeing</u></p> <p>Health and Wellbeing. What is mental health? Positive body image. Child abuse. Types of Bullying. Healthy eating and Cholesterol. Stress management.</p>	<p><u>LGBTQ+ Explored</u></p> <p>LGBT what is it? LGBT Homophobia in schools. Supporting those that are LGBT. Challenging homophobia. Transphobia. Coming Out.</p>	<p><u>Law, Crime & Society</u></p> <p>Desert Island Living. Building a community. Making decisions & making priorities. Criminals, laws and society. Law making in the UK. Prisons, Reform and Punishment.</p>	<p><u>Identity, Relationships & Sex Education</u></p> <p>Healthy relationships. Dealing with conflict. Sexual Orientation. Gender Identity. Introduction to contraception What is Love. Periods and menstrual cycles (Sci)</p>	<p><u>Proud to be me</u></p> <p>Employability Skills. Proud to be me + Career choices. Career interests and Jobs. Self Esteem and the Media. Labour market information. Exploring careers.</p>
Year 9	<p><u>Body Confidence</u></p> <p>Self-esteem changes. What is a penis? What is a vulva? HBT – Bullying in all its forms. Dealing with Grief and loss. Media and Airbrushing. Cancer Prevention & Healthy lifestyles.</p>	<p><u>Combatting Extremism & Terrorism</u></p> <p>Conspiracies & Extremist narratives. Extremism in all its forms. What is Terrorism? Proud to be British. The radicalisation process. Counter Terrorism. Anti – Semitism.</p>	<p><u>Sex, the Law & Consent</u></p> <p>Sexual Consent & the law. FGM & The Law. Delaying Sexual Activity. Why have Sex? Relationships and Partners. Pleasure and Masturbation. What are STI's?</p>	<p><u>Legal & Illegal Drugs</u></p> <p>Introduction to drugs. Different types of Addictions. Cannabis products. Drug Classifications. "Party" Drugs – The dangerous side. Exploring illegal drugs & Effects. Volatile Substance Abuse.</p>	<p><u>Essential Life Skills</u></p> <p>From Failure to Success. First Aid x2 Lessons. Importance of Happiness. What is anger? Saving and managing money. Employment & Financial management. Social media and online stress.</p>	<p><u>Contraception & STI's</u></p> <p>STI Lesson. Contraception Available. The Condom Lesson. Exploring the realities of Contra. Sexual Harassment & Stalking. HIV and AIDS. AIDS – Prejudice & Discrimination.</p>
Year 10	<p><u>Rights & Responsibilities</u></p> <p>Instagram Generation. Targeted Advertising. Marriage what is it? Rights & Responsibilities. Consumer Rights. Employment rights. Exploring a paycheck.</p>	<p><u>Exploring Relationships & Sex Education</u></p> <p>Campaigning against FGM. Sexting nude Picks. Porn Life vs Real Life. Porn materials and attitudes. Domestic abuse and violence. Sexual violence (Assault and Rape). Sexualisation of the media.</p>	<p><u>Mental Health and Wellbeing</u></p> <p>Child abuse (CSE). Screen time & Safe mobile Phone use. Common types of Mental Health. Self-Harm. Suicidal thoughts & Support. Promoting emotional wellbeing.</p>	<p><u>Violence, Crimes & Seeking Safety</u></p> <p>Honour based Violence. Forced Marriages. Online Gambling. Social Media Validation. Keeping Data Safe. Modern Day Slavery. Preventing Knife Crime.</p>	<p><u>Exploring World Issues</u></p> <p>International Organisations. Brexit. Aid and Supporting Other Countries. Fair Trade. Peace, War and Conflict. Women's Rights & Equality. #Metoo Movement & Times Up.</p>	<p><u>Exploring British Values</u></p> <p>Critical thinking & Fake News. What is a cult? Exploring Britishness and British Values. LGBT Rights & British Values. What are Human Rights. Exploring Human Rights.</p>

Year 11	<u>Sexual Health</u> Peer on peer bullying. Fertility and what impact it. Alcohol and Bad Choices. Importance of Sexual Health. Revisiting contraception. Revisiting STI's. Respect and Relationships.	<u>Staying Safe</u> Virtual Reality & Live Streaming. New Psychoactive Drugs (NPS). Festivals, Drugs. War on Drugs. Cosmetic & Aesthetic Procedures. Drugs substance addiction. Online reputation & Digital Footprints.	<u>Adult Health & Looking After Yourself</u> Organ donation & Donating Blood. Teenage Pregnancy Choices. Abortion (Morals, laws and thoughts) Testicular & Prostate Cancer. Cervical, breast & Ovarian Cancer. Parenthood. Love & Abuse are not the same.	<u>Your Future and Beyond</u> Time management. LGBT Rights across the world. Dealing with exam stress & Anxiety. Insta Life Vs. Real Life. Writing a Personal statement. Writing a CV. Emergency First Aid.	EXAMS	EXAMS
Year 12	Health and Wellbeing	Careers	Drugs and Risk Education	Positive Wellbeing	Health, Safety and Diversity	Personal Finance
Year 13	Relationships & Sex Education	Emotional Wellbeing	Personal Finance	Drugs and Risk Education	EXAMS	EXAMS



Appendix 2: By the end of secondary school pupils should know:

RELATIONSHIP EDUCATION

	Pupils should know:	
Families	<ul style="list-style-type: none"> 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. 	
	<ul style="list-style-type: none"> Why marriage is an important relationship choice for many couples and why it must be freely entered into. 	
	<ul style="list-style-type: none"> The characteristics and legal status of other types of long-term relationships. 	
	<ul style="list-style-type: none"> The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. 	
	<ul style="list-style-type: none"> 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. 	
	Respectful relationships, including friendships	<ul style="list-style-type: none"> 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. This includes different (non-sexual) types of relationship. 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). 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. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. 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. The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.
		Online and media
<ul style="list-style-type: none"> How information and data is generated, collected, shared and used online. 		

Being safe	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 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. The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause. 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. The facts about the full range of contraceptive choices, efficacy and options available. The facts around pregnancy including miscarriage. 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). 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. How the use of alcohol and drugs can lead to risky sexual behaviour. How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.

HEALTH EDUCATION



	Pupils should know:
Mental wellbeing	<ul style="list-style-type: none"> How to talk about their emotions accurately and sensitively, using appropriate vocabulary. That happiness is linked to being connected to others. How to recognise the early signs of mental wellbeing concerns. Common types of mental ill health (e.g. anxiety and depression). 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. The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
Internet safety and harms	<ul style="list-style-type: none"> 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. 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.
Physical health and fitness	<ul style="list-style-type: none"> 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 cardio-vascular ill-health. About the science relating to blood, organ and stem cell donation.

Healthy eating	<ul style="list-style-type: none"> How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> 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 physical and psychological consequences of addiction, including alcohol dependency. Awareness of the dangers of drugs which are prescribed but still present serious health risks. 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.
Health and prevention	<ul style="list-style-type: none"> About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist. (late secondary) the benefits of regular self-examination and screening. The facts and science relating to immunisation and vaccination. The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.
Basic first aid	<ul style="list-style-type: none"> Basic treatment for common injuries. Life-saving skills, including how to administer CPR. The purpose of defibrillators and when one might be needed.
Changing adolescent body	<ul style="list-style-type: none"> 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.