

*‘Our shared vision is that our students, colleagues and families will be part of a* ***FAIR*** *community.*

*We will support our school* ***Family*** *to* ***Achieve*** *their potential, and* ***Inspire*** *students to* ***Reach*** *the very best destinations.’*

 The Ridgeway School & Sixth Form College

 *…Inspiring Learners For Their Future*

PSHE/RSE

 Curriculum Overview 2024/25



**Year 7 PSHE/RSE Curriculum Overview 2024/25**

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| **Year 7** | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Relationships** | **Health & Wellbeing** | **Living in the Wider World** | **Relationships**  | **Health & Wellbeing** |  |
| **Respectful Relationships**1. Bullying and Banta
2. Good Friendships
3. Positive and healthy friendships
4. Safe Relationships
5. Falling in love
6. Healthy lifestyle
7. Ending friendships and relationships
 | **Changing adolescent bodies**1. Exploring puberty
2. Hygiene and dental health
3. Menstrual health
4. Menstrual health
5. First sexual feelings
6. Healthy Communication
7. Gender Identity and Sexuality
 | **Online and Media**1.Oppurtunities Online2.Digital Citizenship 13.Digital Citizenship 24.Digital Footprint5.Cyberbullying6.Social Media  | **Citizens of a Wider World**1. Prejudice
2. Discrimination
3. Hate Crimes
4. Radicalisation
5. Personal Identity
6. Anti-Racism
 | **Healthy Relationships in the family**1. Families
2. Wider families
3. Respecting differences
4. Boundaries, privacy & consent
5. Family Conflict and Conflict and reconciliation
 | **Personal safety and boundaries**1. Permissions
2. Sexting and dangers
3. Living Healthier
4. Healthy eating
5. Physical Health
6. Mental Wellbeing
7. Sun and water safety
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**Year 8 PSHE/RSE Curriculum Overview 2024/25**

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| **Year 8** | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Health & Wellbeing** | **Living in the Wider World** | **Health & Wellbeing**  | **Relationships**  | **Living in the Wider World**  | **Relationships** |
| **Self-esteem and Confidence**1. Self Esteem 2. Self Confidence3. Body Image 14. Body Image 25. Body shaming6. Personal Hygiene7. Core Values and Attributes | **Online and Media**1. Online risks
2. Screen time
3. Harmful material online
4. Risks of unknown people online
5. Unhealthy comparisons
6. Understanding online information
7. Explicit material online
 | **Drugs and Alcohol**1. Drugs, the law and managing risk
2. Alcohol and Cannabis
3. Managing influence
4. Prescription drugs and legal highs
5. Caffeine consumption
6. Energy drinks
7. Vaping / smoking
 | **Families being safe and reporting concerns**1. Safe family R/S
2. Trustworthy information
3. Recognising unsafe R/S
4. Recognising our own unsafe R/S
5. Communication Skills
6. FGM
 | **Human Rights and Crime**1. Human Rights and Charity
2. Human Rights abused
3. Child Exploitation
4. Knife Crime
5. Law and Young Offenders
 | **Sexual health and Safety**1. Sexual Consent
2. Harassment and Rape
3. Grooming
4. Contraception
5. STI’s
6. Choices in Pregnancy
7. First Aid
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**Year 9 PSHE/RSE Curriculum Overview 2024/25**

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| **Year 9** | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Living in the Wider World** | **Health & Wellbeing** | **Health & Wellbeing** | **Living in the Wider World** | **Relationships** | **Living in the Wider World**  |
| **Safety off and online**1. The Law
2. Issues and scenarios
3. Reporting and penalties
4. Sexualised material
5. Sexually explicit material
6. Social media and loneliness
7. Child sexual exploitation
 | **Seep and Healthy Routines**1. Quality of sleep
2. Sleep strategies
3. Impact of poor sleep
4. Devices to sleep
5. Emotional Wellbeing
6. Mental Wellbeing
7. Physical health
 | **Drugs and Alcohol**1. Substances2. Alcohol Short Term3. Alcohol Long Term 4. Tobacco5. Drugs and the Law6. Acid Attacks | **Extremism**1. Anti Racism and tolerance
2. Prejudice and Discrimination
3. Extreme groups
4. Leaders of extreme groups
5. Extremism
6. Religion and Extreme groups
 | **Sexual health and Safety**1. Delaying Sex
2. Healthy communication
3. Pornography
4. Revenge Porn
5. Harassment
 | **Preparing for Work**1. Self attributes and goals
2. How to achieve
3. Workplace skills
4. Enterprises
5. Work skills
6. Employability
7. Navigating Financial Institutions
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**Year 10 PSHE/RSE Curriculum Overview 2024/25**

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| **Year 10** | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Relationships** | **Health & Wellbeing** | **Living in the Wider World** | **Living in the Wider World** | **Health & Wellbeing** | **Living in the Wider World** |
| **Harmful behaviours in relationships**1. Sexual consent
2. Alcohol, drugs and sex
3. Issues of consent
4. Sexual coercion
5. Harassment, abuse and rape
6. Stalking
7. Domestic abuse
 | **Sexual relationships**1. Contraception
2. Barrier methods
3. Hormonal devices and NFP
4. Introduction to STIs
5. The main STIs and HIV
6. Healthy communication
7. Forced marriage
 | **Finances**1. Personal Budgets
2. Wants and Needs
3. Financial Products
4. Financial Transactions
5. Shop Ethically
6. Savings and Debt
 | **Preparing for Work**1. Preparing for Work Experience
2. Rights and Responsibilities in the work place
3. Right career choice
4. Writing a CV
5. STEM
6. First Aid
 | **Healthy Relationships**1. Sexism and gender prejudice
2. Conflict management
3. Same Sex R/S
4. Gender and trans Identity
5. Community Cohesion
 | **Social Dangers**1. Fake News
2. Criminal Justice system
3. Anti-social behaviour
4. Gangs
5. Racism
6. Extremism
7. Money Laundering
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**Year 11 PSHE/RSE Curriculum Overview 2024/25**

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| **Year 11** | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Living in the Wider World** | **Health & Wellbeing** | **Health & Wellbeing** | **Relationships** | **Health & Wellbeing** | N/A |
| **Internet safety and harms- online relationships and harmful behaviour**1. Online grooming
2. Obsessive online behaviours
3. Catfishing
4. Honour-based violence
5. FGM
6. County lines and Gangs
7. Pornography
 | **Mental wellbeing- recognising problems and seeking support**1. Coping with anxiety
2. Panic disorder and panic attacks
3. PTSD
4. Suicidal thoughts
5. SAD
6. Maintaining positive mental health into adulthood
7. First Aid
 | **Exam Preparation**1. Exam Stress
2. Importance of sleep
3. Perseverance
4. Managing Time
5. Study Skills
6. Happiness
 | **Healthy Relationships**1. Happiness in myself
2. Healthy relationships
3. Safe Sex
4. What is Good Sex
5. Consent
6. Healthy break ups
 | **Future Planning**1. Fertility
2. Pregnancy and Miscarriage
3. Choices in Pregnancy
4. Long term commitments
5. Parenting
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