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| **Personal Development RSHE Curriculum 2022 – 2023***At Tottington High School we believe in developing the whole young person by educating them to positively manage their personal and social lives in relation to relationships, sex and health education. The RSHE curriculum complies with the 12-point framework of The Sex Education Forum, The Equality Act 2010, LGBTQ+ equality, British Values and the statutory guidance: Relationship and Sex Education (RSE) and Health Education 2020. The intent of the RSHE curriculum is to educate and equip our students with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being. Furthermore, we aim to inspire our students to thrive in an ever-changing world so they can make positive informed choices about their personal and social lives in regards to relationships, sex and health; to keep themselves safe, develop interpersonal skills to be a positive contribution to their communities and also to improve their health and emotional wellbeing and to develop their feelings of self-respect, confidence and empathy. We want Tottington High School students to aim high in their expectations promote equality of opportunity, celebrate diversity and challenge stereotypes.* |
| **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 | **Emotional Wellbeing** | **Identity and relationships** Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception |  |
| 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** | **1** | **2** | **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 1/2** | **Summer 1** | **Additional SOW** |
| **Year 10** | **Healthy and Intimate Relationships**Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornographymyths, 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 | **Mental Health** Or **Healthy lifestyle**Diet, exercise, lifestyle balance and healthy choices, and first aid |  |
| **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**Families**Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships | **Independence**Responsible health choices, and safety in independent contexts |  |