


RSHE Curriculum Overview Years 7-11

 WHITELANDS ACADEMY <small>SHARED AMBITION SHARED SUCCESS</small>	Year 7	Year 8	Year 9	Year 10	Year 11
Term 1	<u>Being me in my world</u> <ul style="list-style-type: none"> Identity Influences Peer pressure Online identity Online safety 	<u>Being me in my world</u> <ul style="list-style-type: none"> Identity Family First impressions Faiths and beliefs 	<u>Being me in my world</u> <ul style="list-style-type: none"> Group settings Expectations in relationships Peer approval Risks Consent 	<u>Being me in my world</u> <ul style="list-style-type: none"> Liberty and safety Grief Social media Online safety and threats Managing risk 	<u>Being me in my world</u> <ul style="list-style-type: none"> Becoming an adult The law Emergency situations
Term 2	<u>Celebrating differences</u> <ul style="list-style-type: none"> Prejudice and discrimination Spheres of influence Challenging stereotypes Human rights and protected characteristics Bullying 	<u>Celebrating differences</u> <ul style="list-style-type: none"> Prejudice Injustice Bullying How I can make a difference 	<u>Celebrating difference</u> <ul style="list-style-type: none"> Equality Understanding difference Positive language Bullying Discrimination 	<u>Celebrating difference</u> <ul style="list-style-type: none"> Equality in the workplace Multicultural society Power in relationships Challenging inequality 	<u>Dreams and goals</u> <ul style="list-style-type: none"> Managing anxiety Money and debt Dream jobs Future relationships What to do when things go wrong
Term 3	<u>Dreams and goals</u> <ul style="list-style-type: none"> Identifying life goals and how to achieve them Coping strategies How peoples choices effect their goals. 	<u>Dreams and goals</u> <ul style="list-style-type: none"> Long term goals Money Online safety 	<u>Dreams and goals</u> <ul style="list-style-type: none"> Personal strengths Planning Mental health Media 	<u>Dreams and goals</u> <ul style="list-style-type: none"> Relationships and goals My goals and health Work/life balance Health goals and other people 	<u>Healthy me</u> <ul style="list-style-type: none"> Self worth Staying safe in relationships Hormonal health Contraception and sexual health Pregnancy and choice
Term 4	<u>Health and wellbeing</u> <ul style="list-style-type: none"> Mindfulness Healthy eating Importance of Sleep Stress 	<u>Health and wellbeing</u> <ul style="list-style-type: none"> Supporting my health Risks and substances Vaccination Choices 	<u>Health and wellbeing</u> <ul style="list-style-type: none"> Teenage brain Risk taking and group behaviour Life saving skills Mental health first aid. 	<u>Healthy me</u> <ul style="list-style-type: none"> Health MOT Mind and body STIs Safer sex 	<u>Relationships</u> <ul style="list-style-type: none"> Intimate romantic relationships Gender diversity and sexuality Coming out Power in relationships Harmful and illegal cultural practices
Term 5	<u>Relationships</u> <ul style="list-style-type: none"> Healthy relationships 	<u>Relationships</u> <ul style="list-style-type: none"> Personal control 	<u>Relationships</u> <ul style="list-style-type: none"> Equality in relationships 	<u>Relationships</u> <ul style="list-style-type: none"> Healthier, long-term relationships 	Year 11 exams

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	<ul style="list-style-type: none"> • Changing relationships • How to deal with conflict • External factors in relationships 	<ul style="list-style-type: none"> • Control in relationships • Personal space • Safety 	<ul style="list-style-type: none"> • Saying no • Pornography and its impact • Contraception • Consequences of unprotected sex 	<ul style="list-style-type: none"> • Love and loss • Healthy connections • Critical thinking • Benefits of positive relationships 	
Term 6	<p>Changing me</p> <ul style="list-style-type: none"> • Puberty • Pregnancy • Family relationships • Self esteem • Feelings • FGM 	<p>Changing me</p> <ul style="list-style-type: none"> • Types of relationship • Pornography and understanding relationships • Alcohol 	<p>Changing me</p> <ul style="list-style-type: none"> • Mental health and addiction • Change and emotions • Better sleep • Resilience • Changing and growing 	<p>Changing me</p> <ul style="list-style-type: none"> • Changing society • Managing change • Managing personal safety • Stereotypes • Physical and emotional changes 	Year 11 Exams