RSHE – Overview Year 7

Relationship and Sex Education	Physical and Mental Health
Relationships: Families, Friends and Romantic Relationships **Lesson 1 – Relationships and Families:** • Discuss different types of relationships and families • Analyse the positive and negative aspects of these relationships • Discuss the importance of families no matter which form they might have **Lesson 2 - Friendships:** • Discuss why friendships are so important to us • Talk about the various characteristics we look for in a friend • Improve our speaking skills when talking about personal issues **Lesson 3 – Romantic Relationships:** • Discuss what romantic relationships are and why we need them • Talk about healthy and unhealthy relationships • Discuss the personal traits that you would look for in a partner **Lesson 4 – Dealing with Relationship Problems:** • Discuss possible problems in a variety of relationships • Discuss scenarios where relationships caused us problems and talk about possible solutions	**Mental Health** **Lesson Mental Health:** • To have consistent and accessible language to talk about mental health and wellbeing. • To understand the difference between everyday feelings and overwhelming feelings • To ensure children and young people know how and who to ask for help and support. • To develop an understanding of how we can manage our own mental health **Staying Safe** **Lesson 1 – Crime in Redbridge and Personal Safety:** • to discuss different types of crimes and which ones are prevalent in Redbridge • to discuss how we ensure that we stay safe **Lesson 2 – Youth Crime and Gangs:** • to correctly identify reasons why teenagers, join gangs and the misconceptions about the lifestyle people have • to describe how gangs operate, their brutal initiation ceremonies, activities and the consequences for victims, members and communities

	Lesson 3 – Knife Crime: • Correctly identify the consequences of knife crime and why young people become involved • Describe the long term and short-term consequences of carrying knives and why knife crime is difficult to prevent • Explain how the methods used to stop knife crime sometimes might not help and why this is the case **Smoking** **Lesson 1 - Smoking, Addiction and Health Effects:** • To understand the addictive power of nicotine • To recognize the chemical ingredients of a cigarette • To appreciate the consequences of smoking to your health **Lesson 2 – Environmental Impact:** • To understand why countries grow tobacco • To recognize the environmental impact of growing tobacco • To acknowledge the ecological cost of smoking **Lesson 3 – E-Cigarettes:** • To understand how they differ from conventional cigarettes • To understand that using these can be harmful too • To know the law around these

RSHE – Overview Year 8

Relationship and Sex Education	Physical and Mental Health
Puberty and Human Reproduction; Body Image and the Media; Safer Online Relationships **Lesson 1 - Puberty, Growing up and changes to the body:** • Defining the terms adolescence and puberty • Discussing the changes caused by puberty in relation to our physical, emotional and social development **Lesson 2 - Puberty and Human Reproduction (Sexual Education Lesson):** • Discussing certain aspects of puberty in more depth • Discussing vocabulary linked to human reproduction • Learning about different ways to become pregnant **Lesson 3 - Body Image and the Media:** • Discussing young people's perception of body image • Explore the terms positive and negative body image and the impact it has on us • Discuss the influence of the media in relation to our body image **Lesson 4 - Safer Online Relationships:** • Evaluating the benefits and challenges of social media for developing and maintaining relationships • Discussing how to manage online risks • Learning about the legal, emotional and social consequences of sharing sexual images	**Alcohol** **Lesson 1 – Alcohol and its impact on body and mind:** • be able to identify negative impacts of alcohol on the human body • demonstrate knowledge of the recommended daily units of alcohol consumption for adults • show understanding of alcohol as a drug which can alter a person's views and perceptions of situations and the dangerous implications of this **Lesson 2 – Alcohol, the law and young people:** • Be able to understand the effects of and the law regarding drinking alcohol. • Have developed their knowledge on key issues and other teenager's stories on Alcohol. **Lesson 3 – Drink Driving:** • Have developed their knowledge on drink driving and the consequences. • Be able to use to produce a poster which shows a mature understanding of the topic **Lesson 4 – Alcohol addiction and its impact on others:** • be able to discuss the problems associated with living with an alcoholic

• Learning how to reject unwanted requests for sexual images	• to know who to contact if they are concerned about this issue • complete role plays illustrating the difficulties children face when living with an alcoholic **Mental Wellbeing** **Lesson 1 – Dealing With Change** • identify changes and transitions that can take place during adolescence • describe the impact that change can have • explain different ways of managing change and where to seek support **Lesson 2 – Building Resilience** • Understanding that everyone encounters challenges, failures and uncomfortable situations in life • Considering our own reactions to challenges and identifying ways on how to deal adequately with them, whilst recognising and understanding our emotions **First Aid Lessons** **Lesson 1 – Head Injury, Burns and Bleeding** • Learn how to recognise when someone has a head injury, burns or heavy bleeding • Learn the key action to help when someone has a head injury, burns or heavy bleeding **Lesson 2 – Choking, Asthma Attack and Broken Bone**

	• Learn how to recognise when someone is choking, has an asthma attack or a broken bone • Learn the key action to help when someone is choking, has an asthma attack or a broken bone **Lesson 3 – Unresponsive and Breathing and Unresponsive and not Breathing** • Learn how to recognise when someone is unresponsive and breathing and unresponsive and not breathing • Learn the key action to help when someone unresponsive and breathing and unresponsive and not breathing

RSHE – Overview Year 9

Relationship and Sex Education	Physical and Mental Health
Bullying and Cyberbullying; Body Image and Self Esteem; Positive Relationships; Peer Pressure **Lesson 1 - Bullying and Cyberbullying:** • Describe the meaning of bullying and cyberbullying and the impact it can have on an individual • Explore challenging scenarios and their appropriate responses • Explain where to seek support and advice on bullying/cyberbullying **Lesson 2 - Body Image and Self Esteem:** • To analyse one of many sources of potential body confidence pressure • To understand and value similarities, differences, and strengths • To talk about the importance of confidence, resilience and self-esteem **Lesson 3 - Positive Relationships:** • identify the qualities of positive friendships • describe strategies for dealing with challenges in friendships • explain where and how to access support and help, including from professionals **Lesson 4 – Peer Pressure:** • To be able to define peer pressure and give examples of how it can happen online	**Illegal Drugs** **Lesson 1 – Different Types of Drugs:** • Consider why people use drugs • Find out more about different types of drugs and their effects • Find out about the classification system and the law • Look at the dangers of drug use – not only the obvious ones • Look at the consequences of drug use – both on individuals, families and the community. **Lesson 2 – Dangers of drugs and date rape drugs:** • Look at the dangers of drug use – not only the obvious ones • Talk about "date rape drugs" and how we can protect ourselves **Lesson 3 – Reasons for drug use and impact on individuals:** • Look at why young people take drugs • Look at the impact on the individual of drug use **Lesson 4 – Case study and impact on the community:** • Watch a video on Leah Betts' death • Look at the impact on the community of drug use

• To consider how a good friend should behave and assess if they are a good friend online • To discuss advice to others about how to resist peer pressure online and offline **Understanding Consent; Consent and the Law; Contraception Methods; STIs** **Lesson 1 - Understanding Consent:** • to understand what consent means and why it is so important. • to recognise when someone is consenting and when they are not. • to understand how consent is sought, given and not given in a healthy relationship. • to know what to say and do to seek the consent of another person. **Lesson 2 - Consent and the law:** • to understand what consent means, both legally and ethically, and why it is so important. • to explain what choice, freedom, and capacity to consent mean. • to discuss legal and moral issues through scenarios relating to consent. • to understand the legal age of consent and that most young people do not have sex until after they have passed the age of consent. **Lesson 3 – Contraception (Sexual Education Lesson):** • to be able to name the main types of contraception and how they work to prevent conception and/or protect against STIs	

• to be able to apply your knowledge of contraception to discuss the best contraceptive options in a range of scenarios • to understand where I can get help or information from **Lesson 4 – Contraception and STIs (Sexual Education Lesson):** • to consolidate our knowledge about contraception methods and to discuss responsibilities • to discuss the term STI and reflect on our prior knowledge **Lesson 5 – Preventing STIs (Sexual Education Lesson):** • list some of the main STIs, their symptoms and consequences • explain what someone should do if they have had unprotected sex or are worried they might have an STI • name the contraceptive methods which provide some protection against STI infections	

RSHE – Overview Year 10

Relationship and Sex Education	Physical and Mental Health
Long Term Commitments, Parenting and Unwanted Pregnancy **Lesson 1 – Long Term Commitments:** • describe the options available to people who wish to make a long-term commitment • explain how a long-term relationship can become legally binding • recognise the unacceptability of forced marriage and identify support for someone who may be at risk **Lesson 2 – Beginning Relationships (Sexual Education Lesson):** • I can justify my opinion on whether something is a positive or negative way to act on first contact or early in relationships • I can list questions which help a person to assess their readiness for sex **Lesson 3 - Parenting:** • Describe the benefits of being in a committed, stable, positive relationship • Identify the rights, roles and responsibilities of parents with respect to raising children • Evaluate the characteristics of successful parenting **Lesson 4 – Unplanned pregnancy (Sexual Education Lesson):** • to reflect on personal and other people's feelings and beliefs about the options available in the event of an unplanned pregnancy	**Illegal Drugs** **Lesson 1 – Different types of drugs and their dangers:** • to learn about the different types of drugs • to discuss how dangerous the various drugs are **Lesson 2 – Risks associated with drug use and the law:** • Identify correctly the penalties and fines for Class A, B and C drugs in the UK. • Describe the short and long term risks of illegal drug use **Lesson 3 – Risks associated with legal highs and the law:** • to identify what legal highs are • to classify the effects, the risks and the laws associated with legal highs

- to explain factors which can affect decisions concerning an unplanned pregnancy
- to be able to name reliable sources of help in relation to questions surrounding unplanned pregnancy

Stereotyping in general; LGBT terminology; history of LGBT rights in Britain; stereotypes and stigmatism in relation to gender and same sex relationships

Lesson 1 – What are stereotypes and how can they be both useful and dangerous?:

- to explain the disadvantages and advantages of stereotyping
- to explain whether the stereotyping of teenagers is justified
- to hypothesise what conditions in the world would have to change in order for us to cease stereotyping

Lesson 4 – LGBT – Language Matters:

- to discuss how insults can affect people
- to talk about how language is used to stigmatise or offend different groups of people, in particular in relation to sexuality
- to discuss the terminology relating to a variety of sexual orientation
- to look of the history of LGBT rights in Britain

Lesson 5 – Facts and Stigmas:

- to discuss stereotypes in relation to gender and same sex relationships
- how to respond to bullying related to gender
- where to find help

RSHE – Overview Year 11

Relationship and Sex Education	Physical and Mental Health
Relationship abuse, consent, FGM and Pornography **Lesson 1 - What is relationship abuse?:** • explain what is meant by 'relationship abuse' • identify the different types of abuse that can affect relationships • describe ways to get help with relationship abuse **Lesson 2 - Consent:** • explain what is meant by 'consent', and what this means within healthy relationships • explain some consequences of someone not receiving consent for sexual behaviour within a relationship • describe how and from where to access support, and how to support a friend who may be experiencing abuse **Lesson 3 – FGM (Sexual Education Lesson):** • to explain what is meant by FGM and in which countries it is practiced traditionally • to understand that these procedures are illegal in the UK, and that it is also a criminal offence to take a UK citizen abroad for the purpose of FGM • to know where and how to get help and support	**Mental Health** **Lesson 1 – Mental Health and Depression:** • to talk about some key facts in relation to mental health • to discuss signs and symptoms of depression • to discuss strategies on how to deal with grief **Lesson 2 – Different Mental Health Conditions:** • to find out more about a variety of mental health related issues • to feed-back your findings to the class **Staying Safe** **Lesson 4 – Knife Crime:** • To learn to effectively assess and manage the risks of knife crime • To learn how young people can take steps to achieve their goals and live knife free

Lesson 4 – Viewing Explicit Images Online (Sexual Education Lesson) • to identify ways pornography can be harmful, both to viewers and people involved in the industry • to discuss how pornography affects the brain • to evaluate the possible effects of pornography on the individual and society **Sharing indecent images online** **Staying Healthy and Safe** **Lesson 3 – Social Media:** • the dangers of using social media • the effects that your behaviour on social media might have on others and on your career • to discuss sharing indecent images online	