



# RSHE Curriculum Overview

## Year 7

How can I be healthy and happy in school?

Who can I trust in school?

What are respectful relationships?

What changes occur in puberty?

Why is oral health significant at a young age?

How is peer pressure different online to real life?

What different types of families are there?

How can we prevent cyberbullying?

What are the dangers of tobacco addiction?

How do my choices influence my lifestyle?

What is equality and why is it significant?

How can mindfulness help my mental health?

## Year 8

Does it make a difference if you get married?

What is discrimination and how does it affect society?

What is the difference between being an upstander or bystander?

What strategies can we develop to manage our emotions?

Why is sleep an important part of a healthy lifestyle?

How can I be safe online?

Why is having a healthy diet significant?

What are the dangers of forced marriage?

How can my online life affect my body image?

How can I promote self-esteem for myself and others?

What are the risks linked to alcohol consumption?

What careers exist in our region?

## Year 9

What are the features of healthy and harmful relationships?

What are the dangers of misuse of drugs?

What are the features of intimate relationships?

What are sexually transmitted infections?

How can I develop digital resilience?

Why is thinking carefully about contraception important?

What help is available to protect against CSE?

What options should I consider this year?

Why is marriage an important choice for many?

How can I contribute to my community?

How can I help if confronted with an injury?

How does domestic abuse affect families?

## Year 10

What are the responsibilities of being a parent?

Why do some people adopt or foster?

How can I respond to sexual pressure?

What are the dangers of illegal substance misuse?

What is cyberstalking?

How can I contribute to our democracy?

What are the dangers of pornography and sexting?

What does consent look like in specific situations?

How does the law keep me safe?

What is coercive behaviour and how can it be avoided?

What careers pathway would I like to pursue?

How can I prepare myself for future careers?

## Year 11

How can unplanned pregnancies and miscarriages occur?

How can I manage stresses and worries?

What is sexual harassment and stalking?

How can gambling problems develop?

What post-16 route do I wish to access?

How can I manage my finances?

How can I keep myself safe in the future?

How can lifestyle affect my fertility in the future?

Health and Wellbeing

Respectful Relationships

Intimate Relationships

Online and Media

Safeguarding and the Law

Families