

Pittville Personal Development and Relationship, Sex and Health Education (RSHE) Curriculum

Year 7	HT1	HT2	HT3	HT4	HT5	HT6
Drop Down Day	<p>Human Connection</p> <p>Types of bullying (including cyberbullying and prejudice-based bullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.</p> <p>Sexism and Misogyny</p>	<p>Families</p> <p>Committed, stable relationships in all forms. Forced marriage and cultural pressure. How these relationships might contribute to human happiness and their importance for bringing up children.</p>	<p>Online and media</p> <p>Positive use of social media and devices.</p> <p>The laws around online content use, age limits and social media.</p> <p>The idea that online behaviour should be the same as in-person behaviour.</p>	<p>Intimate and sexual relationships</p> <p>The laws around sex and sexual contact in the UK. Puberty and change. Physical, emotional, mental, sexual, and reproductive health and wellbeing. Pressure, consent, saying no.</p>	<p>Being safe and healthy</p> <p>Being Healthy: Benefits of physical activity and exercise and the importance of sleep. What constitutes a balanced diet and its benefits including risks of obesity and dieting.</p> <p>Summer safety and safety in the community</p>	<p>Awakened Mind, Bright Future</p> <p>Careers/GBM</p> <p>Skills and Talents Teamwork and team building Identity Growth mindset and resilience Wellbeing</p>
Tutor Time AM	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. Tutor time contracting. 2. Behaviour expectations in Pittville. 3. Getting to know your tutor. 4. Pittville Bullying Policy 5. Manners 6. Stereotyping 7. Name-calling 8. Text and online messaging 9. Rumours and gossip 10. "Banter" 11. How we respect our peers and staff 12. How we respect our local communities – litter, antisocial behaviour 	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <p>Study Smart</p> <p>Study skills: Identity as a learner, preferred style of learning and to develop study, organisational, research and presentation skills.</p>	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. Pittville phone policy 2. Pittville IT policy 3. How social media can be a good thing – grassroots change, pandemic support 4. Using social media to maintain and nurture friendships. 5. The dangers of social media – online grooming 6. The dangers of social media – online grooming 7. The dangers of social media – extremist views 8. The dangers of social media – extremist views 9. The dangers of social media – fake news stories 10. Advertising on social media and how it can affect me. 11. Data rights and privacy. 12. Data rights and privacy. 	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. Contracting behaviour in tutor time relationships sessions. 2. Fertility and the human body. 3. Puberty – physical changes 4. Puberty – physical changes 5. The importance of good hygiene. 6. Self image and self esteem 7. Mental health and puberty 8. Consent – what is it? 9. Consent – how to communicate it and recognise it. 10. Sex and the law – age of consent 11. The impacts of underage sex on physical and mental wellbeing 12. How to ask for help 	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. Healthy Eating 2. Healthy Eating 3. Dietary choices in the modern world 4. Should everyone eat a plant-based diet? 5. Balanced diet 6. Cooking and eating healthily on a budget 7. Risks of obesity 8. Risks of extreme diets 9. Caloric needs of young people. 10. Looking after your body. 11. Dangers of smoking 12. Dangers of alcohol. 	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. What subjects you most enjoy and why. 2. Personal skills and talents 3. Resilience and trying again 4. Resilience and trying again 5. How to improve next year 6. Making a success plan for year 8 7. Growth mindset 8. Growth mindset 9. Identity 10. Resilience 11. Wellbeing and mental health 12. Mental Health – connections 13. Mental health – Calm App 14. Avoiding the summer drain.

Year 8	HT1	HT2	HT3	HT4	HT5	HT6
Drop Down Day	<p>Human Connection</p> <p>Friendships: Positive and healthy friendships (including online) trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships</p> <p>Sexism and Misogyny</p>	<p>Families</p> <p>Committed, stable relationships in all forms.</p> <p>Nuclear, Single-parent and extended families: their role and value.</p> <p>Types of abuse and safeguarding - What is abuse?</p> <ul style="list-style-type: none"> • What is neglect? • What is physical abuse? • What is sexual abuse? • What is emotional abuse? • What is grooming? • Parentification as a form of abuse <p>Getting help is being abused</p>	<p>Online and Media</p> <p>Online risks, including online sharing and the difficulty of removing potentially compromising material placed online. Inappropriate use of mobile phones. The safe and responsible use of information communication technology (management of own data).</p> <p>Portrayal of young people; to recognise its possible impact on body image and health issues. That the media portrayal of relationships may not reflect real life and the possible impact of this on people's expectations of relationships.</p>	<p>Intimate and sexual relationships</p> <p>Including sexual health. Healthy one-to-one intimate relationships - mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</p> <p>Physical, emotional, mental, sexual and reproductive health and wellbeing.</p> <p>Harmful sexual behaviour.</p>	<p>Being safe and healthy</p> <p>Causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders; how to recognise when they or others need help, sources of help and strategies for accessing it.</p>	<p>Awakened Mind, Bright Future</p> <p>Careers/GBM Skills and Talents Teamwork and team building Identity Growth mindset and resilience Wellbeing</p>
Tutor Time AM	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. Tutor time contracting. 2. Behaviour expectations in Pittville – reminder. 3. Being a good friend. 4. Being a kind community member. 5. Being a bad friend. 6. How to coexist with those we don't get along with. 7. Stereotyping and bullying. 8. The world being our neighbour. 9. Trust and respect. 10. Avoiding gossip. 11. Standing up for others. 12. How we respect our peers and staff. 13. Asking for help 	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <p>Study Smart Study skills: Identity as a learner, preferred style of learning and to develop study, organisational, research and presentation skills.</p>	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. The permanence of the internet. 2. Online risks 3. Protecting your data and image. 4. Not oversharing. 5. How to keep your phone secure. 6. How young people are portrayed in the media, the effect this has on young people. 7. How young people are portrayed in the media, the effect this has on young people. 8. Body image issues and the media 9. Body image issues and the media. 10. Unrealistic relationships in the media and expectations of relationships 11. Unrealistic relationships in the media and expectations of relationships 12. Limiting screen time and enjoying life. 	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. Consent – would you like a cup of tea? 2. Consent – practising saying no. 3. Consent – non-sexual touching. 4. What is intimacy? Non-sexual and sexual intimacy. 5. Age-appropriate intimacy. 6. The law around sex and relationships. 7. Fertility and reproduction. 8. Fertility and reproduction. 9. The dangers of underage sex. 10. The dangers of underage sex. 11. The choice to wait and delay sex. 12. Sex and self image. 	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. What is stress? 2. What is the effect of stress on the body? 3. How can we identify and manage stress? 4. How can we deal with school stress? 5. Depression and anxiety. 6. Eating disorder education 7. Eating disorder education 8. FGM 9. Self harm education 10. Self harm education 11. How to get help for yourself. 12. How to get help for others. 	<p>4 Sessions Per week: 2x Reading 2X RSHE (12 sessions per HT):</p> <ol style="list-style-type: none"> 1. Revision techniques 2. Summer drain and how to avoid it 3. Word games and literacy 4. Number games and numeracy 5. The forgetting curve 6. Growth mindset and resilience. 7. Research topics of interest 8. Presentations of topics – oracy 9. Presentations of topics – oracy 10. Presentations of topics – oracy 11. Presentations of topics – oracy 12. Presentations of topics – oracy 13. Presentations of topics - oracy

Year 9	HT1	HT2	HT3	HT4	HT5	HT6
Drop Down Day	<p>Human Connection</p> <p>Sexual harassment and sexual violence and why these are always unacceptable.</p> <p>The fact that sexist, homophobic, biphobic, transphobic, racist and disablist language and behaviour are always unacceptable, the need to challenge it and how to do so.</p> <p>Sexism and Misogyny</p>	<p>Families</p> <p>Committed, stable relationships in all forms. How to manage or deal with the breakdown of a relationship and the effects of change, including loss, separation, divorce and bereavement.</p> <p>FGM – about the dangers and recognising the signs. Honour-based abuse.</p> <p>Domestic abuse:</p> <ul style="list-style-type: none"> • How to ask for help. • What is domestic abuse of women and children? • Women on men domestic abuse. 	<p>Online and Media</p> <p>What to do and where to get support to report material or manage issues online.</p> <p>Pornography, sexually explicit images and video and porn addiction. The fact that sexually explicit presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect behaviour towards sexual partners (media portrayal of relationships may not reflect real life).</p> <p>Identity is affected by a range of factors, including the media and a positive sense of self. To recognise the portrayal and impact of sex in the media and social media (which might include music videos, advertising and sexual images shared between young people)</p>	<p>Intimate and Sexual Relationships</p> <p>The choice to delay sex or to enjoy intimacy without sex.</p> <p>Understand what expectations might be of having a girl/boyfriend.</p> <p>Contraceptive choices, risks of unprotected sex (unintended pregnancy) efficacy and options available.</p>	<p>Being safe and healthy</p> <p>How to manage different influences (including peer influence) on their decisions about the use of substances, (including smoking/alcohol, clarifying and challenging their own perceptions, values and beliefs).</p> <p>To understand the feelings and pressure that the need for peer approval can generate, including in relation to the purchase and use of tobacco and alcohol (including cheap/illicit alcohol and cigarettes), drugs and other risky behaviours.</p>	<p>Awakened Mind, Bright Future</p> <p>Careers/GBM Skills and Talents Teamwork and team building Identity Growth mindset and resilience Wellbeing</p>
Tutor Time AM	<ol style="list-style-type: none"> 1. Contracting of behaviour in tutor time. 2. Gender identity. 3. What is sexual harassment? 4. What is the law around sexual harassment? 5. What is sexual violence and assault? 6. What is sexist language? 7. How to challenge everyday sexism. 8. What is homophobic and biphobic language? 9. What is transphobic language? 10. What is disablist language? 11. What is racism? 12. What are the affects of racism in the UK? 13. How to challenge racist behaviour. 	<p>Study Smart</p> <p>To identify own strengths, interests, skills and qualities as part of the personal review, including their value to future employability and strategies for further developing them</p> <p>Options Process: Pathways, destinations post 16 and 18, long-term career goals (Core RE time).</p>	<ol style="list-style-type: none"> 1. Reporting images online. 2. What are the risks of using porn? 3. What is porn addiction? 4. How do sexually explicit images affect sexual behaviours? 5. How can pornography relate to self esteem? 6. How can porn affect relationships? 7. How is sex used by the media? 8. How is sex used in advertising? 9. How is sex linked to music media? 10. What is child pornography and child created sexual images? 11. What is the danger of childporn. <p>Social media and sex – the laws.</p>	<ol style="list-style-type: none"> 1. What is intimacy? 2. What is consent? 3. What are romantic relationships? 4. How to respond to pressure in romantic relationships. 5. "Being ready" for sexual contact. 6. What is the law around underage sex? 7. What is the choice to delay sex? 8. What are the risks of unprotected sex? 9. Contraceptive choices: Artificial methods 10. Contraceptive choices: Artificial methods 11. Why natural methods of contraception are not a reliable way to prevent pregnancy or STIs 12. Signs and symptoms of STIs 13. How to ask for help. 	<ol style="list-style-type: none"> 1. What are the laws around substance abuse? 2. What are the laws around substance abuse? 3. What is the effect of smoking and vaping on the body? 4. Illegal drugs education 5. Illegal drugs education 6. The link between drugs and anti-social behaviour. 7. What is the effect of alcohol on the body? 8. What are the risks when using alcohol and drugs at a young age? 9. What are legal highs? 10. What are the effects of legal drugs on the body (incl. caffeine)? 11. How to respond to peer pressure <p>How to ask for help.</p>	<ol style="list-style-type: none"> 1. What do I want to do in the future? 2. Care for the community 3. Volunteering and opportunities 4. Summer programmes and competitions 5. Preparing for GCSEs – key messages from subjects 6. Preparing for GCSEs – key messages from subjects 7. Preparing for GCSEs – key messages from subjects 8. Preparing for GCSEs – key messages from subjects 9. Preparing for GCSEs – key messages from subjects 10. Preparing for GCSEs – key messages from subjects 11. Preparing for GCSEs – key messages from subjects 12. Preparing for GCSEs – key messages from subjects 13. Preparing for GCSEs – key messages from subjects 14. Preparing for GCSEs – key messages from subjects

Year 10	HT1	HT2	HT3	HT4	HT5	HT6
Drop Down Day	<p>Human Connection</p> <p>Self-confidence and self esteem are affected by the judgements of others, including the role peers can play in supporting one another.</p> <p>To recognise when a relationship is unhealthy or abusive, including criminal, violent behaviour and coercive control in relationships.</p> <p>Age-gap relationships and the dangers of grooming and exploitation.</p> <p>Sexism and Misogyny</p>	<p>Families</p> <p>The legal status of marriage and other committed relationships.</p> <p>Coming of age and responsibility of young people at home.</p> <p>Equality and Diversity – prejudice and discrimination</p>	<p>Online and media</p> <p>Media’s influences on body image, including the portrayal of idealised and artificial body shapes and the role of sex in the media (including pornography).</p> <p>That sexually explicit content presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.</p> <p>The dangers of accessing illegal pornographic material – including images of violence, children and animals. The idea that use of pornography can lead to exploring more extreme content.</p>	<p>Intimate and sexual relationships</p> <p>Contraceptive choices, risks of unprotected sex (unintended pregnancy) efficacy and options available.</p> <p>To understand sexuality (including sexual ethics such as consent, negotiation, boundaries, respect, gender norms, sexual ‘norms’, trust, communication, pleasure, orgasms, rights, empowerment, sexism and feminism)</p>	<p>Being safe and healthy</p> <p>Gangs and coercive control.</p> <p>Extremism: far-right, religious extremism and incel philosophies. How to identify these ideas and ask for help.</p> <p>Knife violence and crime: the dangers of carrying illegal weapons.</p>	<p>Awakened Mind, Bright Future</p> <p>Careers/GBM</p> <p>Finance: To recognise and manage the influences on their financial decisions, (including managing risk, planning for expenditure, understanding debt and gambling in all its forms); to access appropriate support for financial decision-making and for concerns over money, gambling etc. Their consumer rights and how to seek redress</p> <p>Skills and Talents Teamwork and team building Identity Growth mindset and resilience Wellbeing</p>
Tutor Time AM	<ol style="list-style-type: none"> 1. What is bullying? 2. What is judgement? 3. How can we be ourselves? 4. What does good self-esteem look like? 5. What do healthy relationships look like? 6. What is coercive control? 7. What is the problem with age-gap relationships? 8. What do unhealthy relationships look like? 9. Pressure in relationships, how to set boundaries. 10. Respecting boundaries. 11. Keeping trust. 12. How to ask for help. 		<ol style="list-style-type: none"> 1. How does consent link to online behaviours? 2. What is body image? 3. What does the media imply our bodies should look like? 4. What is the effect of the media on self-esteem? 5. Filters and photoshop – does social media tell the truth? 6. What is steroid use? 7. How does porn show sex? 8. What effects does porn have on real-life relationships? 9. How can porn affect body image? 10. What are the dangers of consuming lots of pornography? 11. What to do if you encounter illegal pornographic material (e.g. images of animals or children?) <p>How to ask for help.</p>	<ol style="list-style-type: none"> 1. What are the risks of unprotected sex? 2. Deciding if a relationship is safe or unsafe. 3. What are the options when facing an unplanned pregnancy? 4. Abortion 5. Keeping the baby 6. Adoption 7. Help with pregnancy choices. 8. STI prevention and testing 9. Treatment of STIs. 10. The link between substance use and risky sex. 11. Parenting – rights and responsibilities of parents 12. Budgeting and household costs of raising family 	<ol style="list-style-type: none"> 1. What is extremism? 2. How to spot extremist ideology – right wing, Incel, Religious ideologies. 3. How to ask for help. 4. What is a gang? 5. What are the laws surrounding gangs, drugs and joint enterprise? 6. The dangers of doing “favours” for older members of the local community. 7. Staying safe in the night time economy. 8. How to ask for help. 9. What are the laws around anti-social behaviour? 10. Carrying weapons – only cowards carry. 11. Carrying weapons – the law around self-defence. <p>Police link: Cheltenham youth crime issues.</p>	<ol style="list-style-type: none"> 1. Budgeting 2. Planning for expenditure. 3. Debit and credit 4. Debt 5. The poverty cycle. 6. Impacts of poverty. 7. Payday loans 8. Gambling 9. Gambling online. 10. How to ask for help. 11. What are your rights as a consumer? 12. How to ask for redress as a consumer.

Year 11	HT1	HT2	HT3	HT4	HT5	HT6
Drop Down Day	Human Connection including Gangs, pressure and coercive control. Drugs and Alcohol education Mental health and wellbeing Sexism and Misogyny	Mock Interviews Careers/GBM	Online and Media Protecting data Upskirting and downblousing Revenge porn Child pornography laws and how to get help.	Intimate and sexual relationships Consent Contraception and contraceptive choices Waiting to have sex STIs – symptoms, cures Unprotected sex and teen pregnancy	<i>Students completing examinations</i>	<i>Students will have completed examinations</i>
Tutor Time AM	<ol style="list-style-type: none"> 1. Self-expression and identity 2. Gender identity 3. Sexual identity 4. Equality 5. Rights and responsibilities – upholding the rights of others. 6. Voting and parliament 7. Role of MP 8. Democracy 9. Rights of citizens 10. Pressure groups, grassroots movements 11. Protests and change in history 12. How to be a political voice in the local community. 	Study Smart Creating a revision timetable Revision and note taking Eating an elephant – one bite at a time! Study skills (weekly focus): <ol style="list-style-type: none"> 1. Mind mapping 2. Flip and Fetch/Look Cover Write Check 3. Knowledge organisers 4. Flash cards 5. Recall/Rewrite/Exam practise 6. Quizzing Stress management emotional intelligence, time management, strategies to relieve stress, recognise triggers <ol style="list-style-type: none"> 1. Recognising stress and anxiety in life. 2. When stress and anxiety are becoming too much – how to ask for help. 3. Time management. 4. Recognising stress triggers. 5. Mindfulness. 6. Mindfulness – using technology to help relieve stress. 	Supporting applications for Post-16 <ol style="list-style-type: none"> 1. Use of technology and media – screen free time. 2. The permanence of the internet. 3. Online risks 4. Protecting your data and image. 5. Not oversharing. 6. How to keep your phone secure. 7. Money and budgeting – using wages well. 8. Savings – ISA, interest. 9. Debt and gambling. 10. Managing financial risk 	<ol style="list-style-type: none"> 1. Consent 2. Giving and receiving consent 3. Coercive control 4. The influence of gangs 5. Pressure to have sex 6. The importance of protected sex 7. The impact of protected sex: positive relationships 8. The impacts of unprotected sex: short and long term 9. Peer pressure 10. Alcohol education 11. Tobacco education Drug education. 		