

## PSHE/RSE Mapped Curriculum – KS3 and KS4

Topic	By the end of secondary school: Pupils should know:	RE	PSHE	Yr 8 RSE Day Yr 9 RSE Day	Other
<b>Families</b>	<ul style="list-style-type: none"> <li>that there are different types of committed, stable relationships.</li> </ul>	Yr 11 Marriage Unit	Year 11 –Aut 2	Year 9 RSE	
	<ul style="list-style-type: none"> <li>how these relationships might contribute to human happiness and their importance for bringing up children.</li> </ul>	Yr 11 Marriage Unit			
	<ul style="list-style-type: none"> <li>what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.</li> </ul>	Yr 11 Marriage Unit			
	<ul style="list-style-type: none"> <li>why marriage is an important relationship choice for many couples and why it must be freely entered into.</li> </ul>	Yr 11 Marriage Unit			
	<ul style="list-style-type: none"> <li>the characteristics and legal status of other types of long-term relationships.</li> </ul>	Yr 11 Marriage Unit	Year 11 –Aut 2		
	<ul style="list-style-type: none"> <li>the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.</li> </ul>	Yr 11 Marriage Unit			
	<ul style="list-style-type: none"> <li>how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed.</li> </ul>				
<b>Respectful relationships, including friendships</b>	<ul style="list-style-type: none"> <li>the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and</li> </ul>		Year 7 – Aut 2 Year 9 – Spr 2 Year 10 – Aut 2 Year 11 – Aut 2	Yr 8 RSE Yr 9 RSE	Assemblies

	ending relationships. This includes different (non-sexual) types of relationship.				
	<ul style="list-style-type: none"> <li>practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> </ul>		Year 7 – Aut 2 Year 9 – Spr 2 Year 10 – Aut 2 Year 11 – Aut 2	Yr 8 RSE Yr 9 RSE	
	<ul style="list-style-type: none"> <li>how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).</li> </ul>	Year 9 RE - Discrimination	Year 9 – Sum 1 Year 10 – Sum 1		Assemblies PCT – Human Rights, Dignity & Solidarity Units
	<ul style="list-style-type: none"> <li>that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people’s beliefs.</li> </ul>	Year 7 RE – Sacred Heart Project Year 9 RE - Discrimination	Year 9 – Sum 1 Year 10 – Sum 1		Assemblies PCT – Human Rights, Dignity & Solidarity Units
	<ul style="list-style-type: none"> <li>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.</li> </ul>		Year 7 – Aut 2 Year 9 – Sum 1 Year 9 – Spr 2		Assemblies
	<ul style="list-style-type: none"> <li>that some types of behaviour within relationships are criminal, including violent behaviour and coercive control</li> </ul>		Year 10 – Aut 2 Year 11 – Aut 2		
	<ul style="list-style-type: none"> <li>what constitutes sexual harassment and sexual violence and why these are always unacceptable</li> </ul>		Year 10 – Aut 2 Year 11 – Aut 2	Year 9 RSE Day	
	<ul style="list-style-type: none"> <li>the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.</li> </ul>	Year 9 – Discrimination Year 7 – Sacred Heart Year 8 Bible	Year 9 – Sum 1 Year 10 – Sum 1		Assemblies
<b>Online and media</b>	<ul style="list-style-type: none"> <li>their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.</li> </ul>		Year 7 – Sum 1 Year 9 – Spr 2	Year 8 RSE	

	<ul style="list-style-type: none"> <li>about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.</li> </ul>		Year 7 – Sum 1 Year 9 – Spr 2	Year 8 RSE Year 9 RSE	
	<ul style="list-style-type: none"> <li>not to provide material to others that they would not want shared further and not to share personal material which is sent to them.</li> </ul>		Year 7 – Sum 1 Year 9 – Spr 2	Year 8 RSE Year 9 RSE	
	<ul style="list-style-type: none"> <li>what to do and where to get support to report material or manage issues online.</li> </ul>		Year 7 – Sum 1 Year 9 – Spr 2	Year 8 RSE Year 9 RSE	
	<ul style="list-style-type: none"> <li>the impact of viewing harmful content.</li> </ul>		Year 9 – Spr 2	Year 8 RSE	
	<ul style="list-style-type: none"> <li>that specifically sexually explicit material e.g. pornography 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.</li> </ul>	Year 11 – Marriage Unit	Year 10 – Aut 2	Year 8 RSE	
	<ul style="list-style-type: none"> <li>that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.</li> </ul>		Year 10 – Aut 2	Year 8 RSE	
	<ul style="list-style-type: none"> <li>how information and data is generated, collected, shared and used online.</li> </ul>		Year 7 – Sum 1		
<b>Being safe</b>	<ul style="list-style-type: none"> <li>the concepts of, and laws relating to, <ul style="list-style-type: none"> <li>sexual consent,</li> <li>sexual exploitation,</li> <li>abuse,</li> <li>grooming,</li> <li>coercion,</li> <li>harassment,</li> <li>rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.</li> </ul> </li> </ul>		Year 10 – Aut 2 Year 10 – Sum 1 Year 11 – Aut 2	Year 8 RSE Year 9 RSE	PCT – Workers Dignity, Dignity, Solidarity units

	<ul style="list-style-type: none"> <li>how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).</li> </ul>		Year 11 – Aut 2	Year 8 RSE Year 9 RSE	
<b>Intimate and sexual relationships, including sexual health</b>	<ul style="list-style-type: none"> <li>how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</li> </ul>		Year 10 – Aut 2 Year 11 – Aut 2	Year 9 RSE	
	<ul style="list-style-type: none"> <li>that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.</li> </ul>		Year 10 – Aut 2	Year 9 RSE	
	<ul style="list-style-type: none"> <li>the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.</li> </ul>				Science Curriculum – Year 7
	<ul style="list-style-type: none"> <li>that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</li> </ul>		Year 9 – Spr 2 Year 10 – Aut 2 Year 11 – Aut 2	Year 8 RSE Year 9 RSE	
	<ul style="list-style-type: none"> <li>that they have a choice to delay sex or to enjoy intimacy without sex.</li> </ul>		Year 10 – Aut 2	Year 9 RSE	
	<ul style="list-style-type: none"> <li>the facts about the full range of contraceptive choices, efficacy and options available.</li> </ul>			Year 9 RSE	Science Curriculum – Year 10
	<ul style="list-style-type: none"> <li>the facts around pregnancy including miscarriage.</li> </ul>			Year 9 RSE	Science Curriculum – Year 7 and Year 10
	<ul style="list-style-type: none"> <li>that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).</li> </ul>	Year 11 – Marriage Unit		Year 9 RSE	Science Curriculum – Year 7 and Year 10
	<ul style="list-style-type: none"> <li>how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how</li> </ul>			Year 8 RSE	Science Curriculum – Year 10

	<p>risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.</p>				
	<ul style="list-style-type: none"> <li>about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.</li> </ul>			Year 8 RSE	Science Curriculum – Year 10
	<ul style="list-style-type: none"> <li>how the use of alcohol and drugs can lead to risky sexual behaviour.</li> </ul>		Year 8 – Aut 2 Year 9 – Spr 2		
	<ul style="list-style-type: none"> <li>how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.</li> </ul>			Year 9 RSE	
<b>Mental wellbeing</b>	<ul style="list-style-type: none"> <li>how to talk about their emotions accurately and sensitively, using appropriate vocabulary.</li> </ul>		Year 9 – Aut 2 Year 9 – Sum 2		
	<ul style="list-style-type: none"> <li>that happiness is linked to being connected to others.</li> </ul>		Year 7 – Spr 1 Year 8 – Sum 1		
	<ul style="list-style-type: none"> <li>how to recognise the early signs of mental wellbeing concerns.</li> </ul>		Year 8 – Sum 1 Year 9 – Aut 2 Year 10 – Aut 1 Year 11 – Spr 2		
	<ul style="list-style-type: none"> <li>common types of mental ill health (e.g. anxiety and depression).</li> </ul>		Year 9 – Aut 2		
	<ul style="list-style-type: none"> <li>how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others’ mental health.</li> </ul>		Year 9 – Aut 2		
	<ul style="list-style-type: none"> <li>the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.</li> </ul>		Year 7 – Spr 1 Year 8 – Sum 1 Year 9 – Sum 1 Year 10 – Aut 1 Year 11 – Spr 1		PE curriculum  PCT Curriulum  Wellbeing work in school including the wellbeing room
<b>Internet safety and harms</b>	<ul style="list-style-type: none"> <li>the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison</li> </ul>		Year 7 – Sum 1 Year 8 – Sum 1 Year 9 – Sum 2		Assemblies

	<p>with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.</p>		Year 10 – Spr 2		
	<ul style="list-style-type: none"> <li>• how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.</li> </ul>		Year 7 – Sum 1 Year 8 – Sum 1 Year 9 – Spr 2	Year 8 RSE Year 9 RSE	
<b>Physical health and fitness</b>	<ul style="list-style-type: none"> <li>• the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.</li> </ul>		Year 7 – Spr 1 Year 8 – Sum 1 Year 9 – Sum 1 Year 10 – Aut 1 Year 11 – Spr 1		<p>PCT Curriulum – Walk a mile</p> <p>Mental Health Awareness week – May</p> <p>Wellbeing programmes and wellbeing room in school</p> <p>Assemblies</p>
	<ul style="list-style-type: none"> <li>• the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.</li> </ul>		Year 7 –Aut 2 Year 9 – Sum 2 Year 11 – Spr 1		PE Curriculum – Year 9
	<ul style="list-style-type: none"> <li>• about the science relating to blood, organ and stem cell donation.</li> </ul>				Science Curriculum

<b>Healthy eating</b>	<ul style="list-style-type: none"> <li>• how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.</li> </ul>		Year 7 –Aut 2 Year 9 – Sum 2 Year 11 – Spr 1		PE Curriculum – Year 9
<b>Drugs, alcohol and tobacco</b>	<ul style="list-style-type: none"> <li>• the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.</li> </ul>		Year 8 – Spr 1 Year 11 – Spr 1		Science Curriculum
	<ul style="list-style-type: none"> <li>• the law relating to the supply and possession of illegal substances.</li> </ul>		Year 8 – Spr 1 Year 11 – Spr 1		
	<ul style="list-style-type: none"> <li>• the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.</li> </ul>		Year 7 – Sum 2 Year 11 – Spr 1		Science Curriculum
	<ul style="list-style-type: none"> <li>• the physical and psychological consequences of addiction, including alcohol dependency.</li> </ul>		Year 7 – Sum 2 Year 8 – Spr 1 Year 11 – Spr 1		Science Curriculum
	<ul style="list-style-type: none"> <li>• awareness of the dangers of drugs which are prescribed but still present serious health risks.</li> </ul>		Year 8 – Spr 1 Year 11 – Spr 1		Science Curriculum
	<ul style="list-style-type: none"> <li>• the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.</li> </ul>		Year 7 – Sum 2		Science Curriculum
<b>Health and prevention</b>	<ul style="list-style-type: none"> <li>• about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.</li> </ul>				Science Curriculum
	<ul style="list-style-type: none"> <li>• about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.</li> </ul>		Year 7 – Aut 2		PE Curriculum – healthy eating
	<ul style="list-style-type: none"> <li>• (late secondary) the benefits of regular self-examination and screening. <b>ALEVEL</b></li> </ul>				
	<ul style="list-style-type: none"> <li>• the facts and science relating to immunisation and vaccination.</li> </ul>				PCT - HPV Lesson Science Curriculum
	<ul style="list-style-type: none"> <li>• the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.</li> </ul>		Year 8 – Sum 1 Year 10 – Spr 2 Year 11 – Spr 2		Science Curriculum