

# What will I learn about in **RSHE**



What is FGM? Why is it against the law?

**MY FEELINGS**

What does LGBTQ+ stand for?



How can intimate relationships be distorted or influenced?

**KS4**



## ...at St Benedict's



How does the media distort sexual relationships?



What does County lines mean?

What are positive intimate relationships like?



What is sexual identity?



Why is knife crime such a problem in the UK?

**ASSESSMENT**

**MY SAFETY**



How can relationships affect our mental health?



What has peer pressure got to do with my safety?

What is anxiety and depression?



Why is consent such an important idea?

**ASSESSMENT**

**MY MIND**

**YEAR 9**

What is gender identity?



**KS3**

Fertility and contraception



100% - Consent!

In control of my choices



What are STI's?

**MY BODY**



\*Rights and Responsibilities

Knowing my rights and responsibilities

The search for love



Does prejudice and discrimination exist in C21st UK?

**ASSESSMENT**

**MY RELATIONSHIPS**

Is social media good for me?



Love people, use things



Welcome to RSHE: What is it?



Welcome



Why is the Equalities Act of 2010 so important?

**MY WORLD**

Letter home to parents explaining the curriculum and their rights.

# What will I learn about in **RSHE**



What is neglect?

MY FEELINGS

What are online relationships? What are the risks??



How can we manage grief and bereavement?



EXAMS



Feelings



What is grooming?



## ...at St Benedict's



How can I apply first aid and call the emergency services?



When should I use first aid?

ASSESSMENT

Think before you share



MY SAFETY



What is financial exploitation?



What is debt?

What do I need to know about alcohol?

What is gambling and what are the dangers?

MY MIND

YEAR 8

What do I need to know about drugs?



What is budgeting and why is it important?



Before I was born



What is good parenting?

ASSESSMENT

MY BODY

What do I need to know about smoking and vaping?



Why and how does body image effect young people?



Appreciating difference



What does family mean in C21st?



Wider world

ASSESSMENT

MY RELATIONSHIPS

Tough relationships



Welcome to RSHE: What is it?

MY WORLD



Letter home to parents explaining the curriculum and their rights.

# Welcome



Created and chosen

# What will I learn about in **RSHE**



How can we communicate our emotions sensitively?



How do romantic relationships rely on trust and honesty?

## MY FEELINGS



Living responsibly



Healthy inside and out- self esteem?

What is a healthy, romantic relationship?



# ...at St Benedicts



What are unhealthy coping strategies?

## MY SAFETY

What is risk?



How can I be safe outside school?



My life on screen



MENTAL HEALTH

What are healthy coping strategies?



How does puberty link to personal hygiene and care?

Why is sleep important?



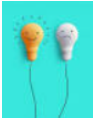
## MY MIND

## ASSESSMENT

What strategies can we use to take care of our wellbeing?



How can we manage unhealthy comparisons?



## KS3

Changing bodies?



## ASSESSMENT

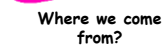
## YEAR 7

## MY BODY

How do we solve problems with our friends?



Where we come from?



Who can I turn to outside St. Benedict's?



Who can I turn to at St. Benedict's?

## MY RELATIONSHIPS



Who am I?



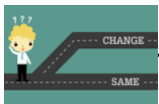
How can I build effective relationships at my new school?

Family and friends



Welcome to SHE: What is it?

How can I manage change?



## MY WORLD



Welcome

Letter home to parents explaining the curriculum and their rights.