

	Relationships and Sex Education (RSE)
7 PD - Tuesday P1 Lessons Form Tutors	Topic 1 - Developing Respectful Relationships Topic 1 - L1 - Transition - Getting to know your form, getting organised, getting to know your form, advice from peer mentors ,CRGS mindset and resilience. Topic 1- L2 - What is PD? Topic 1 - L3 - What makes a good friend? Respectful relationships Topic 1 - L4 - Consent, boundaries, and privacy. Judge when a family, friend, intimate or other relationship is unsafe Topic 1 - L5 - The roles and responsibilities of parents with respect to raising children. Judge when a family, friend, intimate or other relationship is unsafe Topic 1 - L6 - What is harmful sexual behaviour? The law surrounding the creation of AI sexual images Topic 1 - L7 - Stereotypes, prejudice and discrimination - Protected Characteristics and how to challenge Topic 1 - L8 - Stereotypes, prejudice and discrimination - Sexism, racism and homophobia, where to go to for support - How to evaluate their impact on other people and treat others with kindness and respect, including in public spaces and including strangers. Pupils should understand the legal rights and responsibilities regarding equality, and that everyone is unique and equal
7 PD - Lessons with specialist	Topic 1 - All About Me - Well-being, Staying Safe & Living a Successful Life L4 - To know characteristics of healthy and unhealthy friendships and I know how to manage conflict L4 - The practical steps pupils can take and skills they can develop to support respectful and kind relationships L4 - Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring, including disappointment, hurt or frustration. L5 - The different types of bullying (including online bullying), the impact of bullying, the responsibilities of bystanders to report bullying and how and where to get support L6 - To know how to increase their personal safety

8 PD - Tuesday P1 Lessons
Form Tutors

Topic 5 - Developing Respectful Relationships

Topic 5 - L1 - Pride Month - LGBTQ+ and equality

Topic 5 - L2 - Misogyny

Topic 5 - L3 - That some types of behaviour within relationships are criminal, What constitutes sexual harassment and consent why these are always unacceptable

8 PD - Rotation lessons with
specialist

9 PD - Tuesday P1 Lessons Form Tutors	Topic 4 Careers - Relationships - Keeping Safe and the Law Topic 4 - L1- Sexual Consent Topic 4 - L2- To know that That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail. Topic 4 - L3- Deep Fakes and sextortion
9 PD - Lessons with specialist Please note: For lessons shown in white text, parents may request that their child be withdrawn in accordance with the school's RSE policy. Any request must be discussed with the school in line with the procedures set out in the RSE policy.	L1 - To understand L2 -To recognise criminal be L3 - To know that there are different types of intimacy: intellectual, phy L5 - To u L6 - To k L7 - To know L8 - To ur L10 - - To underst L11 - To understand pornogr

10 PD - Tuesday P1 Lessons Form Tutors	Topic 4 - Relationships and Sex Education Topic 4- L1- Age gap relationships and the law Topic 4 - L2 - Reporting issues of consent Topic 4 - L3 - Alcohol and the link with risky sexual behaviour
10 PD - Lessons with specialist	Criminal Behaviours in Relationships L1 - To know the different types of committed stable relationships and the signs of abusive relationships L2 - To know the physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty, where to find support, and the law around these areas. L3 - To know how to recognise forced marriage and honour-based abuse and where to seek support L4 - To know what sexual harassment is, its consequences, and where to seek support

11 PD - Tuesday P1 Lessons Form Tutors	
11 PD - Lessons with specialist	Relationships and Sex Education NHS Sexual Health Service - L1 - To understand the legal definition of consent, the practical importance of consent, and the consequences of sexual activity without consent. To know the law and image sharing, the dangers of pornography and sextortion NHS Sexual Health Service - L2 - To understand the purpose, types, and effectiveness of contraception methods, including how condoms protect against sexually transmitted infections (STIs) To know the symptoms and treatments of common STI's, to know how to use a condom correctly

Mental Wellbeing and Health Education

Topic 3 - Mental Wellbeing, Health and First Aid

Topic 3 -L1 -Changing Adolescent Body Puberty - Key facts about puberty, the changing adolescent body

Topic 3 - L2 - The benefits of a healthy lifestyle, physical exercise, food, oral health and impact on mental wellbeing

Topic 3 - L3 - Mental Health Concerns

Topic 3 - L4 - Basic First Aid - St Johns Pathway - Severe allergic reactions

Topic 3 - L5 - Basic First Aid - St Johns Pathway - Asthma

Topic 3 - L6 & L7 - Basic First Aid - St Johns Pathway - primary survey, the recovery position, and CPR, and how to use an AED.

Topic 3 - L8 - Basic First Aid - St Johns Pathway - Bleeding

Topic 1 - All About Me - Well-being, Staying Safe & Living a Successful Life

L1 - To know different ways to look after your mental health and wellbeing. To know the impact of positive and negative self-talk

L2 To know the changes that happen for boy and girls during puberty and how this can impact body image and emotions

L3 - To know different ways to build my self-esteem and where to go to for support if my self-esteem is low

L7 - About the benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing

Topic 1 - Looking After My Health & Mental Wellbeing and First Aid

Topic 1 -L1 - To consider how we can support our own mental health and ourselves and others when experiencing anxiety

Topic 1 - L2- The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online. 7

Topic 1 - L3 - To demonstrate an awareness of how in today's world we may feel lonely and the impact this can have on our mental health.

Topic 4 L1- The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn

Topic 4 - L2 - Healthy eating and exploring the health risks associated with energy drinks

Topic 4 - L3 - First Aid - Head injuries

Topic 4 - L4 - First Aid - Choking

Topic 4 - L5 - First Aid - Sepsis

L1 - Identify

L2 - T

L3 - To define stereotypes, prejudice

L4

L5 - To be able to

L6 - To understand the divers

L7 - To un

L8 - To u

L9 - To recognise warning signs a

L10- To evaluate the impact of screen time on mental hea

Topic 1 - Looking After My Health & Mental Wellbeing

Topic 1 - L1 - The BASICS - Target setting

Topic 1 - L2 - Dealing with emotions and how to change unhealthy coping strategies

Topic 1 - L3 - Taking care of my own physical health, personal hygiene, prescription drugs, accessing services, such as pharmacists and GP's and when to use A&E. The concept of Gillick competence. That the legal age of medical consent is 16

Topic 1 - L4 - Unhealthy coping strategies - Self-harm

Topic 1 - L5 - Unhealthy coping strategies - Eating disorders, and the need to seek help as soon as possible

Topic 1 - L7 - To know the dangers of sunbed use

Topic 2 - Relationships and Sex Education

Identify attributes of healthy relationships and identify signs of unhealthy or abusive behaviours in relationships abuse types: domestic, physical, emotional, sexual, physical, spiritual and emotional. To know what constitutes as a healthy and trusting relationship and trust and boundaries within a relationship

L4 - To understand legal and personal meanings of consent

To understand benefits of delaying sexual activity and develop assertiveness to know different types of contraception, uses, and access to sexual health services. To know different types of STI, symptoms, treatment, and accessing sexual health services. To understand factors affecting fertility and know how the menopause affects fertility

L9 - Pregnancy, parenthood, adoption, abortion and miscarriage

To understand laws, risks, and support for sharing explicit images including AI image creation. To understand pornography laws and recognise the dangers, such as, addiction, unrealistic expectations

Topic 1 - Looking After My Mental Wellbeing and Basic First Aid

Topic 1 - L1 - Welcome Back - BASICS Targets

Topic 1 - L2 - Self-care

Topic 1 - L3 - Social Anxiety Disorder

Topic 1 - L4 - First aid - Bone, muscle and joint injuries

Topic 1 - L5 - Basic First Aid - Chest pains Health

Topic 1 - L6 - Basic First Aid - Strokes

Topic 1 - L7 - Checking yourself - Breast Cancer, Cervical Cancer & Testicular Cancer

Topic 1 - L8 - Obesity in the UK - cholesterol and obesity

Topic 5 - L1 - To know how to cope with stress

Topic 5 - L2 - Misogyny and the impact

Topic 5 - L3 - Social Dilemma

Mental Wellbeing and Health Education

L1 - To know how to reframe negative thinking patterns

L2 - To know how to recognise signs and symptoms of mental ill-health such as depression and anxiety and understand when and where to seek help

L3 - To understand factors affecting male mental health, explore male suicide and the impact of societal stereotypes. To know ways to support men in expressing emotions and seeking help

L4 - To understand causes and triggers of unhealthy coping strategies like self-harm and eating disorders, recognise healthy coping methods, and know how to seek help

Topic 1 - Looking After My Health & Mental Wellbeing

Topic 1 - L1 - Welcome Back - BASICS Targets

Topic 1 - L2 - Ambition

Topic 1 - L3 - Supporting people with MH issues

Topic 1 - L4 - Resilience - memory and exam stress

Mental Wellbeing and Health Education

L1 - To understand the science behind stress responses and learn effective strategies to manage exam stress and promote relaxation

L2 - To understand how media and digital editing contribute to unrealistic body images, to recognise the impacts of Body Dysmorphic Disorder (BDD)

L3 - To understand the differences between cosmetic and aesthetic procedures, evaluate their positive and negative effects, and explore the social and personal influences behind the desire to change physical appearance

L4- To understand the effects and legal consequences of illegal drug use in the UK and learn how to respond safely and effectively in drug-related emergency situations

al Development - Curriculum Plan

Careers and Critical Skills

Topic 4 - Thinking about my skills linked to careers

Topic 4 - L1 - The Importance of Education

Topic 4 - L2 - Personal Qualities and Skills

Topic 4 - L3 - Futuristic Careers and AI

Topic 4 - L4 - Different Ways of Working (In-person, Hybrid, Remote)

Topic 4 - L5 - My Dream Job

Topic 1 - All About Me - Well-being, Staying Safe & Living a Successful Life

L9 - To explain the difference between a growth and fixed mindset

L10 - Metacognition - Describe the “AGES” model in relation to learning. Explore different evidenced based revision strategies

Topic 2 - Exploring Careers

Topic 2 - L1 - How are the subjects you are studying preparing you for your future?

Topic 2 - L2 - How can you use Unifrog to begin investigating career options that may suit your interests?

Topic 2 - L3 - How can careers develop over time?

Topic 2 - L4 - What are the challenges and rewards of work?

Topic 2 - L5 - What are the challenges and rewards of work?

Topic 2 - L6 - Will there be more Green Jobs in the future?

Topic 1 - Relationships

Understanding healthy and unhealthy behaviours in relationships and how to cope with peer pressure. To know what peer pressure is and describe ways to respond to peer pressure and discrimination and know the law relating to the Protected Characteristics. 4 - To know what constitutes a hate crime, examples, and how to respond. To identify unhealthy relationships, such as coercive control, domestic abuse. To understand the diversity of family structures and their value in society. (nuclear, blended, single-parent families). To understand legal rights around marriage, civil partnerships, cohabitation and common law marriage. To understand the five stages of grief and develop some strategies to cope with bereavement. To understand the risks of grooming and exploitation, including county lines and knife crime. To understand mental health and learn strategies to manage it. Focus on the dangers of, Echo Chamber.

Topic 2 - Careers - My Options

Topic 2 - L1 How much money do you really need?

Topic 2 - L2 - What is Lancashire's labour market like compared to the UK? Will you always live locally?

Topic 2 - L3 - Decision Making: Choosing what to study at KS4

Topic 2 - L4 - What are the main learning pathways after KS4?

Topic 2 - L5 -Do I have to work for somebody else?

Topic 2 - L6 -How can you use Unifrog to explore career options that might suit your personality?

usive relationships

exual, stalking and blackmail

d unhealthy, intimate sexual relationship, including the role of consent

s skills.

services

lth services

s women

ges and sextortion

pectations, and safety issues

Topic 2 - Careers - Opportunities

Topic 2- L1 - Will AI change the world of work

Topic 2 - L2 - Is voluntary work of value?

Careers

L1 - To know what careers suit my interests. To use the Careers library and Subject library on Unifrog to find careers and subjects suited to their interests

L2 – To evaluate each career type and explain which they believe is right for them

L3 - To know how to apply for a job and create my own CV

L4 – To know how personal branding can help or hinder recruitment and update my CV accordingly

Topic 3 - Careers and Finance

Finance

L1 -To know the key features of a payslip, including income deductions and calculation of gross and net income

L2 - To understand different methods of saving money and how to distinguish between essential and non-essential expenditure for effective money management

L3 - To understand the difference between renting and owning property, including how mortgages work and the renting process

L4 - To identify different types of financial scams, understand their characteristics, and take steps to prevent becoming victims

Careers - Professional Relationships

L5 - Professional relationships

L6 -Employer Expectations

Careers

L1 –To know my Post 16/18 choices - Identify pros and cons of full-time education, employment, and apprenticeships

L2 – To understand work-life balance and its impact on responsibilities and wellbeing

L3 –To know how to manage money when you are working. To Know what a budget is and create a personal budget based on a chosen career salary

L4 – To know key employment rights in the UK and their importance for workers

Citizenship and British Values

Topic 5 - Living in Britain

Topic 5 - L1 - Rules in Society

Topic 5 - L2 - British Values -Democracy and Rule of Law

Topic 5 - L3 - Fundamental British Values and examples of how Great Britain ensures them

Topic 5 - L4 - The functions and uses of money in society 2

Topic 3 - Understanding how Government Works

Topic 3 - L1-National Government - The difference between government and parliament

Topic 3 -L2 - How do elections work?

Topic 3 -L3 - What do political parties do?

Topic 3 - L4 - What do MP's do?

Topic 3 -L5 - How are laws made?

Topic 3 -L6 - How can we influence those in power?

Topic 3 - L7- Debating Skills - Should voting age be reformed?

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eristics under the Equality Act 2010

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ouse and stalking

le-parent, same-sex parents)

nd divorce

with loss

ime know where to seek support

ambers, Filter Bubbles, Online Challenges and Chat Bots

Topic 5 - Mutual Respect & Tolerance and the Law

Topic 5 - L1 - Mutual Respect & Tolerance - Equality Act 2010

Topic 5 - L2 - Mutual Respect & Tolerance of different religions and cultures

Topic 5 - L3 - Racism

Topic 5 - L4 - Hate Crimes

Topic 5 - L5 - Courts system in the UK

Topic 5 - L6 - The age of criminal responsibility

Topic 5 - L7 - Anti-social behaviour

Topic 1 - Health Education - Drugs Education

L1 - To know the different classifications of drugs (A B and C, legal and illegal)

L2 - To understand what addiction is, the different types, its causes, and its effects

L3 - To describe the effects of smoking tobacco, e-cigarettes/vapes, and cannabis

L4 - To know the risks of cannabis edibles and nicotine pouches and to know how to avoid them

L5 - I know the laws, effects, and risks of alcohol use and misuse.

L6 - To describe risky behaviours related to alcohol misuse and to know how to avoid them

L7 - To understand the dangers of NPS, and nitrous oxide and know the legal and illegal uses

L8 - To recognise signs of exploitation and knife crime, and know how to avoid them

Topic 3 - Citizenship

Topic 3- L1- Media Freedom

Topic 3- L2 - The difference between democratic and non-democratic governments

Topic 3- L3 - The UK's international relations - local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world

Preventing Extremism

L1 - To define extremism, terrorism, and radicalisation and understand the legal implications

L2 - To understand how extremists groom individuals links to incel culture and where to seek help

L3 - To understand the UK's counter-terrorism strategy and the Prevent duty

L4 - To understand how to spot fake news and the importance of critical thinking

Topic 4 - Citizenship - My Rights

Topic 4 - L1 - Societal Expectations preventing freedom of choice ?

Topic 4 - L2 - Criminal and Civil law

Topic 4 - L3 - Registering to vote

Topic 4 - L5- Human Rights

Topic 5 - L6- Freedom of Speech

Religion and Morality

L1 - To describe the concepts of Sanctity of Life, Quality of Life, and Value of life

L2 - To understand different types of euthanasia and the legal status

L3 - To understand what abortion is and the legal framework in

L4- To explain different re

Online Safety

Topic 2 - Keeping Myself Safe Online

Topic 2 - L1 - Rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts.

Online risks grooming and where to go to for help

Topic 2 - L2 - Recognise the benefits influencers can bring to society but also how to avoid the negatives which can also be associated with them, including targeted advertising.

Topic 3 - L3 - The effect of their online actions on others and expectation of behaviour online and the impact of positive and negative content. The importance of keeping personal information private and not to provide material to others that they wouldn't want shared further

Topic 3 - L4 - Benefits of rationing time spent online. Identifying and reporting harmful online behaviours and accessing support

Topic 1 - All About Me - Well-being, Staying Safe & Living a Successful Life

L7 - To know how to protect yourself online. To be aware of online dangers, such as harmful content, grooming and where to get support

L8 - To know what my digital footprint is and why it is important to think before I post online. To know the difference between private and public online spaces

Topic 1 - Online Harms

Topic 1 - L2- The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image). How people may curate a specific image of their life online. ☐

Topic 1 - L3- To demonstrate an awareness of how in today's world we may feel lonely and the impact this can have on our mental health.

Topic 5 - L2 - Online Misogyny

Topic 3 - Online Harms

Topic 3 - L1 - The impact of viewing harmful content,. The serious risks of viewing online content that promotes self-harm and suicide

Topic 3 - L2 - The impact of viewing harmful content,. The serious risks of viewing online content that promotes violence

Topic 3 - L3 - The impact of viewing harmful content - Misinformation

legal) explain the law relating to supply, possession and use
treatment options.

and cannabis and know where people can seek help
know what to do in an emergency response

what spiking is and ways that I can protect myself
legal status of these substances
seek help and report concerns

Topic 5- Online Harms

Topic 5 - L1 - Gambling

Topic 5 - L2 - Targeted advertising

Topic 5 - L3 - Online lending

Religion and Medical Ethics

L1 - To analyse why we make an 'ethical' decision when dealing with medical issues

L2 - What is the system of organ donation in the UK? What are some of the ethical debates surrounding organ donation?

L3 - To investigate the moral and religious implications of organ donation

L4 - To know what stem cell research is and explain some of the religious arguments for and against stem cell research

Topic 2 - Online Safety

Topic 2 - L1 - Online behaviour linked to jobs, plagiarism and cheating
Sexual images/ AI sexual images discussed by the Sexual Health Nurse

Medical Ethics

Value of Life. Express and justify opinions on the value and quality of life
Status in the UK and explain religious attitudes towards euthanasia
in Great Britain and evaluate pro-life and pro-choice arguments
religious views on abortion