

RMGS PSHE EDUCATION: CURRICULUM MAP

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
Year 7	<p>Health & wellbeing</p> <p>Transition to secondary</p> <p>Transition to secondary school, new friendships, and developing learning skills.</p>	<p>Relationships</p> <p>Friendship and Bullying</p> <p>Diversity, prejudice, and bullying.</p>	<p>Living in the wider world</p> <p>Developing skills and aspirations</p> <p>Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>Health & wellbeing</p> <p>Health and puberty</p> <p>Healthy routines, influences on health, puberty, menstruation, FGM.</p>	<p>Relationships</p> <p>Building relationships</p> <p>Self-worth, romance and friendships (including online) and relationship boundaries, inc unwanted touching</p>
Year 8	<p>Health & wellbeing</p> <p>Substance misuse and vaping</p> <p>Caffeine, alcohol, and tobacco misuse and the pressures surrounding their use.</p>	<p>Relationships</p> <p>Discrimination</p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia. Protected characteristics and the growth of online misogyny.</p>	<p>Living in the wider world</p> <p>The economy, money and financial risk</p> <p>Financial decision-making including saving, borrowing, debt, and interest rates</p>	<p>Health & wellbeing</p> <p>Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>Relationships</p> <p>Identity and relationships</p> <p>Sexual orientation, gender, consent, sharing intimate photos, and an introduction to contraception</p>
Year 9	<p>Health & wellbeing</p> <p>Drug misuse</p> <p>Use of drugs and their effects.</p>	<p>Living in the wider world</p> <p>Exploring Career Interests</p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p>	<p>Relationships</p> <p>Respectful relationships</p> <p>Healthy and unhealthy relationships and friendships, peer pressure, and dangers of gangs, CSE</p>	<p>Health & wellbeing</p> <p>Healthy lifestyle</p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>Relationships</p> <p>Intimate relationships</p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and dangers of pornography, including sharing nudes</p>

Year 10	<p>Health & wellbeing</p> <p>Mental health</p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change (including grief)</p>	<p>Relationships</p> <p>Addressing bullying, extremism and radicalisation</p> <p>Communities, belonging, bullying, and challenging extremism.</p>	<p>Living in the wider world</p> <p>Financial and personal risk</p> <p>The risks in financial decisions: gambling and fraud including techniques using AI</p>	<p>Health & wellbeing</p> <p>Exploring influence</p> <p>The influence and impact of drugs, gangs, role models and the media</p>	<p>Relationships</p> <p>Healthy relationships</p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>
Year 11	<p>Living in the wider world</p> <p>Digital Literacy</p> <p>Digital responsibility, literacy, and staying safe online.</p>	<p>Relationships</p> <p>Communication in relationships</p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Living in the wider world</p> <p>The world of work</p> <p>Career opportunities, the labour market, and understanding your payslip.</p>	<p>Health & wellbeing</p> <p>Independence</p> <p>Responsible health choices, and safety in independent contexts, self efficacy and stress management.</p>	<p>Health & wellbeing</p> <p>Study Skills</p> <p>Managing stress and effective revision strategies as we approach exam season.</p>

Year 12	<p>Health & wellbeing</p> <p>Transition to KS5 and emotional wellbeing</p> <ul style="list-style-type: none"> • Mental health and emotional wellbeing • Healthy coping strategies 	<p>Living in the wider world</p> <p>Readiness for work</p> <ul style="list-style-type: none"> • Rights and responsibilities • Future careers and post-18 pathways • Application process 	<p>Living in the wider world</p> <p>Religion in the UK</p> <p>Created by the RS department to explore religion, philosophy, and ethics.</p>	<p>Relationships</p> <p>Respectful Relationships</p> <ul style="list-style-type: none"> • Consent • Positive relationships and recognising abuse <p>Assertive communication in relationships,</p>	<p>Health & wellbeing</p> <p>Drug Education</p> <ul style="list-style-type: none"> • Risks and consequences • Managing influences and seeking support • Medicines and drug use
Year 13	<p>Relationships</p> <p>Sexual Health and Safety In Adult Relationships</p> <ul style="list-style-type: none"> • Sexual Health • Pornography and digital consent 	<p>Living in the wider world</p> <p>Beyond RMGS- Independence and Safety in Adulthood</p> <ul style="list-style-type: none"> • Staying safe • Travel in the UK and abroad • Credit cards 	<p>Living in the wider world</p> <p>Religion in the UK</p> <p>Created by the RS department to explore religion, philosophy, and ethics.</p>	<p>Health & wellbeing</p> <p>Study Skills</p> <p>Managing stress and effective revision strategies as we approach exam season.</p>	