

# RSHE Learning Journey



Term 3

Living in the Wider World

- 3 lessons focussed on mental wellbeing and exam preparation with Action Your Potential

Term 2

Health and wellbeing

- 3 lessons focussed on substance use and misuse, risks of gambling and alcohol choices

Term 1

Relationships

- 3 lessons focussed on identifying and preventing extremism and online threats

11

Term 2

Health and wellbeing

- 3 lessons focussed on personal safety and First Aid refresher course

Term 3

Living in the Wider World

- 3 lessons focussed on digital safety, cybercrime and reporting concerns

10

Term 1

Relationships

- 3 lessons focussed on harmful behaviours and reporting concerns

Term 6

Living in the Wider World

- Econo-me basics
- Financial decisions
- Saving, borrowing, budgeting
- Learning skills
- Personal strengths
- Online reputation

Term 5

Health and wellbeing

- Healthy teenagers
- Screen Time
- Coping strategies
- Responsibility for health matters
- Self-care plan

Term 1

Relationships

- Peer influence
- Afro Day: Identity
- Diversity
- Stereotyping
- Upstanders
- Acceptable behaviour
- Respect & empathy

Term 2

Health and wellbeing

- Pregnancy
- FGM
- Substance misuse
- Good mental health
- Alcohol
- Homelessness

Term 3

Living in the Wider World

- Sharing online information
- Fake News
- Compulsive design
- Online interactions
- Censorship and free speech

Term 4

Relationships

- Appearance Ideals
- Media messaging
- Body Talk
- Be the Change

9

Term 6

Living in the Wider World

- Comparing rights
- Freedom of speech
- Identifying extremism
- Discrimination

Term 5

Health and wellbeing

- Mental health
- Illness and loss
- Organ donation
- Vaping and smoking
- Types of drugs

Term 4

Relationships

- Online and TV
- Digital protection laws
- Consent
- Families and parenting
- Family planning

Term 3

Living in the Wider World

- Digital citizenship
- Bias in the media
- Misinformation in the media
- Fact or Fiction

8

Block 4 (Terms 5-6)  
Health and wellbeing

- 10 week mental health resilience course
- Mindfulness.

Term 1

Relationships

- Positive role models
- Healthy and unhealthy relationships
- Harmful behaviours
- Gangs and exploitation
- Knife free life

Term 2  
Health and wellbeing

- Changing brains and bodies
- Lumps and bumps
- Periods and menopause
- Contraception
- STIs

Block 2 (Term 2-3)  
Health and wellbeing

- Movember
- Personal hygiene
- Nutrition & exercise
- Sleep and teeth
- Vaccinations
- First Aid

Block 1 (Term 1-2)  
Relationships

- Transition
- Positive role models
- Building confidence
- Celebrating diversity
- Banter and bullying
- Healthy friendships

7

Block 3  
(Term 3-4)  
Living in the Wider World

- Scams and fraud
- Money basics
- Democracy
- Equality Act 2010
- Human Rights
- UK politics