Burlington Senior House School PSHE & RSE Overview 2022/23 [Core ThemesSub-Topics*SEND criteria(H,R,L)-Learning opportunities] RSE Curriculum (ISI inspection- Qs & School responses)

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 8 (KS3)	**Health & Wellbeing** **Drugs and alcohol** L1. Medicinal & Recreational drugs (H23,29) L2. The over-consumption of energy drinks (H23.29 L3. Habit & dependence and how to use over the counter & prescription medicines (H23)The risks of alcohol and tobacco (H24,25,26) Managing influences in relation to substance abuse (H25,28) **BLACK HISTORY MONTH** L4. Being Black. Understanding why we have Black History Month. L5.Influential Black Musicians. *Healthy lifestyles; Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.	**Living In The Wider World** **Community and Careers** L1.Equality of opportunity in life and work (L10,R39,41) L2. Challenging stereotypes and discrimination in relation to work and pay (R39) L3. Employment, self-employment and voluntary work (L8,11,12) L4. Setting aspirational goals for future careers and challenging expectations that limit choices. (L3,9) L5.Personal statements, portfolios && CVs. L6. Assessment & Quiz *Self-awareness	**Relationships.** **Discrimination** **L1.** How to manage influences on beliefs and decisions. Considering group think and persuasion L2, How to develop self-worth and confidence L3. Gender identity, transphobia and gender-based discrimination L4. How to recognise and challenge homophobia and biphobia L5. How to recognise and challenge racism and religious discrimination *Self-Care, Support & Safety;Healthy Lifestyles;The World I Live In	**Health & Wellbeing** **Emotional Wellbeing** L1. .Attitudes towards mental health L2.How to challenge myths and stigma (H8, 24) L3.Daily well being and how to manage emotions (H6,7) & Developing digital resilience (H3) L4.. Unhealthy coping strategies (H11,12) L5. Healthy coping strategies (H4,7,9,10) *Healthy lifestyles;self-care, support and safety;managing feelings	**Relationships** **Identity and Relationships** L1. Positive Healthy Relationships & positive behaviours (R10,16) L2. Relationships and sexual orientation (R1,2,3,4,5&7)) L3.Relationships - the basic principles of healthy and unhealthy relationships. Values in Relationships and Online relationships. Forming new partnerships & developing relationships (R18) L4. Consent (R24.25,26,27) L5. 'Sexting' requests and pressure (R29,30). Basic forms of contraception (R32, H35,36) L6. Gender and sexuality explained *Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.	**Living In The Wider World** **Digital Literacy** L1. Online communication and how to use social networking sites safely (H3,30,L22,27) L2. Recognising online grooming in different forms and seeking help (R17,L19) L3. RSE WORKSHOP. Focus on Online Safety, Gender and Sexuality and The Law. Age restrictions and private or public online content (L20,21) L4. TRIPS WEEK L5. RSE Assessment. *Self-Care, Support & Safety;Healthy Lifestyles;The World I Live In

YEAR 9 (KS3)	**Living In The Wider World** **Setting Goals** L1. About transferable skills, abilities and interests and skills for decision making (L6) L2.How to demonstrate strengths (L2) L3. Different types of employment and career pathways (L8,11,12) Managing feelings relating to future employment and how to work towards aspirations and set meaningful, realistic goals for the future (L3,9,13,14) GCSEs and post16 options(L7) **BLACK HISTORY MONTH** L4.The death of George Floyd and The BLM movement. L5. Black by Dave. How people can use their influence to tackle social injustice. *Self-awareness	**Health and Wellbeing** **Peer Influence, substance use and gangs** L1. How to distinguish between healthy and unhealthy friendships (R1,37) L2. How to assess risk and manage influences incl. online(R37) L3. How to recognise passive, aggressive and assertive behaviour and how to communicate assertively and how 'group thinking' affects behaviour(R42,44) L4. Managing risk in relation to gangs and the physical and legal risks of carrying a knife (R45,46,47) L5. Positive social norms in relation to drug and alcohol use and legal and health risks in relation to drug and alcohol use incl. Addiction and dependence(H24,25,27,28,29 R20) *Healthy lifestyles; Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.	**Relationships** **Respectful relationships** L1. Different types of families, parenting, including same sex parents, single parents, blended families, fostering and adoption. **L2.** Positive relationships in the home and ways to reduce homelessness amongst young people. L3. Conflict and its causes amongst families and friends and conflict resolutions L4. How to manage relationship and family changes including relationship breakdown, separation and divorce L5. How to independently access support services *Self-Care, Support & Safety;Healthy Lifestyles;The World I Live In	**Healthy Lifestyle** **Diet, Exercise, lifestyle balance, healthy choices and first aid.** L1. Basic First Aid L2. The relationship between physical and mental health. L3.Recognising and managing influences on health & wellbeing incl.Social Medi(H5) L4. Managing influences on body image (H3) L5. Sharing images and videos online *Self-Care, Support & Safety;Healthy Lifestyles	**Relationships** **Intimate Relationships** L1. Starting a Relationship L2.Intimacy and Affection. Healthy relationships and the choice to delay sex. (R12,18,28,31) L3.. Consent and capacity to consent (R24,26,27) L4. Relationships and Sex - Myths and Facts. (Safe sex, condoms, the consequences of unprotected sex incl. STI's, pregnancy) (R32,33,34) L5. Gender and Sexuality (R7,8,11) L6. Gender and sexuality explained. *Changing and growing, managing feelings, self-care, support & safety, Self-awareness	**Living In The Wider World** **Employability Skills** L1. Young people's employment rights and responsibilities (L8) L2. Skills for enterprise and employability (L4,5,9) L3. RSE WORKSHOP. Focus on Online Safety, Gender and Sexuality and The Law. Age restrictions and private or public online content (L20,21) L4. TRIPS WEEK L5. RSE Assessment (R13,14, L27) *Self-awareness, self-care, support and safety.
YEAR 10 (KS4)	**Health and Wellbeing** **Mental Health** L1. Reframing negative thinking (H7) L2.Managing challenges during adolescence (H6) L3. Signs of emotional or mental ill-health and Strategies to promote mental health and emotional wellbeing (H2,5,7,8) Portrayal of mental health in the media and Challenging stigma, stereotypes and misinformation (H7) How to access support and treatment. Recap and assessment.	**Living In The Wider World** **Financial Decision Making** L1.How to effectively budget and evaluate savings options (L16) L2.Preventing and managing debt incl. Understanding credit rating and payday lending (L17,18) L3. How data is generated, collected and shared and the influence of targeted advertising (L19,20,25) L4. The relationship between gambling and debt and Strategies for managing influences related to	**Relationships** **Relationships and sex expectations and myths.** L1. Relationship values and the role of pleasure in relationships. Social norms around sex, gender and relationships. Assumptions, misconceptions and myths. L2. Opportunities and risks in forming and conducting relationships online. L3. How to manage the impact of the media and pornography on sexual attitude, expectations and behaviours. L4. Recognising and	**Health and Wellbeing** **Exploring Influence** L1. Positive and negative role models. Evaluating role models. How to become a positive role model. . L2. Hope. Normalising discussions around stress, mental health and wellbeing in careers conversations. L3. The Impact of drugs and alcohol on individuals, personal safety, families and wider communities and How drugs and alcohol affect decision making (R20, H19,20) L4. Managing peer influence	**Living In the Wider World** **Addressing extremism and radicalisation** L1.. Recognising and responding to extremism and radicalisation (L28,29, R28) L2. E-safety and radicalisation (R5,6) Community (Tackling and responding to extremism) L3. Disability in the Media and the Equality Act L4. Human Rights and Employment Rights in the Workplace L5. Growing Careers For A	**Relationships** **Healthy Relationships** L1. Relationships and Sex - Myths and Facts. (Safe sex, condoms, the consequences of unprotected sex incl. STI's, pregnancy) (R32,33,34) L2.Personal Hygiene and dressing appropriately. L3. RSE WORKSHOP. Focus on Online Safety, Gender and Sexuality and The Law. Age restrictions and private or public online content (L20,21) L4. TRIPS WEEK L5. RSE Assessment.

	BLACK HISTORY MONTH L4. Celebrating being black and British. L5. Black by Dave. How people use their influence to tackle social injustice. *Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.	gambling incl. Online (H25,L18) L5. The law and illegal financial activities such fraud and cybercrime (R38) L6.Managing risk in relation to financial activity(L17). Recap and assessment quiz. *Self-awareness,Self-Care, Support & Safety;Healthy Lifestyles;The World I Live In	responding to pressure, coercion, exploitation, including reporting and accessing support. L5. How to recognise and challenge victim blaming *Self-Care, Support & Safety;Healthy Lifestyles;The World I Live In	in increasingly independent scenarios, relating to substances, gangs and crime. L5.The consequences of involvement in gangs and crime continued. Exit strategies. *Healthy lifestyles; Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.	Positive Change. Identifying values and aligning actions. L6.Careers Quiz .*Self-awareness,Self-Care, Support & Safety;Healthy Lifestyles;The World I Live In	*Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.
YEAR 11 (KS4)	**Living In The Wider World** **Next Steps** L1.Post-16 options and career pathways and application processes and interview techniques (L1,3,4,6,7,8,21) L2.Maximising employability, managing online presence and broadening experience(L11,12) L3. Rights, responsibilities and challenges in relation to working part time whilst studying. Using feedback constructively when planning for the future. How to set and achieve SMART targets. Effective revision techniques and strategies (L2) Managing work/life balance. **BLACK HISTORY MONTH** L4. Celebrating being black and British. L5. Black by Dave. How people use their influence to tackle social injustice. *Self-Care, Support & Safety;Healthy Lifestyles;The World I Live In	**Health and Wellbeing** **Building for the future** L1. Managing the judgement of others and challenging stereotypes. Balancing ambition and unrealistic expectations (H3,4) L2. Developing self-efficacy, incl. Motivation, perseverance and resilience. How to maintain a healthy self-concept (H2,3,4) L3. The nature, causes and effects of stress. Stress management strategies, incl. Maintaining healthy sleep habits (H8) L4. Positive and safe ways to produce content online and opportunities this offers (L22) L5. How to balance time online (H12). Recap and assessment. *Healthy lifestyles; Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.	**Relationships** **Communication in relationships.** L1. Core values and emotions L2. Gender identity, gender expression and sexual orientation. L3. How to communicate assertively including how to communicate wants and needs L4. How to handle unwanted attention including online. How to challenge harassment and stalking. L5. Various forms of relations. Unhealthy, exploitative and abusive relationships. *Self-Care, Support & Safety;Healthy Lifestyles;The World I Live In	**Health and Wellbeing** **Independence** L1. How to assess and manage risk and safety in new independent situations. L2. Emergency first aid skills revisited. Assessing emergency situations and contacting appropriate services. L3. Lifestyle and links to some cancers. Self screening and self examination. L4. Vaccinations and immunisations. Blood organ and stem cell donations. L5.managing influences and risks relating to cosmetic and aesthetic body alterations. *Healthy lifestyles; Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.	**Relationships** **Healthy Relationships** L1. Public Sexual Harassment and possible solutions in the school and society. (R2,14,37) L2.Relationship Abuse L3. CONSENT L4.Talking about sex and being able to correctly identify what makes good, safe & healthy sex. L5.RSE workshop. To be able to consider and form opinions about different scenarios around sexual activity. L6. Managing the impact of the media and pornography on sexual attitudes, expectations and behaviours. *Healthy lifestyles; Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.	**Relationships** **Addressing extremism and radicalisation** L1. Communities, inclusion, respect and belonging (R10) Recognising and responding to extremism and radicalisation (L28,29, R28) L2. The Equality Act, diversity and values (R5,6) L3. RSE WORKSHOP. Focus on Online Safety, Gender and Sexuality and The Law. Age restrictions and private or public online content (L20,21) L4. TRIPS WEEK FAREWELL ACTIVITIES - personal concerns, apprehensions. *Changing and Growing; Self-Care, Support and Safety;Managing feelings;self-awareness.