



## St Nicholas Catholic High School RSHE 2020-22

Topic	Year Group	Learning Objective	Platform	Term
Families	10	what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.	RE RSHE TENTEN: Where we come from	Lent 1
	10	why marriage is an important relationship choice for many couples and why it must be freely entered into	RE Ethics	Lent
	10	the characteristics and legal status of other types of long-term relationships.	RE	Lent
	10	the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.	RSHE TENTEN: Parenthood	Lent 2
	10	how to determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and	PSHCE Year 1	Lent 2



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		to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed		
<b>Respectful relationships, including friendships</b>	10	The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.	PSHCE Year 1	Advent 1
	10	how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).	RE	Advent 1
	10	That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	RSHE TENTEN: Beliefs, Values, Attitudes	Pentecost 2
	10	The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.	RSHE TENTEN: Vision	
<b>Online and Media</b>	10	about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.	RSHE TENTEN: Abuse	Lent 2



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	10	that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.	RSHE TENTEN: Abuse	Pentecost 1
	10	how information and data is generated, collected, shared and used online.	PSHCE Year 1	Pentecost 2
<b>Being safe</b>	10	The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.	RSHE TENTEN: Abuse RSHE TENTEN: Solidarity	Pentecost 1 Pentecost 2
	10	how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)	RSHE TENTEN: Authentic Freedom	Advent 1
<b>Intimate and sexual relationships, including sexual health</b>	10	How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.	RE what makes a healthy relationship?	Advent 1
	10	That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	RE: Concept of Sexual Relationships within marriage	Advent 2



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	10	that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion (mentioned in relation to embryo screening in (Yr 11 inheritance) for genetic disorders as a potential option should a disease be discovered) and where to get further help).	RSHE TENTEN: Before I was Born RSHE TENTEN: Pregnancy and Abortion	Lent 2
	10	how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing	Biology - NCD	Lent 2
	10	about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.	Biology – NCD	Lent 2
	10	how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.	Biology – NCD	Lent 2
<b>Mental wellbeing</b>	10	how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.	PSHCE	Mission Day
<b>Physical health and fitness</b>	10	The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health (Yr 10 non-communicable disease and Yr 10 mass transport)	Biology Mass Transport	Term 1



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	10	about the science relating to blood (but could be added), organ (Yr 10 mass transport/Yr 11 Homesostasis separates only) and stem cell donation (Yr 11 inheritance)	Biology Mass Transport	Term 1
<b>Drugs, alcohol and tobacco</b>	10	awareness of the dangers of drugs which are prescribed but still present serious health risks.	PSHCE Year 1	Pentecost 2
<b>Health and Prevention</b>	10	about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. (Yr 10 communicable disease)	Biology – communicable disease	Autumn 2
	10	the facts and science relating to immunisation and vaccination.(Yr 10 communicable disease)	Biology – communicable disease	Term 2
	10	the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	PSHCE Year 1	Lent 2
<b>Basic first aid</b>	10	<ul style="list-style-type: none"> <li>• life-saving skills, including how to administer CPR.</li> <li>• the purpose of defibrillators and when one might be needed</li> </ul>	PSHCE Year 1	Advent 1