



St Nicholas Catholic High School RSHE 2020-22

Topic	Year Group	Learning Objective	Platform	Term
FAMILIES	7	That there are different types of committed, stable relationships	RE and PC	Advent 1
	7	How these relationships might contribute to human happiness and their importance for bringing up children.	RE, PC	Lent 2
	7	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.	RSHE TENTEN: Where we come from	Lent 1
	7	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 to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed	RSHE TENTEN: My life on screen	Pentecost 1



St Nicholas Catholic High School RSHE 2020-22

Respectful relationships, including friendships	7	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.	RSHE TENTEN:Healthy Inside and Out Family and Friends	Advent 2 Pentecost1 Lent 1
	7	Practical steps they can take in a range of different contexts to improve or support respectful relationships.	RSHE TENTEN: Living Responsibly	Lent 1 Pentecost
	7	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.	RE	
	7	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.	Sacred Space Anti-Bullying Week	Lent 1
	7	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: Living Responsibly	



St Nicholas Catholic High School RSHE 2020-22

Online and Media	7	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: M my life on screen	Pentecost 1
Intimate and sexual relationships, including sexual health	7	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.	RSHE TenTen	Advent 2
	7	That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.	RSHE TenTen	Advent 2
	7	The facts around pregnancy (Yr 7 reproduction) including miscarriage (mentioned in passing in Yr 7 reproduction if member of staff is comfortable talking about it, often comes up in questions asked by students)	Reproduction	Term 2
	7	How the use of alcohol and drugs can lead to risky sexual behaviour.	PSHCE – Year 1	Pentecost 2
Mental wellbeing	7	How to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Sacred Space – World Mental Health Awareness Week Sacred Space - Anti-Bullying week	Advent 1 Advent 2



St Nicholas Catholic High School RSHE 2020-22

			Sacred Space Mental Health Awareness week	Pentecost 1
Internet safety and harms	7	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),	RSHE TENTEN: My life on screen	Pentecost 1
	7	How people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.	RSHE TENTEN: My life on screen	Pentecost1
	7	How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.	RSHE TENTEN: Appreciating Difference Tough Relationship	Advent 2
Physical health and fitness	7	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	RSHE TENTEN: Self Esteem	Advent 1
Drugs, alcohol and tobacco	7	The physical and psychological consequences of addiction, including alcohol dependency.	PSHCE Year 1	Pentecost 2
Health and Prevention	7	About dental health and the benefits of good oral hygiene and dental flossing, including	PSHCE Year 1	Advent 1



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		healthy eating and regular check-ups at the dentist		
Changing adolescent body	7	Key facts about puberty, the changing adolescent body and menstrual wellbeing. (Yr 7 reproduction)	Science	Varies – see dept schedule
	7	The main changes which take place in males and females, and the implications for emotional and physical health.(Yr 7 reproduction and	Science	Varies – see dept schedule