



St Nicholas Catholic High School RSHE 2020-22

Topic	Year Group	Learning Objective	Platform	Term
Families	8	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	PSHCE Year 1	Advent 1
			RSHE TENTEN: Wider World	Lent 1
Respectful relationships, including friendships	8	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	Lent 1 Pentecost 1
	8	That in school and in wider society they can expect to be treated with respect by others,	RSHE TENTEN: Tough Relationships/Wider World	Advent 2 Pentecost 1



St Nicholas Catholic High School RSHE 2020-22

		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.		
	8	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 RSHE TENTEN: Appreciating Difference/Wider World	Lent 1 Pentecost 2
Online and Media	8	Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.	RSHE TENTEN: Think before you share	Lent 2
	8	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: Think before you share	Lent 2
	8	Not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	RSHE TENTEN: Think before you share	Pentecost 2
	8	The impact of viewing harmful content.	RSHE TENTEN: Think before you share	Advent 2
Intimate and sexual relationships,	8	How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect,	RSHE TENTEN: Vision Session 4 Feelings	Lent 1



St Nicholas Catholic High School RSHE 2020-22

including sexual health		consent, loyalty, trust, shared interests and outlook, sex and friendship.		
	8	That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.	RSHE TENTEN: Feelings	Lent 1
	8	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)	RSHE TENTEN: Before I was Born	Lent 1
	8	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	Lent 1
Mental wellbeing	8	How to talk about their emotions accurately and sensitively, using appropriate vocabulary.	Sacred Space – World Mental Health Awareness Week Sacred Space - Anti-Bullying week Sacred Space Mental Health Awareness week RSHE TENTEN:Feelings	Advent 1 Advent 2 Pentecost 1 Lent 1



St Nicholas Catholic High School RSHE 2020-22

	8	How to recognise the early signs of mental wellbeing concerns.	PSHCE Year 1	Lent 1
Internet safety and harms	8	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: Think before you share	Lent 2
	8	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: Think before you share	Lent 2
	8	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 Lent 2
Healthy eating	8	<ul style="list-style-type: none"> how to maintain healthy eating and the links between a poor diet and health risks (Yr 8 digestion and Yr 9 non-communicable disease), including tooth decay and cancer (mentioned in Yr 9 non-communicable disease but not v detailed) 	Science – Digestion and breathing	Varies – see dept. Schedule



St Nicholas Catholic High School RSHE 2020-22