



St Nicholas Catholic High School RSHE 2020-22

Topic	Year Group	Learning Objective	Platform	Term
Families	9	The characteristics and legal status of other types of long-term relationships.	RSHE TENTEN: Marriage	Pentecost 1
Respectful relationships, including friendships	9	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: In control of my choices	Lent 1
	9	That some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	RSHE TENTEN: Love people use things	Pentecost 2
	9	What constitutes sexual harassment and sexual violence and why these are always unacceptable.	RSHE TENTEN: One hundred percent	Pentecost 2 Advent 2



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	9	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	
Online and Media	9	What to do and where to get support to report material or manage issues online.	RSHE TENTEN: Knowing my Rights and Responsibilities	Lent 2
	9	That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.	RSHE TENTEN: Love people use things	
Being safe	9	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: One Hundred Percent	Pentecost 2
Intimate and sexual relationships,	9	How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect,	RSHE TENTEN: The search for love/Use things love people	Advent 2



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including sexual health		consent, loyalty, trust, shared interests and outlook, sex and friendship.		
	9	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
	9	The facts about reproductive health, including fertility (Year 11 Hormones topic) , and the potential impact of lifestyle on fertility for men and women and menopause (Yr 11 hormones).	RSHE TENTEN: Fertility and contraception	Lent 2
	9	The facts about the full range of contraceptive choices, efficacy and options available (Year 11 hormones topic).	RSHE TENTEN: Fertility and Contraception	Lent 2
	9	How the use of alcohol and drugs can lead to risky sexual behaviour.	PSHCE – Year 1	Pentecost 1
Mental wellbeing	9	Common types of mental ill health (e.g. anxiety and depression).	PSHCE Year 1	Lent 1
Physical health and fitness	9	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 9 non-communicable disease and Yr 10 mass transport)	Science – Non-communicable disease	Varies – see dept schedule
Healthy eating	9	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	Science - NCD	Varies – see dept schedule



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		decay and cancer (mentioned in Yr 9 non-communicable disease but not v detailed)		
Drugs, alcohol and tobacco	9	The physical and psychological risks associated with alcohol consumption (Yr 9 non communicable disease) and what constitutes low risk alcohol consumption in adulthood(but could be added to Yr 9 non-communicable disease)	Science – NCD	Varies – see dept schedule
	9	The facts about the harms from smoking tobacco (particularly the link to lung cancer)(Yr 9 non-communicable disease), the benefits of quitting and how to access support to do so	Science – NCD	Varies – see dept schedule
Health and Prevention	9	(late secondary) the benefits of regular self-examination and screening.	PSHCE Year 1	Pentecost 2
Basic first aid	9	basic treatment for common injuries.	PSHCE Year 1	Pentecost 2