



Warlingham School and Sixth Form College RSHE Curriculum Overview 2025

Year 7			
Unit 1: Health and Wellbeing	Unit 2: Relationships	Unit 3: Health and Wellbeing	Unit 4: Relationships
<u>Destination Question</u> What does it mean to belong at Warlingham School? • How are we managing the transition to Warlingham School? What are our hopes and ambitions? • What does it mean to be our authentic selves and allow others to be themselves? • How do we set personal boundaries and respect those of others? • Why should we and how can we celebrate differences between us? • How do we respond in emergency situations to keep ourselves and others safe?	<u>Destination Question</u> Why it is so important that we challenge prejudice, stereotypes, bullying and discrimination of all kinds? Do we know how to challenge it? • Prejudice, stereotyping and discrimination; focusing on gender, race and religion • Healthy relationships • Bullying and banter • Internet safety and cyber • Recognizing misogyny and healthy masculinity	<u>Destination Question</u> How can we make healthy lifestyle choices and manage the physical and emotional changes during puberty and beyond? • Healthy eating and lifestyles choices • Puberty • Menstruation • Menopause	<u>Destination Question</u> Why is it so important that we build positive relationships and how can we do it? • Importance of healthy family relationships • Benefits of marriage, consent and the law • Explore different family structures • Introduction to consent and romantic relationships.

Year 8

Year 8			
Unit 1: Health and Wellbeing	Unit 2: Relationships	Unit 3: Health and Wellbeing	Unit 4: Relationships
<u>Destination Question</u> How can we take care of and improve our mental and emotional wellbeing? • Wellbeing and maintaining positive mental health • Strategies to build resilience and cope with challenges • Signs of depression • Positive body image • HPV vaccination information	<u>Destination Question</u> Why it is so important that we challenge prejudice, stereotypes, bullying and discrimination of people because of their gender, sexuality, or religion? Do we know how to challenge it? • Prejudice, stereotyping and discrimination • 2010 Equality Act • What is healthy masculinity? • What are the harmful impact of stereotypes on men and women?	<u>Destination Question</u> How do we assess the risks of drugs (nicotine, caffeine, alcohol)? • Peer pressure • Alcohol • Risks of smoking and vaping • Energy drinks – excessive caffeine and sugar	<u>Destination Question</u> How can we assess risk and manage influence online? • Online rights and responsibilities • Law on image sharing • How to report online material • Online grooming - recognise the warning signs • Financial exploitation and awareness of gambling hooks

Year 9

Year 9			
Unit 1: Health and Wellbeing	Unit 2: Relationships	Unit 3: Health and Wellbeing	Unit 4: Relationships
<u>Destination Question</u> What can we do to assess risk and manage influence safely in our lives? • Peer pressure • Recognise assertive, passive, and aggressive behaviour • The legal and physical risks of carrying a knife • Law on alcohol consumption and risks of excessive drinking	<u>Destination Question</u> Why are relationships at home and with friends so important and how can we resolve conflict or overcome difficulties when they occur? • Family life and parenting styles • Healthy and abusive family relationships • How to resolve conflict with friends and family	<u>Destination Question</u> How can we take increase responsibility for our health and wellbeing? • Self-examination and importance of screening • What are our choices regarding organ donation, blood and stem cell donations? • Balancing our lives between sleep, work, leisure and exercise. • Emotional wellbeing • Media and body image • Law on sex, consent • Assessing readiness for sexual activity	<u>Destination Question</u> How do we manage risk and influence when it comes to intimate relationships? • Normalising STI clinics • Awareness of HIV/AIDs • Safe sex - different forms of contraceptives • How to apply a condom • Unprotected sex, including STIs, pregnancy • Fertility health, miscarriage and abortion

Year 10

Year 10			
Unit 1: Health and Wellbeing	Unit 2: Relationships	Unit 3: Health and Wellbeing	Unit 4: Relationships
<u>Destination Question</u> How can we safeguard our mental health as we get older and experience change and transition? • Social media and maintaining our self-esteem and confidence. • Anxiety, social anxiety, stress and depression • Causes, risks and consequences of using illegal drugs	<u>Destination Question</u> What are the myths, assumptions and misconceptions about sex, gender and relationships? How can we manage this pressure and build healthy relationships? What are the legal and ethical implications in relation to consent? • How do we positively ask for and check for consent? • Media, pornography and sexual attitudes and expectations • Coercive control, honour based violence, stalking and harassment • Same-sex attraction and gender identity • Law on consent and rape • Female genital mutilation (FGM)	<u>Destination Question</u> What is the influence and impact of drugs, gangs, role models and the media? How can we manage dangerous situations and make healthy choices? • Importance of having positive role models • Improving decision making skills • Grooming to join a gang • Gang membership • County lines (drugs)	<u>Destination Question</u> How do we address extremism and radicalisation? • How can we recognise the signs of online grooming? • What is sexual exploitation? • Community cohesion • Extremism including domestic terrorism • Hate crimes

Year 12

**Non-statutory PSHE content which may change depending on the needs of the students.
The content is delivered through Inspire sessions.**

<u>Destination Question</u> What strategies can you use to stay mentally healthy? • 5 steps to mental wellbeing • recognising the signs of depression • where to get help	<u>Destination Question</u> How can you be a responsible driver and a safe passenger? • safe drive, stay alive workshop	<u>Destination Question</u> What is radicalisation? • radicalisation and extremism talk

Year 13

**Non-statutory PSHE content which may change depending on the needs of the students.
The content is delivered through Inspire sessions.**

<u>Destination Question</u> How can you manage your finances effectively? • debt • credit cards • student loans	<u>Destination Question</u> Staying safe: how do you enjoy a healthy sexual relationship? • law on sex • consent • contraception • sexual health clinics	<u>Destination Question</u> What is radicalisation and how can we spot the signs of extremism? • radicalisation and extremism talk