

## Year 10 Relationships Sex and Health Education (RSHE)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Curriculum Content</b> (Links to PSHE Association Specification)	<p><b>Wellbeing</b></p> <p>What is AI – suitable use and pitfalls, UK laws. AI safety.</p> <p>Physical and Mental Health – how to care for your emotional and physical wellbeing, including diet and sleep.</p> <p>Knife Crime – Antisocial Behaviour &amp; Offensive Weapons</p> <p>External Visitors – Devon &amp; Cornwall Police / Mike's Trust</p> <p>Movember – Men's Mental Health – Fundraising – Local Community Link</p> <p>H2, H1, H5, H6, H11, H12, H13</p>	<p><b>Mental Health</b></p> <p>The signs and symptoms of depression – challenging of stigma and misinformation.</p> <p>Teen suicide – the signs of emotional or mental ill health – how to access support.</p> <p>Anxiety and self-harm - the signs of emotional or mental ill health – how to access support – strategies to promote mental and emotional wellbeing.</p> <p>H2, H5, H6, H7, H8, H9, H10, H14</p>	<p><b>School Wellbeing Project</b> – working as a team and completing independent research on a relevant topic.</p> <p><b>Healthy Relationships</b></p> <p>Making decisions about sex – relationship values, the role of pleasure, the ethical and legal implications of consent.</p> <p>Healthy Sexual Experience - responding to pressure, coercion and exploitation, how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours</p> <p>Sharing sexual images – legal implications, revenge porn and consent.</p> <p>External Visitors – Brooke</p> <p>R1, R2, R3, R5, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31</p>	<p><b>Respectful relationships</b></p> <p>Abusive relationships, sexual violence, pornography and revenge porn – ways to recognise unwanted attention the impact of drugs and alcohol, sharing of sexual images and recognising manipulation, persuasion or coercion.</p> <p>Public Sexual Harrassment – respectful behaviour, #metoo movement and signposting for support.</p> <p>External Visitors – Brooke</p> <p>R1, R2, R3, R5, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31</p>	<p><b>Exploring Influence</b></p> <p>Positive and negative role models- how to evaluate the influence of role models and become a positive role model for peers. - The media's impact on perceptions of gang culture, the impact of drugs and alcohol on individuals, personal safety, families and wider communities</p> <p>Exit strategies for pressurised or dangerous situations - how to seek help for substance use and addiction.</p> <p>Boardmasters Project – Safety at festivals.</p> <p>External Visitors – YZUP / We are with you (Drugs Charity for young people)</p> <p>R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28,</p>	<p><b>Exploring Influence</b></p> <p>Gangs and Media influence - how social media may distort, mis-represent or target information to influence beliefs and opinions</p> <p>County Lines- vulnerabilities and dangers.</p> <p>Radicalisation &amp; Extremism, Incels – how to manage conflicting views and misleading information, how to safely challenge discrimination, including online</p> <p>how to recognise and respond to extremism and radicalisation</p> <p>R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28,</p>
<b>Key questions</b>	<p>How can I keep myself safe?</p> <p>How can I contribute to wider society and be a good citizen of the community?</p>	<p>How can I access support for myself or someone I care for?</p> <p>What does ill mental health look like?</p>	<p>How can I make the right decisions regarding sex and relationships?</p> <p>What does a healthy relationship look and feel like?</p>	<p>How can I make the right decisions regarding sex and relationships?</p> <p>What does a healthy relationship look and feel like?</p>	<p>What makes a good role model?</p> <p>How can I make the right decisions in pressured situations?</p>	<p>What is grooming and what are the key signs and situations?</p> <p>How can I make good decisions online?</p>
<b>Skills</b>	<p>Empathy for others</p> <p>Keeping ourselves and others safe in a range of scenarios</p>	<p>Knowing strategies to promote positive mental health and wellbeing.</p> <p>Supporting those around us non-judgmentally.</p>	<p>Having confidence in your own decisions.</p> <p>Understanding consent and applying this to a range of scenarios.</p>	<p>Having confidence in your own decisions.</p> <p>Understanding consent and applying this to a range of scenarios.</p>	<p>Knowing the consequences of drugs and alcohol use.</p> <p>Being able to help others in emergency situations.</p>	<p>Being able to identify positive role models in person and online.</p> <p>Recognising unreliable information.</p>
<b>Assessments</b>		Pupil Assessment 1		Pupil Assessment 2		Pupil Assessment 3
<b>NEA</b>						
<b>Homework</b>	<p>My RSHE – Completion of RSHE Safe Sheet 1</p> <p>Movember competition entry</p>		RSHE Safe Sheet 2		RSHE Safe Sheet 3	Diversity Week Competitions