

	Year 7	Year 8	Year 9	Year 10 (Skills Awards)	Year 11 (Skills Awards)
Autumn 1	<p><b><u>Positive and healthy friendships including online acquaintances</u></b></p> <p>Identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support. Understand their rights, responsibilities and opportunities online and expectations of behaviour.</p> <p><b>ASS: Code of Practice for a safe school environment</b></p>	<p><b><u>Safe behaviour online</u></b></p> <p>Know how information and data is generated, collected, shared and used online. Understand the risks of sharing material online and the difficulty of removing it. Understanding the importance of privacy online.</p> <p><b>ASS: Reflective written piece based on personal/fictional experience</b></p>	<p><b><u>Online and Media</u></b></p> <p>Understand the impact of viewing harmful content online and how this can affect our behaviours. Know the law in relation to inappropriate online behaviour.</p> <p><b>ASS: Peer guidelines through presentation &amp; AQA Unit Award Personal Safety Entry Level 1-3 046/047/048</b></p>	<p><b><u>Personal Safety – Level 1 / 2</u></b></p> <p>Students will demonstrate their understanding of dangers in and outside the home environment, their personal safety in relation to the law and online safety.</p> <p><b>ASS: AQA Unit Award Personal Safety 049/050</b></p>	<p><b><u>Red Cross First Aid Champion</u></b></p> <ul style="list-style-type: none"> <li>• Asthma Attack</li> <li>• Poisoning and Harmful Substances</li> <li>• Bleeding heavily</li> <li>• Seizures and Epilepsy</li> <li>• Broken bones</li> <li>• Severe allergic reactions</li> <li>• Burns</li> <li>• Strains and Sprains</li> </ul> <p><b>ASS: Portfolio</b></p>
Autumn 2	<p><b><u>Drugs, alcohol and tobacco awareness</u></b></p> <p>Explore the facts about legal and illegal drugs and their associated risks. Identify the facts about the harms of smoking tobacco and alcohol.</p> <p><b>ASS: Factual leaflet</b></p>	<p><b><u>Effects of addiction and dependency (with speaker from outside agency)</u></b></p> <p>Investigate the physical and psychological risks associated with legal and illegal drug consumption and the consequences of addiction.</p> <p><b>ASS: 3D representation of the effects of addiction</b></p>	<p><b><u>Legal and Illegal substances and the law</u></b></p> <p>Know the law relating to the supply and possession of illegal substance. Understand the dangers of drugs which are prescribed but present serious health risks.</p> <p><b>ASS: Role play task &amp; AQA Unit Award Drugs Education Entry Level 1-3 006/007/008</b></p>	<p><b><u>Drugs Education – Level 1 / 2</u></b></p> <p>Students will demonstrate their understanding of legal and illegal drugs including tobacco and alcohol, classification of drugs and their effects.</p> <p><b>ASS: AQA Unit Award Drugs Education 009/010</b></p>	<p><b><u>Red Cross First Aid Champion (with trainer from Red Cross)</u></b></p> <ul style="list-style-type: none"> <li>• Choking</li> <li>• Stroke</li> <li>• Head Injury</li> <li>• Unresponsive and Breathing</li> <li>• Heart attack</li> <li>• Unresponsive and not breathing</li> <li>• Hyperthermia</li> <li>• Meningitis</li> <li>• Unresponsive and not breathing when an AED is not available</li> </ul> <p><b>ASS: Portfolio</b></p>
Spring 1	<p><b><u>Families</u></b></p> <p>Know there are different types of committed, stable relationships. Identify how this might contribute to happiness and the importance when raising children. Explore the roles and responsibilities of parents when raising children.</p> <p><b>Ass: 3D representation of personal understanding of a successful family</b></p>	<p><b><u>Relationships</u></b></p> <p>Understand the legal term 'marriage' and the legal status of other long-term relationships. Explore marriage as an important relationship choice for many couples. Explore how stereotypes can cause damage. Understand the importance of respect and tolerance for people's belief in wider society.</p> <p><b>Ass: Class debate</b></p>	<p><b><u>Safe relationships</u></b></p> <p>Identify when a relationship is unsafe and know what support is available. Know what constitutes sexual harassment and sexual violence and why these are always unacceptable. How to recognise the characteristics and positive aspects of healthy one to one intimate relationships.</p> <p><b>Ass: PEE response to agony aunt dilemma &amp; AQA Unit Award Sex and Relationships Entry Level 1-3 011/012/013</b></p>	<p><b><u>Sex and Relationships – Level 1 / 2</u></b></p> <p>Students will demonstrate their understanding of the responsibilities and qualities of good relationships, causes and consequences of the breakdown of relationships and how to get support.</p> <p><b>ASS: AQA Unit Award Sex and Relationships 014/015</b></p>	<p><b><u>Personal Finance Level 1 / 2</u></b></p> <p>Students will demonstrate their understanding of banking institutions, salaries and ways to purchase through research.</p> <p><b>ASS: AQA Unit Award Personal Finance 019/020</b></p>

<p><b>Spring 2</b></p>	<p><b><u>Healthy Lifestyles (trip to local Leisure Centre and Kidzania)</u></b></p> <p>Explore what constitutes a healthy lifestyle and the links to physical health. Understand the importance of a healthy diet as part of a healthy lifestyle. Investigate the jobs related to healthy lifestyles.</p> <p><b>Ass: Ongoing social media posts relating to healthy lifestyle choices.</b></p>	<p><b><u>Looking after yourself</u></b></p> <p>Explore how to maintain healthy eating and the links between poor diet and ill health. Understand the links between physical activity and mental wellbeing. Identify the importance of good personal hygiene, including dental health and the effects of sleep patterns to wellbeing.</p> <p><b>Ass: Advice leaflet based on case study</b></p>	<p><b><u>Wider health</u></b></p> <p>Evaluate how our actions impact our own and others' mental health. Assess the importance of community participation and voluntary activities on mental wellbeing and happiness. Explore the importance of community support for physical health, including vaccines, blood and organ donors.</p> <p><b>Ass: Class debate &amp; AQA Unit Award Healthy Lifestyles Entry Level 1-3 026/027/028</b></p>	<p><b><u>Healthy Lifestyles – Level 1 / 2 talk from nutritionist/PT</u></b></p> <p>Students will demonstrate their understanding of the different types of categories of exercisers and exercises, where they can access facilities and how plans can help to support good health.</p> <p><b>ASS: AQA Unit Award Healthy Lifestyles 029/030</b></p>	<p><b><u>Being a Critical Consumer Level 1/ 2</u></b></p> <p>Students will demonstrate their understanding of sensible shopping including online, high street and supermarket. Students will explore price comparison sites and different payment options and the law.</p> <p><b>ASS: AQA Unit Award Being a Critical Consumer 054/055</b></p>
<p><b>Summer 1</b></p>	<p><b><u>Reproductive Health</u></b></p> <p>Understand the facts about puberty in both males and females and implications on emotional and physical health. Know the facts about reproductive health and the impact on lifestyle on fertility including the menopause. Explore how physical health has an impact on reproduction.</p> <p><b>Ass: Informative poster/presentation</b></p>	<p><b><u>Relationship choices</u></b></p> <p>Understand that all aspects of health are affected by relationship choices. Explore the facts of the full range of contraceptive choices and choices in relation to pregnancy.</p> <p><b>Ass: Produce an informative advert</b></p>	<p><b><u>Making informative choices (KISS agency)</u></b></p> <p>Recognise characteristics and positive aspects of healthy one to one intimate relationships. Identify a range of strategies for managing sexual pressure including choices. Explore how the use of internet and social media can impact on sexual choices.</p> <p><b>Ass: Written response to case study</b></p>	<p><b><u>Introduction to Diversity, Prejudice and Discrimination Level 1 / 2</u></b></p> <p>Students will demonstrate their understanding of the meaning of prejudice, and discrimination and how protected qualities are supported by the law.</p> <p><b>ASS: AQA Unit Award Introduction to Diversity, Prejudice and Discrimination 059/060</b></p>	<p><b><u>Portfolio Collation</u></b></p> <p><b>AQA Unit Awards</b></p>
<p><b>Summer 2</b></p>	<p><b><u>Mental Wellbeing</u></b></p> <p>Recognise the importance of talking about emotions, accurately and sensitively and the links to early signs of mental wellbeing concerns. Understanding that happiness is linked to being connected to others.</p> <p><b>Ass: Role play task</b></p>	<p><b><u>Mental Health and Equality</u></b></p> <p>Explore the common types of mental health. Understand that stereotypes can cause damage and the legal rights and responsibilities regarding equality support that everyone is unique and equal.</p> <p><b>Ass: Social media post (blog, tweet, video etc)</b></p>	<p><b><u>Mental Health and the bigger picture</u></b></p> <p>Critically evaluate one's actions and the positive or negative effects of them on their own or others' mental health. Analyse the similarities and differences between the online world and physical world including impact of unhealthy comparisons, unrealistic expectations. Investigate addiction in relation to mental health.</p> <p><b>Ass: PEE response (examination style question) &amp; AQA Unit Award Emotional Wellbeing Entry Level 1-3 021/022/023</b></p>	<p><b><u>Emotional Wellbeing – Level 1 / 2 Yoga, Meditation and Mindfulness session</u></b></p> <p>Students will demonstrate their understanding of the causes and effects of stress, potential sources of stress and ways in which to effectively manage stress.</p> <p><b>ASS: AQA Unit Award Emotional Wellbeing 024/025</b></p>	

\*\* This document has been created using the statutory RSE Secondary School guidance. Cross curricular areas have also been identified and included in subject area maps e.g Immunisation and vaccination delivered in Science.

NB KISS (Keep It Safe 'n' Sorted) is a confidential sexual health drop-in service for 13 to 19 year olds in Hillingdon.

They provide a safe setting for young people to talk with a trained worker about:

- relationships
- peer pressure
- safer sex and contraception
- sexually transmitted infections
- drug and alcohol problems