

TNHA Curriculum SOW Document Subject: PSHE/RSE Year: 7

Timescale	Autu	ımn	Spring		Sur	Summer	
Prior Learning (from KS2/3)							
Component		Being me in my world Celebrating differences		Dreams and goals Healthy me		onships ging me	
Learning Aim	Being me in my world: How do I fit into the world I live in? Celebrating differences: Do we need to feel 'the same as' to belong?		Dreams and Goals: Can my choices affect my dreams? Healthy Me: To what extent am I responsible for my mental and physical health?		Relationships: What can make a relationship healthy or unhealthy? Changing Me: How do I feel about becoming an adult?		
Teaching Content	Being me in my world:	Celebrating differences:	Dreams and Goals:	Healthy Me:	Relationships:	Changing me:	
	Lesson 1 and 2: Recognise that identity is affected by a range of factors Lesson 3	Lesson 1: Describe what prejudice and discrimination are Know what bystanders affects are and their	Lesson 1: Identify my dreams and goals and recognise that these may change over time	Lesson 1: Explain ways to help myself when I feel stressed Lesson 2:	Lesson 1: Identify characteristics and benefits of positive, strong, supportive, relationships	Lesson 1: Understand the changes that happen during puberty Understand that	
Understand how peer pressure operates within groups Explain some ways the Equality Act protects Lesson 4: against prejudice and		Lesson 2: Identify some of the skills that may benefit my future, including employment	Understand how health can be affected by emotions and know a range of ways to keep myself	Understand what expectations might be of having a romantic/attraction relationship	practices such as Female Genital Mutilation and breast ironing are forms of abuse		
	Recognise how to present myself online	discrimination		well and happy	Understand what is meant by consent	Know where to access help if I am worried or	



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affect people's lives when an irresponsible or unsafe choice could affect a person's dreams and goals Characteristics when an irresponsible or unsafe choice could affect a person's dreams and goals When an irresponsible of vaccinations and can explain differing views on this Lesson 6: Understand the role of vaccinations and can explain differing views on this Lesson 6: Understand the role of vaccinations and can explain differing views on this Lesson 6: Understand the role of vaccinations and can explain differing views on this Lesson 6: Understand the role of wy relationship Lesson 1 dentify some of the personal and legal consequences of responsibilities of being a parent Views on this Summarise some key things I can do to Understand the role of vaccinations and can explain differing views on this Views on		discrimination take			Recognise when to use	positive, healthy family
Know the Equality Act and examples of Protected Characteristics Lesson 6: Understand that the Choices I make affect Or unsafe choice could affect a person's dreams and goals of vaccinations and can explain differing views on this personal and legal consequences of responsibilities of being a parent Identify some of the personal and legal consequences of responsibilities of being a parent Understand that the Choices I make affect things I can do to Understand what it		different forms and can	Give an example of	Lesson 5:	assertiveness in some	relationships and
Know the Equality Act and examples of Protected Characteristics Lesson 6: Understand the personal and legal consequences of the Summarise some key choices I make affect The personal and legal consequences of the personal and legal consequences of the roles and responsibilities of being the personal and legal consequences of the personal and legal consequences of the personal and legal consequences of the responsibilities of being the personal and legal consequences of the persona		affect people's lives	when an irresponsible	Understand the role	of my relationship	effective parenting
and examples of Protected Characteristics Lesson 6: Understand that the Choices I make affect Understand to the Choices I make affect Understand to the Choices I make affect Understand to the Choices I make affect Universe on this personal and legal consequences of responsibilities of being a parent Understand what it Understand what it			or unsafe choice could	of vaccinations and		
Protected Characteristics Lesson 6: Understand that the choices I make affect Understand to to Understand what it Consequences of responsibilities of being a parent responsibilities of being sexting Understand what it		Know the Equality Act	affect a person's	can explain differing	Understand the	Identify some of the
Characteristics Lesson 6: Understand that the choices I make affect Understand to Understand what it Understand that the choices I make affect Understand to Understand what it		and examples of	dreams and goals	views on this	personal and legal	roles and
Understand that the choices I make affect things I can do to Understand what it		Protected			consequences of	responsibilities of being
choices I make affect things I can do to Understand what it		Characteristics	Lesson 6:	Lesson 6:	sexting	a parent
			Understand that the			
sustain my wellbeing meant by consent			choices I make affect	things I can do to	Understand what it	
				sustain my wellbeing	meant by consent	_



		Understand what bullying is and what it is not and some of the motivations behind bullying behaviour. Lesson 6: Understand how respect impacts on relationships.	my relationships, health and future		Lesson 6: Summarise behaviours and attitudes that can make a relationship healthy or unhealthy and explain what discernment means	Lesson 4: Know that the media can have a positive or negative impact on a person's self-esteem or body image Know where to go for help if I am worried about my body image or self-esteem Lesson 5: Know some of the changes in my brain during puberty Understand some of the emotional changes during puberty Know where to access support if I am worried about adolescence Lesson 6: Summarise the potential impact of changes in puberty on how I feel and suggest
Assessment	Jigsaw Assessmer	nt booklets	Jigsaw Assessn	nent booklets	Jigsaw Assess	how I feel and suggest ways to cope with the changes.



Timescale	Autumn		Spring		Summer	
Component	Being me in my world		Dreams and Goals		Relationships	
	<u>Celebrating differences</u>		Healthy Me		Changing Me	
Learning Aim	Being me in my world:		Dreams and Goals:		Relationships:	
	Can I choose how I fit into t	he world	Can the choices I make n	ow affect my future?	Because I am worth itc	or am I?
	Celebrating differences: How different are we really?		Healthy Me: Can I become more responsible for my health and happiness?		Changing Me: What factors can make a happy and healthy	an intimate relationship
Teaching Content	Being me in my world:	Celebrating differences:	Dreams and Goals:	Healthy Me:	Relationships:	Changing Me:
	Lesson 1: Appreciate that identities are complex and can change over time Appreciate the similarities, differences and diversity of people's identities Lesson 2: Understand about collective and individual identities and cultural diversity Understand the influence family has on selfidentity	Lesson 1: Recognise the challenges faced by individuals when trying to make positive change Give examples of individuals who have made a positive contribution despite prejudice and discrimination Lesson 2: Give examples of social injustice in the UK Describe what inequality means in the UK	Lesson 1: Know what some of my long- term goals are, how I can achieve them, and how my short- and mediumterm goals might help me do that Identify the careers that interest me and the skills I need to develop and how these can be linked to short-term and long-term goals	Lesson 1: Describe the actions that can be taken to support good physical health List some factors that help ensure good health in the longer term List the factors that can impact negatively on dental health Describe the steps that can be taken to keep teeth and gums healthy	Lesson 1: Understand that relationships affect everything we do in our lives and that relationship skills have to be learned and practised Understand that social media can both positively and negatively affect how I feel about myself Lesson 2: Understand that relationships can	Lesson 1: Know different types of close, intimate relationships that people can have Know what happens physically when individuals experience physical attraction Know how to discuss the positive aspects of a range of different types of personal relationships that adults may have and the possible impact on children



Lesson 3:	Lesson 3:	Lesson 2:	Lesson 2:	cause strong feelings	Lesson 2:
Define what stereotypes	Give examples of social	Understand some of	Understand how	and emotions	Understand the
are	injustice	the positive and	health can be affected		positive aspects of
		negative roles that	by emotions and know	Understand the	having a girlfriend or
Lesson 4:	Lesson 4:	money can play in	a range of ways to	features of positive	boyfriend
Understand that first	Define what is and what	society	keep myself well and	and stable	
impressions can lead to	is not bullying		happy	relationships	Describe some of the
judgements that may be		Lesson 3:			behaviours you would
misinformed	Give examples of LGBT	Describe how my	Recognise when I feel	Understand that all	expect to find in a
	bullying	activity online can be	stressed and the	relationships have	healthy romantic
Lesson 5:		both positive and	triggers associated	positive and less	relationship
Understand that there	Describe the steps that	negative	with this	positive aspects	
are a range of beliefs	can be taken to challenge				Lesson 3:
within any community	LGBT bullying	Lesson 4:	Lesson 3:	Lesson 3:	Understand the range
and I can recognise the		Explain why it is	Know about different	Define what is meant	of feelings associated
beliefs I hold as	Lesson 5:	important to keep	substances and the	by personal space and	with attraction
important to me	Make a positive	track of spending	effects they have on	how this varies across	
	contribution to my		the body and why	my relationships both	Know where to get
Appreciate that people's	community	Lesson 5:	some people use them	online and offline	information to safely
faiths and beliefs can		Understand the			explore feelings about
affect their personal	Recognise that the	variations in income	Lesson 4:	Can discuss how	sexuality
identity	choices I make will	across the world	Understand what the	personal space differs	
	impact on my ability to		law says about	across different	Lesson 4:
Lesson 6:	develop my self-	Lesson 6:	substance use and	cultures	Know that
Understand how identity	confidence and integrity	Understand that	possession		pornographic images
influences and		choices I make now		Lesson 4:	do not reflect reality
differences and use these	Lesson 6:	can affect my future	Describe some of the	Understand what is	
positively in my	Understand how respect		links between	meant by control,	Know how
relationships	and equality, or the lack	Know that gambling	substances and	power balance and	pornography can
	of these, affects	can become addictive	exploitation of young	coercion in a	impact on
	relationships	and tell you some of	people	relationship	expectations and self-
		the warning signs			image
	Know I can make a		Lesson 5:	Lesson 5:	
	difference (self-efficacy)		Understand the role of	Understand how to	Lesson 5:
	, , , , , , , , , , , , , , , , , , , ,		medicines and can	use social media	List some risks
					associated with
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Assessment	Jigsaw assessr	nent booklets	Jigsaw assessi	ment booklets	Jigsaw assessr	nent booklets
				Lesson 6: Show I understand how and when the influence of others could be harmful to my health and happiness	Give examples of how personal safety can be compromised online Lesson 6: Summarise the differences between a healthy, positive relationship and a coercive one	Know what the law says in relation to sex and alcohol Discuss the steps someone could take if they had engaged in risky sexual behaviour as a result of drinking too much alcohol Lesson 6: Summarise behaviours and attitudes that could make a relationship healthy or unhealthy Explain some risks associated with pornography or alcohol use in relation to relationships
				explain differing views on this	appropriately, safely and legally	drinking too much alcohol, including unprotected sex, non-



Timescale	Aut	umn	Spring		Summer		
Component	Being me i	n my world	Dreams	and goals	Relati	onships	
	Celebrating diff	Celebrating differences (tutor)		ferences (tutor)	Changing me (tutor)		
				me (tutor)			
				t the Year on Curriculum			
Learning Aim	identity?	To what extent does the world I live in affect my		Dreams and goals: Who do I dream of becoming? Healthy me:		Relationships: Can relationships ever be equal? Changing me:	
	Celebrating differences: Is being different a good thin		How can substances impact on wellbeing?		How do I feel about becoming an adult?		
Teaching Content	Being me in my world:	Celebrating differences:	Dreams and goals:	Healthy me:	Relationships:	Changing me:	
	Lesson 1: Understand that different people have different expectations of intimate relationships and know how to access support if worried about a relationship issue	Lesson 1: Give examples of different types of prejudice and discrimination Explain how the Equality Act has protected characteristics and why	Lesson 1: Identify my personal strengths Identify some health goals I would like to achieve Lesson 2:	Lesson 1: Know that the majority of people my age make healthy lifestyle choices Understand that there are misperceptions about the health	Lesson 1: Recognise when others might try to use their power to control, coerce and manipulate in an intimate relationship Understand the	Lesson 1: Know that my mental health can be affected by different situations and experiences Know about some common mental health issues	
	Lesson 2: Explain peer approval and how it can cause problems	Distinguish between 'banter' and sexist, LGBT-phobic and racist language	Produce a SMART plan and know how to apply it to support my life and learning	choices of people my age Lesson 2: Understand the physical and emotional	features of positive, stable, intimate relationships Lesson 2:	Can challenge stigma about mental health issues	



Describe what grooming	Know where to report		effects of alcohol and	Understand that I	Know where to access
is and give examples	bullying	Lesson 3:	how it can affect	have a choice in many	support if I am
Lesson 3:		Able to accept helpful	decision-making	situations, including	worried about my
Suggest links between	Understand the legal	feedback and reject		when I want to say no	mental health
risky behaviour choices	consequences of bullying	unhelpful criticism	Know what the law		
and the influence of	and hate crime		says about alcohol	Know and can use	Lesson 2:
social groups		Lesson 4:		some assertiveness	Know that change can
	Lesson 2:	Know the difference	Lesson 3:	skills to help me	trigger a range of
Know that I can accept or	Explain why some people	between mental health	Understand the	manage a range of	emotional responses
reject influences	can display sexist and	and mental ill-health	physical and emotional	circumstances	
	ageist behaviour		effects of certain		Know that some
Lesson 4:		Consider factors that	substances and how	Understand that	changes can be more
Identify differences	Understand the	can contribute to a	they can affect	consent is a vital	difficult to manage
between myself and	complexities associated	person's mental ill	decision-making	feature of a sexual	than others
others in my social	with gender identity	health		relationship	
groups			Know some facts about	·	Know that going
	Challenge my own and	Know how to access	drug classification and	Know about sex and	through change can
Explain how differences	others' attitudes towards	support if I am worried	what the law says	the law	develop resilience
can be a source of	difference in relation to	about a mental health	about possession and		
conflict or a reason to	sexism, ageism and	issue	supply of drugs	Lesson 3:	Lesson 3:
celebrate	gender identity			Understand that	Know that sleep is
	,	Lesson 5:	Lesson 4:	pornography and	important for
Lesson 5:	Lesson 3:	Understand how media	Know about the	some media images	psychological and
Explain the links between	Identify positive and	manipulation can be	recovery position and	give a false	physical reasons
having a positive self-	negative language and	involved in a person's	how to contact	impression of sex and	. ,
identity and healthy	can recognise my own	mental ill-health	emergency services	sexual relationships	Know that sleep is
intimate relationships	language style		,	·	important for my
·	,	Understand how and	Know what to do in an	Challenge	mental health
Understand what	Lesson 4:	why some media is	emergency situation	stereotypical ideas of	
consent means for me	Understand that there	manipulated	involving substances	'ideal' males and	Know that sleep is
within my peer and	are different types of			females	important for learning
intimate social groups	bullying (verbal, physical,	Consider how self-	Lesson 5:		, , , , , , , , , , , , , , , , , , , ,
8 11 10	online)	esteem can be affected	Understand some of	Know about sex and	Lesson 4:
Know how to report	,	by the media positively	the physiological and	the law as applied to	Understand what
abusive or coercive	Know what to do if I	and negatively	psychological effects of	online and social	resilience means
behaviour	encounter bullying		substance misuse and	media	
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	Give examples of	Know where to access	the impact of illegal		Understand how
Lesson 6:	workplace bullying	help if worried about a	substances on society	Lesson 4:	resilience can be
Understand how the		mental health concern	and individuals	Know about the	developed
choices I make can be	Lesson 5:			different	
linked to my self-ident	ity Understand about	Lesson 6:	Lesson 6:	contraception	Lesson 5:
and self-esteem, and	protected characteristics	Understand my own	Summarise some of	methods available	Reflect on the
how this can affect my	and how everyone has	mental health and how	the risks associated		changes that my body
health and relationship	the responsibility to	to recognise signs of	with substance use and	Know that	and brain have
	challenge discrimination	mental ill-health in	the laws relating to	contraception is	undergone since
		myself and others	these.	important for sexual	starting puberty
	Understand that there			health as well as	
	are some inequalities in		Express why some	preventing a	Consider the changes
	the world		people choose to use	pregnancy	yet to come and how
			different substances		to manage these
	Lesson 6:		and my own thinking	Know that	
	Understand how		relating to such	communication and	Know where to access
	prejudice, discrimination		choices.	negotiation about	support if I am
	and bullying can arise			contraception use is	worried about an
	and how these can affect			important	aspect of change in
	mental health				my life
				Understand that	,
				information and facts	Lesson 6:
				are vital in making an	Summarise how
				informed choice	different types of
				about contraception if	change can affect
				and when needed	mental health and
					know some strategies
				Know how to access	to stay resilient
				advice and	.,
				information about	
				sexual health	
				Lesson 5:	
				Understand that there	
				are consequences if I	
		1	l .	a. c sonocquentes in i	



			choose to have unprotected sex Know about different sexually transmitted infections
			Know about sexual health clinics and how to access help and support if I have unprotected sex
			Lesson 6: Consider the risks and consequences of becoming sexually active
Assessment	End of Unit Assessment Peer and self - assessment	End of Unit Assessment Peer and self - assessment	End of Unit Assessment Peer and self - assessment



Timescale	Autur	nn	Sprin	g	Summ	ner
Component	Being me in	my world	Celebrating differ	ences (tutor)	Dreams and go	oals (tutor)
	Celebrating diffe	rences (tutor)	Dreams and go	Dreams and goals (tutor)		m days across the year)
			Healthy	me	Changin	g me
Learning Aim	Being me in my world: Is managing my online and control? Celebrating differences: Does difference result in ine		Does difference result in inequality? Dreams and goals: Is success only possible when physical and emotional		Dreams and goals: Is success only possible when physical and emotional needs are met? Relationships: Is love all you need?	
					Changing me: Can all change be positive in some way?	
Teaching Content	Being me in my world:	Celebrating differences:	Dreams and goals:	Healthy me:	Relationships:	Changing me:
	Lesson 1: List the freedoms I enjoy in society Describe what personal freedom means to me Describe my understanding of safety Identify potential risks to my safety	Lesson 1: Define what equality is Give examples of disabilities including hidden disabilities Give some consequences of not adhering to the Equality Act Lesson 2:	Lesson 1: Describe the relationships in my life that will support me in reaching my goals Assess how I can respect and nurture the important relationships in my life Define what resilience is and identify both my areas of	Lesson 1: Understand the range of factors that affect my physical and mental health Can use new (health-related) information to inform my lifestyle choice Lesson 2: Understand there is a	Lesson 1: Identify types of long-term relationships, including legal status Identify the important elements in long- term relationships Discuss what is required to sustain healthy long-term relationships	Lesson 1: Identify some of the changes in society that will affect me Discuss the emotional impact societal change can have on young people Assess the role of media, including social media on social change
	Lesson 2:			wide range of actions		



Describe the stages of	Give examples of job	strength and where I need to	that I can use to enhance	Know appropriate vocabulary	Lesson 2:
grief	roles that are exempt	keep working	and protect my health	associated with long-term	Recognise the range of
	from the Equality Act			relationships	changes I have experienced
Know where to		Lesson 2:	Lesson 3:		in my life
appropriately get help and	Give examples of how	Identify the connections	Appreciate how complex	Differentiate the elements	
support with loss and	to promote equality	between physical health and	my body is and that it	present in different types of long-	Identify the feelings
bereavement issues		achieving my goals	needs to be looked after	term relationships	associated with change both
	Know what is		well, now and in the		positive and negative
Discern which online	expected of me and	Understand the impact that	future	Lesson 2:	
sources or support in	what I can expect in	poor mental health can have		Understand the relationship life-	List changes I have made
regards to loss/ grief are helpful or not	the workplace	on my goals	Aware of the potential risks associated with a	cycle	that I am proud of
Lesson 3: Recognise the positive and	Lesson 3: Discuss a range of	Consider some steps I could take to ensure my health supports me with my goals	range of substances including prescribed and over-the-counter drugs	Understand the choices I have in my relationships, including; ending a range of relationships,	Understand the type of decision-maker I am
negative role of social	individuals that make	supports me with my goals		physical and non-physical	Discuss the impact of the
media e.g. challenge	up society	Lesson 3:	Lesson 4:	relationship choices	range of changes families
culture vs environmental		Understand the issues that	Know about some	'	can experience and their
campaigns and awareness-	Explain the benefits of	may impact on me and my	mental health disorders	Explain how a range of	impact on children and their
building	multi-cultural societies	future success, including	11. 1	relationships can be ended	parents/family
Understand the Survey of	A comparato de Alexa	social media	Understand the positive	including romantic relationships	, , , , , , , , , , , , , , , , , , ,
Understand the impact social media has on	Appreciate the differing views and		impact that community action and volunteering		Lesson 3:
culture and identity	opinions of individuals	Understand the importance	can have on mental	Understand the consequences of	Identify the change that
culture and identity	opinions of malviduals	of balance in all aspects of my	health	ending relationships including:	some people may
Recognise how online data	Explain some of the	life (work, social life, family,	Health	bullying, revenge pornography,	experience in relation to
is used both positively and	physical and mental	etc.)	Lesson 5:	depression, the grief process and	sexual identity and gender
negatively	consequences of		Discuss common threats	how to manage this	
negative.,	unequal treatment of	Identify realistic and	to health, including		Understand the spectrum
Compare social media	individuals	unrealistic goals	cardio-vascular disease	List sources of help and support	(or galaxy) of sexuality and
usage across different			and cancer and diabetes	for when relationships end	gender including
societies	Lesson 4:	Lesson 4:		including bereavement and	appropriate vocabulary
	Identify the misuse of	Describe how balance	Identify the steps that	divorce, family separation.	
Lesson 4:	power in relationships	supports mental and physical	can be taken to help		
Identify potential threats		health	prevent lifestyle-related	Lesson 3:	
to online safety			ill-health		



Understand "netiquette" and legislation relating to online safety

State decision-making processes regarding what you post online

Lesson 5:

Identify potential threats to safety in a range of situations on and offline

Describe actions to mitigate risk in a range of situations

Know how to get help if my personal safety is threatened

Lesson 6:

Understand how to stay safe in my online and offline relationships

Give examples of the physical and mental consequences of misuse of power in relationships

List sources of support for individuals experiencing illtreatment by others

Lesson 5:

Identify individuals and groups that may experience inequality

List some organisations that campaign for greater equality

Describe how some groups and individuals' campaign for equality

Lesson 6:

Understand how equality and inequality can affect relationships Identify what I can do to create more balance in my life

Explain the importance of connections in relation to healthy relationships

Lesson 5:

Identify the wide range of goals individuals have Understand a range of health goals that are priorities for some people

Explain how helping a stranger can impact positively on people

Lesson 6:

Understand how relationships_and being part of a community can support me and others to achieve their goals.

Knowledge of future health challenges to society including: epidemics, pandemics, antibiotic resistance

Understand the availability and limitations of advanced medical techniques including: stem cell therapy, organ donation

Lesson 6:

Describe how people who are sexually active can keep themselves safe from STIs Understand the benefits of healthy relationships

Discuss the physical and mental benefits of connectedness

Assess the impact healthy relationships can have on children

Evaluate my own role in a range of relationships

Evaluate the role of love in relationships

List strategies to cope with difficult relationships

Lesson 4:

Evaluate the truth or otherwise of a relationship e.g. via social media, "fake news" etc.

Explain why rumour mongering might give a false impression of a relationships

Discuss the media portrayal of relationships and potential harms this may cause e.g. sensationalisation, reality TV, pornography

Discuss the reality and myths surrounding sexual identity and gender

Describe where to find help and support around sexual identity and gender

Lesson 4:

Discuss gender and stereotypes in relation to a range of romantic relationships

Identify and understand the legislation relating to a range of relationships

Understand the risks associated with exploring sexual identity

Lesson 5:

Reflect on physical changes experienced so far

Understand the relationship between physical change, self-esteem and emotional change

Understand the impact of family change and how it



	Recognise some of the		Lesson 5:	can affect future	
	ways in which aspects		List the health benefits that	relationships	
	of health can impact		positive relationships can provide		
	on life chances,			List sources of help and	
	particularly education		Understand the physical and	support in relation to	
			mental impact of unhealthy	changes young people may	
	Know how to take		relationships	have difficulty with	
	responsibility for some				
	aspects of my health		Discuss the patterns associated	Lesson 6:	
	and I understand that		with abusive relationships	Understand how societies	
	my health-related		including exploitatation and	change and this affects	
	decisions will have consequences		abuse in teenage relationships	people's attitudes and ways of life	
			Understand how coercion can		
			feature in a range of relationships		
			property of the second		
			Describe examples of legislation		
			associated with coercion,		
			exploitation and abuse in		
			relationships		
			·		
			Know the support available when		
			relationships are unsafe		
			pro-		
			Lesson 6:		
			Consider what makes a		
			relationship healthy or coercive		
			and know what my non-		
			negotiables are		
			Know how to get help if needed		
Assessment	Find of Unit Assessment	Find of Unit Assessment	Final of High As		
	End of Unit Assessment Peer and self - assessment	End of Unit Assessment Peer and self - assessment	End of Unit Assessment Peer and self - assessment		
	reer and seir - assessment	reer and seif - assessment	Peer and self - assessment		



Timescale	Auto	umn	Spring		Summer
Component	Being me in m	y world (tutor) hy me	Relationships Dreams and goals (Tutor)		
Learning Aim	Being me in my world: Are we in the adult world a Healthy me: Should relationships, sex ar discussed more openly?		Relationships: Is it possible to stay true to yourself and be in a healthy relationship? Dreams and goals: Can I rely on myself to achieve my goals or do I need luck or destiny?		
Teaching Content	Lesson 1: State what 'being an adult' means to me Give some examples of legislation that affects me at 16 Lesson 2: Give examples of legislation that relates to sex and relationships	Lesson 1: Know some ways to help me manage anxiety and stress Know some ways to relax Explain the links between sleep and physical/mental health Lesson 2:	Relationships: Lesson 1: Know that an intimate relationship can move through different stages and how behaviour may change according to the stage Give examples of how the media can sometimes portray unrealistic	Lesson 1: Know of some ways to help me manage any anxiety I may feel now and in the future Know of some ways to help me manage when I feel overwhelmed Know where I can access further	



 Know about the legal	Aware of the steps I can	expectations of sex and	information and		
status of different	take to keep healthy	relationships	support		
relationships e.g.	including self-				
marriage, civil	examination	Tell you some of	Know the links		
partnership, co-		positive and negative	between sleep,		
habitation	Understand the	connotations of sex	physical and mental		
Habitation	preventative steps that				
Explain why coercive	can be taken to reduce	and where these might	health and learning		
		come from			
control, sexual	the chance of contracting		Lesson 2:		
harassment and sexual	STIs	Tell you about my own	Identify my financial		
violence in relationships		sexual relationships	goals and whether		
is unacceptable, illegal	Knowledge of the	checklist and what I	these are realistic in		
and the consequences of	treatment available for	can do to protect my	the short or longer		
this	STIs	sexual and	term		
	Lesson 3:	reproductive health			
Lesson 3:	Understand the	now, and in the future	Can tell you the skills		
Give examples of	influences that inform	now, and in the ratare	and attributes I have or		
legislation around the	decision making with				
possession and supply of	regard to sexual		need to develop in		
drugs, tobacco and other	relationships.		order to aim for my		
substances		Lesson 2:	financial goals		
34334411663	Know some strategies to	Explain there is a			
Explain the legal	help manage sexual	spectrum of gender	Able to budget and		
_	_	and sexuality	understand the		
consequences of	pressure		possible consequences		
breaching the Equality			of debt and sources of		
Act	Understand what	Know that sexuality is	support for people in		
	consent is in relation to	different from gender	debt or have a		
Assess the impact of	sexual relationships	diversity	gambling problem		
substance supply and		uiveisity	garribining problem		
misuse on the range of	Lesson 4:				
people involved in a	Understand the choices	Know that for some	Understand the risks		
scenario including	available in relation to	people, gender identity	associated with		
coercive control	contraception and	and sexuality is fluid	gambling as an answer		
	pregnancy	and for others it is	to debt or financial		
Lesson 4:	1 -0.70.101	fixed	pressures		
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G	Give examples of	Know key facts about	Know that LGBT+	Lesson 3:	
le	legislation in reference to	fertility and pregnancy	people are protected	Identify what my	
0	online activity		by law	dream job might be	
		Lesson 5:			
A	Assess the impact of	Understand the range of	Lesson 3:	Can tell you if my	
il	illegal online activity and	risks to physical and	Understand that	dream job differs from	
n	misuse of technology on	mental health associated	'coming out' can be	the expectations of my	
a	a range of people	with unhealthy sexual	challenging for some	family or friends and if	
		relationship	LGBT+ people and it is	so, how I can manage	
E	Explain why pornography	·	up to them to choose	this to maintain	
	is legislated against and	Know some things I can	the right time for this	positive relationships	
	the potential	do to avoid high risk	3.12 1.6.10 1	p 22.27.0 . 0.00.0po	
	consequences of viewing	situations in relation to	Understand that the	Explain why I may need	
	pornography	sex	media often shows	to change my skill-set	
	. 017			as my career develops	
L	Lesson 5:	Lesson 6:	stereotypical LGBT+	as my career develops	
I -	Know the steps to take in	Summarise ways people	people and		
	an emergency situation	can stay healthy when	relationships, and		
	including assessment of	they are sexually active	within this community		
	the situation, making the	and a decidant decide	there is diversity which	Lesson 4:	
	area safe, giving	Explain choices relating	may not always be	Can tell you what my	
	emergency aid, accessing	to pregnancy and where	represented	dreams and goals are	
	help	to go for advice and		in relation to long-	
"	iicip	support concerning	Know that being LGBT+	term intimate	
	Apply this knowledge to a	sexual and reproductive	is different for each	commitments including	
	range of scenarios where	health	individual and there is	my choice to raise a	
	emergency aid may be	Health	no 'normal' way of	family or not	
	needed		being or expressing		
l u	needed		being LGBT+	Can tell you about the	
.	Lacasia Co			choices available to me	
l —	Lesson 6:		Lesson 4:	in terms of different	
	Know some of the rights,		Recognise when there	legal arrangements in a	
	responsibilities and laws		is an imbalance of	relationship status e.g	
l ti	that affect me		power within an	marriage, civil	
			intimate relationship	partnership and the	
				partifership and the	



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	Suggest strategies for	difference between	
	managing relationships	them	
	that are imbalanced,		
	including ending them	Can explain the	
	if appropriate	challenges and	
	тарр ор тас	opportunities of	
	Know how to recognise	becoming a parent	
	illegal behaviour within	becoming a parent	
	an intimate		
		Can identify key skills	
	relationship, how and	of successful parenting	
	where to report it		
		Can reflect on an	
	Lesson 5:	appropriate time to	
	Explain why honour-	start a family and the	
	based violence and	positive conditions	
	forced marriage is	within my relationships	
	unacceptable and	and lifestyle that I	
	illegal	believe are essential to	
		raising children	
	Give examples of	successfully e.g.	
	honour-based violence	financial stability,	
		support networks etc.	
	Know what FGM and		
	breast ironing is, and	Lesson 5:	
	why it is illegal	Identify some possible	
	with it is megal	barriers to some of my	
	Chapman las afficie	dreams and goals	
	Give examples of hate	dreams and goals	
	crimes against LGBT+		
	people and explain	Identify some	
	why this is	contingency plans in	
	unacceptable and	relation to some of my	
	illegal	dreams and goals if	
		obstacles or barriers	
	Know how to report	are met	
	honour-based crimes		
	·	, <u> </u>	



		or hate crime against LGBTQ+ people Consider how power in relationships can affect people Lesson 6: Understand issues relating to inclusion, equality and violations of human rights	Lesson 6: Understand what I need to do to achieve successful health, relationships and lifegoals		
Assessment	End of Unit Assessment Peer and self - assessment		Assessment - assessment	End of Unit Peer and self	