

Appendix B

Patcham High School Curriculum Map for new Statutory RSHE

Reviewed October 2022

To be included within each theme:

- Skills
- Law
- Getting/signposting support
- Online and media
- SEND/inclusivity

Core Theme: Health and Wellbeing (KS3)

Topics	PSHE Association Programme of study Learning Opportunities and code	Year Group	Place in curriculum	Statutory RSE and Health Learning outcomes
Me (including identity, heritage, mental wellbeing)	H3.1 how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing	7	7 – Personal qualities, strengths	<ul style="list-style-type: none"> • how to talk about their emotions accurately and sensitively, using appropriate vocabulary. • how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.
	H3.4 simple strategies to help build resilience to negative opinions, judgements and Comments	7	7 – Friendship	
	H3.6 how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary	7, 8, 9,	7 – emotional literacy and wellbeing, empathy 8 – Empathy, discrimination	

				9 – Peer pressure, empathy	
	H3.7	the characteristics of mental and emotional health and strategies for managing these	7, 8, 9,	7 – emotional literacy and wellbeing, empathy 8 – Empathy, discrimination 9 – Peer pressure, empathy All year groups signposted to topic relevant support services	
	H3.9	strategies to understand and build resilience, as well as how to respond to disappointments and setbacks	7, 8, 9,	7 – emotional literacy and wellbeing, empathy 8 – Empathy, discrimination 9 – Peer pressure, empathy	
Friendship and Relationship (including sex, healthy and intimate relationships, consent, Drug, alcohol and tobacco)	H3.5	to recognise and manage internal and external influences on decisions which affect health and wellbeing	7, 8, 9,	7 – Friendship 9 – Peer pressure All year groups signposted to topic relevant support services	<ul style="list-style-type: none"> •the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions • that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressuring others. • how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment • how the different sexually transmitted infections (STIs),
	H3.2 5	strategies to manage a range of influences on drug, alcohol and tobacco use, including peers	7, 8, 9	7 – Smoking 8 - Vaping 9 – Alcohol, Drugs	

	H3.3 5	about the purpose, importance and different forms of contraception; how and where to access contraception and advice (see also Relationships)	9	9 – Relationships and Sex	including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. <ul style="list-style-type: none"> • that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. • the facts about the full range of contraceptive choices, efficacy and options available. • about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.
	H3.3 6	that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs)	9	9 – Relationships and Sex	
Healthy body, healthy mind (including physical health and fitness, health and prevention, mental wellbeing, families, online and media/safety and harms, intimate relationships Drug, alcohol and tobacco, Being safe, Physical health/eating/prevention)	H3.2	to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)	7, 8, 9,	7 – Friendship, wellbeing, puberty 8 – Community, diversity, discrimination, teenage relationships, puberty, mental health 9 – Homelessness, happy relationships, consent	<ul style="list-style-type: none"> • the impact of viewing harmful content. • the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. • 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.
	H3.3	the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health	7, 8, 9,	7 – E-safety 8 – Sex and the internet 9 – Peer pressure, sex in the media	<ul style="list-style-type: none"> • that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.
	H3.7	the characteristics of mental and emotional health and strategies for managing these	7, 8, 9,	All year groups signposted to topic	<ul style="list-style-type: none"> • how these relationships might contribute to human happiness and their importance for bringing up children.

				relevant support services	
H3.1 0	a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support	7, 8, 9,	7 – Wellbeing 8 – Teenage relationships, mental health All year groups signposted to topic relevant support services		<ul style="list-style-type: none"> •the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. • the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. •how to recognise the early signs of mental wellbeing concerns. • how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health. • common types of mental ill health (e.g. anxiety and depression). •the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. • the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. • the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. • 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. • how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and
H3.1 1	the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible <i>[NB It is important to avoid teaching methods and resources that provide instruction on ways of self-harming, restricting food/inducing vomiting, hiding behaviour from others etc., or that might provide inspiration for pupils who are more vulnerable (e.g. personal accounts of weight change).]</i>	7, 8,	7 – Wellbeing 8 – Discrimination, mental health All year groups signposted to topic relevant support services		
H3.1 2	how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need	7, 8,	7 – Wellbeing 8 – Discrimination, mental health All year groups signposted to topic relevant support services		
H3.1 3	the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities	7,	7 – Wellbeing 8 – Mental Health		

H3.1 4	the benefits of physical activity and exercise for physical and mental health and wellbeing	7,	7 – Wellbeing 8 – Mental Health	<p>cancer.</p> <ul style="list-style-type: none"> • awareness of the dangers of drugs which are prescribed but still present serious health risks. • the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so. • about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. • about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist. • the facts and science relating to immunisation and vaccination. • key facts about puberty, the changing adolescent body and menstrual wellbeing. • the main changes which take place in males and females, and the implications for emotional and physical health.
H3.1 5	the importance of sleep and strategies to maintain good quality sleep	7,	7 – Wellbeing 8 – Mental Health	
H3.1 6	to recognise and manage what influences their choices about physical activity	7	7 – Wellbeing 8 – Mental Health	
H3.1 7	the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices	7	7 – Wellbeing 8 – Mental Health	
H3.1 8	what might influence decisions about eating a balanced diet and strategies to manage eating choices	7	7 - Wellbeing	
H3.1 9	the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially testicular self-examination in late KS3); the purpose of vaccinations offered during adolescence for individuals and society	8	8 – HPV vaccination	
H3.2 0	strategies for maintaining personal hygiene, including oral health, and prevention of infection	7, 8	7 – Puberty and body parts 8 - Puberty	
H3.2 1	how to access health services when appropriate	9,	9 – Relationships and sex	
H3.2 2	the risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM	7	7 – Body parts	

	H3.2 3	the positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines; responsible use of antibiotics	9	9 – Prescription drugs	
	H3.2 4	to evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use	7, 9	7 – Smoking 9 – Alcohol, Drugs	
	H3.2 6	information about alcohol, nicotine and other legal and illegal substances, including the short-term and long-term health risks associated with their use	7, 9	7 – Smoking 9 - Cannabis	
	H3.3 4	strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing	7, 8	7 – Puberty 8 - Puberty	
<u>Equality and diversity</u> (including anti-bullying, understanding	H3.8	the link between language and mental health stigma and develop strategies to challenge stigma, myths and misconceptions associated with help-seeking and mental health concerns	7, 8,	7 – Wellbeing 8 – Discrimination	<ul style="list-style-type: none"> • how to talk about their emotions accurately and sensitively, using appropriate vocabulary. • how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-

the world, mental wellbeing, respectful relationships)					consensual behaviour or encourage prejudice).
Safety and Risk (including law, online and media/safety and harms, intimate relationships)	H3.2 7	the personal and social risks and consequences of substance use and misuse including occasional use	9	9 – Alcohol, Drugs	<ul style="list-style-type: none"> • about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. • the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. • the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so. • how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours. • the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of
	H3.2 8	the law relating to the supply, use and misuse of legal and illegal substances	9	9 – Alcohol, Drugs	
	H3.2 9	about the concepts of dependence and addiction including awareness of help to overcome addictions	9	9 – Alcohol, Drugs	
	H3.3 0	how to identify risk and manage personal safety in increasingly independent situations, including online	7, 8, 9	7 – Risk and E-Safety 8 – Bystander behaviour 9 – Peer Pressure	
	H3.3 1	ways of assessing and reducing risk in relation to health, wellbeing and personal safety	7, 8, 9	7 – Risk and E-Safety 8 – Bystander behaviour 9 – Alcohol, Peer Pressure	

	H3.3 3	how to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators	9	9 - Alcohol	<p>their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.</p> <ul style="list-style-type: none"> • how the use of alcohol and drugs can lead to risky sexual behaviour. • the law relating to the supply and possession of illegal substances. • the physical and psychological consequences of addiction, including alcohol dependency. • basic treatment for common injuries. • life-saving skills, including how to administer CPR. • the purpose of defibrillators and when one might be needed.
Preparing for the future (including careers, finance)	H3.3 2	the risks associated with gambling and recognise that chance-based transactions can carry similar risks; strategies for managing peer and other influences relating to gambling	9	9 – Money and finance	<p>the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.</p>