

Appendix C

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
- **Non statutory Learning Opportunities*

Core Theme: Health and Wellbeing KS4

Topics	PSHE Association Programme of study Learning Opportunities and code	Year group	Place in Curriculum	Resources
Me (including identity, heritage, mental wellbeing)	H4.1 <i>*to accurately assess their areas of strength and development, and where appropriate, act upon feedback</i>	11	11 – Careers, mental health and stress	http://www.beem.org.uk/ PSHE Secondary – Mental health – PSHE Association Mental Health and Emotional wellbeing resources

H4.2	how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this	10/11	10 – Identity, Discrimination, Radicalisation 11 – Careers, Mental Health and Stress	https://campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack Public health England - Body image in a digital world http://www.beem.org.uk/ PSHE Secondary – Mental health – PSHE Association Mental Health and Emotional wellbeing resources
H4.4	strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing	10, 11	10 – Identity, Discrimination 11 – Mental Health and Stress	https://campaignresources.phe.gov.uk/schools/resources/online-stress-fomo-lesson-plan-pack Public Health England - Online stress http://www.beem.org.uk/ PSHE Secondary – Mental health – PSHE Association Mental Health and Emotional wellbeing resources
H4.5	<i>*the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health</i>	10, 11	10 – Discrimination 11 – Mental Health and Stress	http://www.beem.org.uk/ PSHE Secondary – Mental health BHCC Resources http://www.beem.org.uk/ PSHE Secondary – Mental health – PSHE Association Mental Health and Emotional wellbeing resources https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/we-all-have-mental-health-animation-teacher-toolkit/ Anna Freud – We all have mental health toolkit
H4.6	about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences	10	10 – Mental Health 11 – Mental Health and Stress, Bereavement	https://campaignresources.phe.gov.uk/schools/resources/social-media-KS3-KS4-lesson-plan-pack Public health England - social media http://www.beem.org.uk/ PSHE Secondary – Mental health BHCC Resources https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/we-all-have-mental-health-animation-teacher-toolkit/ Anna Freud – We all have mental health toolkit http://www.beem.org.uk/ PSHE Secondary – Mental health – Bereavement

					http://www.beem.org.uk/ PSHE Secondary – Mental health – PSHE Association Mental Health and Emotional wellbeing resources
	H4.7	a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns	10, 11	10 – Mental Health, Discrimination, Radicalisation 11 – Mental Health and Stress, Bereavement	http://www.beem.org.uk/ PSHE Secondary – Mental health BHCC Resources http://www.beem.org.uk/ PSHE Secondary – Mental health – PSHE Association Mental Health and Emotional wellbeing resources
	H8.	to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available	10, 11	10 – Mental Health 11 – Mental Health and Stress, Bereavement	http://www.beem.org.uk/ PSHE Secondary – Mental health BHCC Resources http://www.beem.org.uk/ PSHE Secondary – Mental health – PSHE Association Mental Health and Emotional wellbeing resources
Friendship and Relationships (including sex, healthy and intimate relationships, consent, Drug, alcohol and tobacco)	H4.2 6	the different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative)	10	10 – Relationships (consent and abuse)	http://www.beem.org.uk/ PSHE Secondary – Prevent – Online Grooming – Varndean and Digital Resilience – Dorothy Stringer
	H4.2 7	about specific STIs, their treatment and how to reduce the risk of transmission	10, 11	10 – Consent and contraception, 1 st chlamydia nurse visit 11 – 2 nd chlamydia nurse visit All students signposted to citywide services and in school GOSH service	http://www.beem.org.uk/ PSHE Secondary – Sexual Health (RSE) STI and Contraception
	H4.2 8	how to respond if someone has, or may have, an STI (including ways to access sexual health services)	10, 11	10 – Consent and contraception, 1 st chlamydia nurse visit	http://www.beem.org.uk/ PSHE Secondary – Sexual Health (RSE) STI and Contraception

			11 – 2 nd chlamydia nurse visit All students signposted to citywide services and in school GOSH service	
H4.29	to overcome barriers, (including embarrassment, myths and misconceptions) about sexual health and the use of sexual health services	10, 11	10 – Consent and contraception, 1 st chlamydia nurse visit 11 – 2 nd chlamydia nurse visit All students signposted to citywide services and in school GOSH service	http://www.beem.org.uk/ PSHE Secondary – Sexual Health (RSE) Services
H4.30	about healthy pregnancy and how lifestyle choices affect a developing foetus	10, 11	10 - Pregnancy	https://www.tes.com/teaching-resource/healthy-pregnancy-research-task-ks3-ks4-6304330 TES - Healthy pregnancy resource task
H4.31	that fertility can vary in all people, changes over time (including menopause) and can be affected by STIs and other lifestyle factors	10, 11	10 and 11 - Chlamydia 11 – Ethical issues (fertility, IVF)	http://www.beem.org.uk/ PSHE Secondary – Sexual Health (RSE) STI and Contraception
H4.32	about the possibility of miscarriage and support available to people who are not able to conceive or maintain a pregnancy	10, 11	10 – Pregnancy 11 – Ethical issues (fertility, IVF)	http://downloads.bbc.co.uk/schools/teachers/underageandpregnant/teachers_pack.pdf BBC - Underage and Pregnant – Lesson 16 Looking after yourself https://www.bbc.co.uk/programmes/b00mbqtp BBC 3 Underage and Pregnant clip

	H4.3 3	about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice	10/11	10 – Consent and contraception, Pregnancy 11 – Ethical issues (fertility, IVF) All students signposted to citywide services and in school GOSH service	http://www.beem.org.uk/ PSHE Secondary – Sexual Health (RSE) STI and Contraception, Abortion
Healthy body, healthy mind (including physical health and fitness, health and prevention, mental wellbeing, families, online and media/safety and harms, intimate	H3.3	how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this	11	10 - Pornography 11 – Mental Health and Stress (Gender and pressures on teenagers)	https://www.childnet.com/resources/pshe-toolkit/crossing-the-line Childnet - Self esteem https://campaignresources.phe.gov.uk/schools/resources/online-stress-fomo-lesson-plan-pack Public Health England - Online stress https://campaignresources.phe.gov.uk/schools/resources/body-image-lesson-plan-pack Public health England - Body image in a digital world http://www.beem.org.uk/ PSHE Secondary – Prevent – Online Grooming – Varndean and Digital Resilience – Dorothy Stringer https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html Dove - Self-esteem project – Confident me http://www.beem.org.uk/ PSHE Secondary – Relationships (RSE) – Fantasy Vs Reality KS4 Lessons

relationships Drug, alcohol and tobacco, Being safe, Physical health/eating/prevention)	H4.9	the importance of and ways to pre-empt common triggers and respond to warning signs of unhealthy coping strategies, such as self-harm and eating disorders in themselves and others <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>	10, 11	10 – Mental Health 11 – Mental Health and Stress, Bereavement	http://www.beem.org.uk/ PSHE Secondary – Mental health – Self harm and Mental health lessons and resources - DS
	H4.10	how to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and access the most appropriate sources of help	10, 11	10 – Discrimination 11 – Mental Health and Stress, Bereavement All students signposted to citywide services and in school GOSH service	http://www.beem.org.uk/ PSHE Secondary – Mental health BHCC Resources http://www.beem.org.uk/ PSHE Secondary – Mental health – PSHE Association Mental Health and Emotional wellbeing resources
	H4.11	to make informed lifestyle choices regarding sleep, diet and exercise	11	11 – Mental Health and Stress	http://www.beem.org.uk/ PSHE Secondary – Mental health - Sleep
	H4.12	the benefits of having a balanced approach to spending time online	10	10 – Relationships (Porn), Radicalisation 11 – Mental Health and Stress	http://www.beem.org.uk/ PSHE Secondary – Prevent – Online Grooming – Varndean and Digital Resilience – Dorothy Stringer
	H4.14	about the health services available to people; strategies to become a confident user of the NHS and other health services;	10, 11	11 – Medical Rights All students signposted to citywide services	http://www.beem.org.uk/ PSHE Secondary – Sexual Health (RSE) Services

		to overcome potential concerns or barriers to seeking help		and in school GOSH service	
	H4.1 5	the purpose of blood, organ and stem cell donation for individuals and society	11	11 – Medical Rights	https://www.nhsbt.nhs.uk/how-you-can-help/get-involved/download-digital-materials/organ-donation-teaching-resources/ NHS Blood and Transplant – organ and tissue donation
	H4.1 6	how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination	11	11 – Medical Rights	Movember – Male health including cancer and mental health https://r1.dotdigital-pages.com/p/25N2-DXM/movember Teenage Cancer Trust – What is Cancer? Lesson plans: https://www.teenagecancertrust.org/about-us/what-we-do/education-awareness-resources/what-cancer-lesson-plans?utm_source=PSHE&utm_medium=Website&utm_content=PSHE_Lesson_Plan_Launch#lesson-plans.org
	H4.1 7	<i>*to assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings and the use of sunbeds</i>			https://www.tes.com/teaching-resource/tattoos-and-piercings-11858869 TES - Tattoos and Piercings
	H4.1 8	<i>*the ways in which industries and advertising can influence health and harmful behaviours</i>	10, 11	10 – Relationships (Porn), Radicalisation (incels) 11 – Mental Health and Stress (Gender and teenage pressures)	http://www.beem.org.uk/ PSHE Secondary – Relationships – Fantasy Vs Reality KS4 Lessons

	H4.1 9	the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities			https://resources.drinkaware.co.uk/collections/drinkaware-for-education Drink aware Alcohol resources – facts, emotional health, peer pressure, risks and harms http://www.beem.org.uk/ PSHE Secondary – Drug, alcohol and Tobacco education – Smoking
	H4.2 1	to identify, manage and seek help for unhealthy behaviours, habits and addictions including smoking cessation	10, 11	All students signposted to citywide services and in school GOSH service Sussex Smoking Cessation drop-ins take place in school	https://resources.drinkaware.co.uk/collections/drinkaware-for-education Drink aware Alcohol resources – facts, emotional health, peer pressure, risks and harms http://www.beem.org.uk/ PSHE Secondary – Drug, alcohol and Tobacco education – Smoking
Safety and Risk (including law, online and media/safety and harms, intimate relationships)	H4.1 3	<i>*to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health</i>	10, 11	10 – Radicalisation 11 – Mental Health and Stress (Gender and teenage pressures) All students signposted to citywide services and in school GOSH service	http://www.beem.org.uk/ PSHE Secondary – Prevent – Critical thinking – BACA and Patcham High
	H4.2 0	wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle	(9)	See KS3	http://www.beem.org.uk/ PSHE Secondary – Drug, alcohol and Tobacco education – Risk and drugs
	H4.2 2	ways to identify risk and manage personal safety in new social settings, workplaces, and environments, including online	10, 11	10 – Radicalisation 11 – Careers (digital footprint, professionalism)	http://www.beem.org.uk/ PSHE Secondary – Prevent – Online Grooming – Varndean and Digital Resilience – Dorothy Stringer
	H4.2 3	strategies for identifying risky and emergency situations, including online;	10/11	All students signposted to	PSHE Association (membership necessary) Gangs: Managing risk and staying safe

		ways to manage these and get appropriate help, including where there may be legal consequences (e.g. drugs and alcohol, violent crime and gangs)	(9)	citywide services and in school GOSH service See KS3	https://www.pshe-association.org.uk/curriculum-and-resources/resources/gangs-managing-risks-and-staying-safe-lesson-pack PSHE Association: Home Office #Knife free lesson plans KS3/4 https://www.pshe-association.org.uk/curriculum-and-resources/resources/home-office-knifefree-lesson-plans-ks34-%E2%80%93updated PSHE Association (membership necessary) - Extremism https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks4 http://www.beem.org.uk/ PSHE Secondary – Drug, alcohol and Tobacco education – Risk and drugs
	H4.2 4	to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators	(9)	See KS3	http://www.beem.org.uk/ – PSHE Primary and Secondary – Health and First Aid – KS4 First Aid and alcohol
Preparing for the future (including careers, finance)	H4.2 5	to understand and build resilience to thinking errors associated with gambling (e.g. ‘gambler’s fallacy’) the range of gambling-related harms, and how to access support for themselves or others	11	11 – Money and budgeting	https://www.pshe-association.org.uk/curriculum-and-resources/resources/resources-promoting-resilience-gambling PSHE Association - Gambling education – Promoting resilience