

## St Mark's RSHE Overview 2024 - 2025

Year Group	Curriculum	When	Curriculum Links
<p style="text-align: center;"><b>Year 7</b></p> <p style="text-align: center;"><b>Ten Ten</b></p>	<ol style="list-style-type: none"> <li>1. Who am I? - Reflection on what makes us unique and how people are different.</li> <li>2. Changing bodies - Puberty - physical and emotional changes</li> <li>3. Healthy inside and out - Self esteem and body image</li> <li>4. Where we come from - sexual intercourse, menstruation cycle and human reproduction</li> <li>5. Family and friends - Studying healthy relationships with families and friends</li> <li>6. My life on screen - How to be online responsibly and avoid dangers of social media PSHE</li> <li>7. Living responsibly - Respect for ourselves and others</li> </ol>	<p style="text-align: center;">Drop Down Day Wednesday 11th June 2025 Periods 1 - 6</p>	<ol style="list-style-type: none"> <li>2. Sci Puberty mainly physical - Year 7 Plant and Animal Reproduction</li> <li>3. Year 8 PSHCE - online issues self esteem</li> <li>4. Sci - Year 7 Plant and Animal Reproduction</li> <li>6. Safer internet day PSHCE all years</li> <li>7. Year 7 and 9 Respect PSHCE</li> </ol>
<p style="text-align: center;"><b>Year 8</b></p> <p style="text-align: center;"><b>Ten Ten</b></p>	<ol style="list-style-type: none"> <li>1. Created and chosen - Reflection on what makes us unique and how people are different.</li> <li>2. Appreciating differences - male/female differences including issues such as gender stereotypes, gender identity and gender dysphoria</li> <li>3. Feelings - Exploring feelings such as sexual attraction</li> <li>4. Before I was born - Conception to birth (mentions of abortion and miscarriage - not in detail)</li> </ol>	<p style="text-align: center;">Drop Down Day Friday 27th June 2025 Periods 1 - 6</p>	<ol style="list-style-type: none"> <li>6. Can delete this off document but national call from NCA last year for schools to teach more about sextortion - AMO would like to address this into more KS4 PSHCE this year</li> <li>6. Year 8 PSHCE Online issues: Sexting</li> </ol>

	<p>5. Tough relationships - addresses themes of prejudice and discrimination</p> <p>6. Think before you share - explores the social, personal and legal consequences of sharing images of a sexual nature. Pupils will also learn about their digital footprint, pornography and online exploitation Ask Laura</p> <p>7. The wider world - Exploring issues of prejudice, discrimination and homophobic bullying, including a Holocaust case study</p>		<p>7. Anti-bullying PSHCE/Cyberbullying covers homophobic bullying</p>
<p><b>Year 9</b></p> <p><b>Ten Ten</b></p>	<p>1. The search for love - Exploration of love and discussion of how sex can be an expression of love</p> <p>2. Love people, use things - this session explores some key issues regarding sexual desire, casual sex, pornography and masturbation.</p> <p>3. In control of my choices - addressing values and attitudes in regards to intimacy and sexual intimacy</p> <p>4. Fertility &amp; contraception - methods of contraception - science?</p> <p>5. Marriage - pupils will discuss various types of committed relationships (e.g. civil marriage, civil partnerships, forced marriage, monogamy, etc) leading to teaching about the nature and importance of sacramental Christian marriage</p> <p>6. One hundred percent - pupils will learn about non-physical and online consent</p>	<p>Drop Down Day Wednesday 9th July 2025 Periods 1 - 6</p>	<p>4. Sci - Year 9 Sex &amp; Safety</p>

	7. Knowing my rights and responsibilities - explores issues around physical consent and sexual exploitation		
<b>Year 10</b> <i>Ten Ten</i>	<ol style="list-style-type: none"> <li>1. Authentic Freedom</li> <li>2. Self-Image</li> <li>3. Beliefs, Values and Attitudes</li> <li>4. Parenthood</li> <li>5. Pregnancy and Abortion</li> <li>6. Abuse</li> <li>7. Solidarity</li> </ol>	Half Term 6 - PSHCE Lessons	<p>5. Pregnancy only Sci - Year 7 Plant and Animal reproduction Year 11 B5 Homeostasis &amp; Response</p> <p>6. Year 9 Gangs PSHCE - County lines abuse</p>
<b>Year 11</b> <i>Ten Ten</i>	<ol style="list-style-type: none"> <li>1. Self-worth</li> <li>2. Birth control</li> <li>3. Pornography</li> <li>4. STIs</li> <li>5. Coercive Control</li> </ol>	Half Term 2 - PSHCE Lessons	<p>2 &amp; 4. Sci - Year 9 Sex and Safety</p> <p>3. Year 9 Gangs PSHCE</p>
<b>Year 12</b>	Consent Project	Drop Down Day Friday 28th February 2025 Periods 1 - 6	
<b>Year 13</b>	Gender Based Violence	Drop Down Day Friday 14th March 2025 Periods 1 - 6	