

Ilkley Grammar School Citizenship and RSE

powerful knowledge overview

7	This year we will be learning about:
Term 1: Health and Wellbeing	<p>How can I have a smooth transition to secondary school?</p> <p>How can I build confidence and self-esteem?</p> <p>What factors might affect my resilience and well-being in secondary school?</p> <p>What are the myths and stigmas surrounding mental health?</p> <p>How can I stay safe inside and outside of school?</p> <p>How can I make healthy lifestyle choices e.g. diet, sleep, physical activity, personal hygiene?</p> <p>How do I deal with unwanted contact?</p>
Term 2: Living in the wider world	<p>What is the difference between local, national and international democracy?</p> <p>How can I be an active citizen?</p> <p>What exactly is Freedom of Speech and is this different when online?</p> <p>What are my rights and responsibilities in the digital world?</p> <p>How can I stay safe online e.g. grooming, social networking, age restrictions, extremism and radicalisation?</p> <p>What is my digital footprint?</p>
Term 3: Relationships and RSE	<p>How do I challenge prejudice, stereotypes (including media) and discrimination?</p> <p>What are the signs of bullying, including online and where do I go for help?</p> <p>What is a positive relationship/friendship?</p> <p>What are the different types of families and relationships?</p> <p>What are the laws around marriage?</p> <p>How can I identify an unhealthy relationship/friendship?</p> <p>How do I seek help or advice about an unhealthy relationship/friendship?</p> <p>How can I assertively communicate consent?</p> <p>What do I need to know about puberty including menstruation and body changes?</p>

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8	This year we will be learning about:
Term 1: Health and Wellbeing	<p>What are the differences between medicinal and recreational drugs?</p> <p>What are the risks of substances e.g. tobacco, alcohol, e-cigarettes and energy drinks?</p> <p>How might substances affect my mental health?</p> <p>How can I manage influences and recognise positive behaviours?</p> <p>How can I promote positive behaviours?</p> <p>What does my healthy self look like?</p>
Term 2: Living in the wider world	<p>How does Parliament enact change?</p> <p>What is the Equalities Act and where did it come from?</p> <p>How do I recognise and challenge discrimination in all its forms? E.g race, religion, disability, sexism, homophobia, transphobia?</p>
Term 3: Relationships and RSE	<p>How can I build and maintain healthy relationships?</p> <p>How do I end relationships including friendships?</p> <p>How do I deal with rejection?</p> <p>What is sexting?</p> <p>What is gender identity and sexual orientation?</p> <p>How do I recognise stereotypes and discrimination?</p> <p>What are the laws relating to consent and how do I effectively communicate consent?</p> <p>What is a safe sexual relationship? An introduction to contraception.</p>



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9	This year we will be learning about:
Term 1 and 2	In Year 9, students study two terms of compulsory RE within their citizenship lessons
Term 3: Relationships and RSE	<p>How will I know if I am ready for sexual activity?</p> <p>How do I identify and deal with sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others?</p> <p>What are the myths and misconceptions about consent?</p> <p>What is the continuous right to withdraw consent?</p> <p>What behaviours in relationships constitute a crime?</p> <p>What is a STI?</p> <p>What are the consequences of unprotected sex?</p> <p>How do I stay safe online? Why is it wrong to view or share inappropriate digital images?</p>

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Year 10	This year we will be learning about:
Term 1: RE and British Values	What is a democracy and Free Press? What is parliamentary democracy? What is a tripartite structure? What does it mean to be tolerant? What ethnic identities are in Britain?
Term 2a: Living in the wider world	How does The Justice System work? What is the law surrounding gangs and county lines? How does our electoral systems work? Where in the world are there non-democratic systems?
Term 2b: Careers and Employment	What are employment laws and my rights at work? What is the difference between credit and debt? Why are savings and pensions important? How is public money used? What is my contribution to this?
Term 3a: Health and Wellbeing	What strategies can I use to improve my mental health and wellbeing? What are the symptoms of stress and how can I prevent it? What is healthy revision and learning?
Term 3b: Relationships and RSE	What is an unhealthy relationship including coercive relationships and cuckooing? What are harmful sexual behaviours including violence against women? What behaviours in relationships constitute a crime?

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Year 11	This year we will be learning about:
Term 1: Health and Wellbeing	<p>How do I balance ambition with unrealistic expectations?</p> <p>Who am I? Exploring self-concept and identity</p> <p>How can I be the healthiest version of me e.g. stress, online, healthy lifestyles?</p>
Term 1B: Relationships and RSE	<p>How do I conduct a self-examination to detect cancers?</p> <p>What is a sexual health clinic and where would I find one?</p> <p>What are the dangers of body alterations?</p> <p>How do I recognise an abusive or harmful relationship e.g. physical, emotional, honour-based violence and forced marriage?</p> <p>Where can I seek support for an unhealthy or harmful relationship?</p> <p>What constitutes good parenting?</p> <p>What is infertility?</p> <p>What are the laws surrounding abortion?</p> <p>How could my lifestyle affect fertility for men and women?</p> <p>What is a miscarriage?</p> <p>What is menopause?</p>
Term 2: Living in the wider world	<p>What are my part-time work employment rights?</p> <p>What are the different career pathways available to me?</p> <p>How can I ensure a healthy work/life balance?</p> <p>How can I maintain healthy learning habits?</p> <p>What revision techniques have the most impact?</p>