

Ilkley Grammar School Citizenship and RSE

powerful knowledge overview

7	This year we will be learning about:
Term 1: Health and Wellbeing	<p>Lesson 1: How can I have a smooth transition to secondary school?</p> <p>Lesson 2: How can I build confidence and self-esteem?</p> <p>Lesson 3: How might social media affect my self-esteem?</p> <p>Lesson 4:How can I stay safe online?</p> <p>Lesson 5: What is mental health?</p> <p>Lesson 6: What are the stigmas surrounding mental health?</p> <p>Lesson 7: How can I make healthy lifestyle choices e.g. diet, sleep, physical activity, personal hygiene?</p>
Term 2: Living in the wider world	<p>Lesson 1: Why is politics so important? How is our country run? What is the difference between local, national and international democracy?</p> <p>Lesson 2: What are elections and campaigning?</p> <p>Lesson 3 and 4: Political Campaigning in action/creating a political party</p> <p>Lesson 5: What happens inside parliament?</p> <p>Lesson 6: How do political debates work in parliament?</p> <p>Lesson 7: A mock debate in action</p>
Term 3: RSE	<p>Lesson 1: How do I recognise stereotypes and discrimination including gender? How do I challenge prejudice, stereotypes (including media) and discrimination?</p> <p>Lesson 2: What are the signs of bullying, including online and where do I go for help?</p> <p>Lesson 3: What are the different types of families and relationships? What are the laws around marriage?</p> <p>Lesson 4: How can I identify a healthy and unhealthy relationship/friendship? How do I seek help or advice about an unhealthy relationship/friendship?</p> <p>Lesson 5: How can I assertively communicate consent?</p>

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8	This year we will be learning about:
Term 1: Health and Wellbeing	<p>Lesson 1: What is the difference between medicinal and recreational drugs?</p> <p>Lesson 2: What is the law surrounding drug use?</p> <p>Lesson 3: What are the risks of energy drinks?</p> <p>Lesson 4: What are the risks of e-cigs and vaping?</p> <p>Lesson 5: What is volatile substance abuse?</p> <p>Lesson 6: How might substances affect my mental health?</p>
Term 2: Living in the wider world	<p>Lesson 1: How does our Parliament work and how does Parliament enact change?</p> <p>Lesson 2: What is the Equalities Act and where did it come from?</p> <p>Lesson 3: How do I recognise and challenge discrimination in all its forms? E.g. race, religion, disability, sexism, homophobia, transphobia?</p> <p>Lesson 4: What exactly is Freedom of Speech and is this different when online?</p> <p>Lesson 5: What are my rights and responsibilities in the digital world?</p> <p>Lesson 6: How can I stay safe online e.g. grooming, social networking, age restrictions, extremism and radicalisation?</p>
Term 3: RSE	<p>Lesson 1: How can I build and maintain healthy relationships? What are the signs of unhealthy relationships?</p> <p>Lesson 2: How do I end relationships including friendships? How do I deal with rejection?</p> <p>Lesson 3: What is gender identity and sexual orientation?</p> <p>Lesson 4: How do I recognise stereotypes and discrimination? How do I challenge prejudice, stereotypes (including media) and discrimination? How do I recognise discriminatory language including around gender?</p> <p>Lesson 5: What are the laws relating to consent and how do I effectively communicate consent?</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: RSE	<p>Lesson 1: What defines a healthy relationship? Why is trust important in relationships? What are the expectations of gender roles in relationships?</p> <p>Lesson 2: Recap laws of marriage and introduce honour-based violence and forced marriage</p> <p>Lesson 3: How will I know if I am ready for sexual activity? Choice to delay sex and intimacy without sex</p> <p>Lesson 4: How do I identify and deal with sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others?</p> <p>Lesson 5: What are the myths and misconceptions about consent? What is the continuous right to withdraw consent?</p> <p>Lesson 6:: What behaviours in relationships constitute a crime?</p> <p>Lesson 7: What is a safe sexual relationship? An introduction to contraception.</p> <p>Lesson 8: What is a STI? How can I protect against them?</p> <p>Lesson 9: What are the consequences of unprotected sex? What are the consequences of unintended pregnancy and what sources of support are there?</p> <p>Lesson 10: How do I stay safe online? Why is it wrong to view or share inappropriate digital images? What are the risks of viewing pornography?</p> <p>Lesson 11: Consolidation</p>

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Year 10	This year we will be learning about:
Term 1: Citizenship and British Values	<p>Lesson 1: What is a democracy and a dictatorship?</p> <p>Lesson 2 and 3: How do elections and voting work in the UK?</p> <p>Lesson 4: What is the tripartite structure of government?</p> <p>Lesson 5: What are the core British Values?</p> <p>Lesson 6: What do we mean by multicultural Britain?</p> <p>Lesson 7: LGBTQ+ and British Values</p> <p>Lesson 8: What are human rights?</p> <p>Lesson 9&10: How are laws made? Links to human rights</p> <p>Lesson 11: What are employment laws and my rights at work?</p> <p>Lesson 12: What is the gender pay gap?</p> <p>Lesson 13: What is the difference between credit and debt?</p> <p>Lesson 14: Why are savings and pensions important?</p> <p>Lesson 15: How is public money used? What is my contribution to this?</p>
Term 2a: Careers and Employment 2a and 2b: RE	<p>Week 1 and 2: Work alongside careers team for approx. 2 weeks</p> <p>How can I prepare for the world of work? Job descriptions, applications, emails and interview preparation</p> <p>Week 3-13:</p> <p>Compulsory RE scheme of work</p>
Term 3a: Health and Wellbeing and RSE	<p>Lesson 1: What is an unhealthy relationship</p> <p>Lesson 2: What is a coercive relationship and cuckooing?</p> <p>Lesson 3: What are the laws surrounding consent and continuous right to withdraw consent?</p> <p>Lesson 4: What behaviours in relationships constitute a crime? What behaviours online constitute a crime?</p> <p>Lesson 5: What is healthy revision and learning?</p> <p>Lesson 6: What strategies can I use to improve my mental health and wellbeing?</p> <p>Lesson 7: What are the symptoms of stress and how can I prevent it?</p> <p>Mock exams</p> <p>Lesson 8: What are the dangers of unprotected sex including pregnancy and STIs?</p> <p>Lesson 9: What is a sexual health clinic and where would I find one?</p> <p>Lesson 10: What constitutes good parenting?</p>



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Year 11	This year we will be learning about:
Term 1: Health and Wellbeing	Lesson 1: How can I look after my emotional wellbeing? Lesson 2: How do I balance ambition with unrealistic expectations? Lesson 3: what is virtual reality and how does it affect my self-concept and sense of identity? Lesson 4: How can I tackle stress and anxiety? Lesson 5: How can I build emotional resilience? Lesson 6 and 7: How can I be an effective and healthy learner?
Term 2: Living in the wider world	Lesson 1: What are my part-time work employment rights? Lesson 2: What are the different career pathways available to me? Lesson 3: How can I manage my finances? What is the danger of debt? Lesson 4: What is the 'cost of living' and how do I budget for this? Lesson 5: What is a mortgage?
Term 3: Relationships and RSE	What does a healthy relationship look like? What are the laws surrounding consent? Where can I seek support for an unhealthy or harmful relationship? What are the dangers of unprotected sex including pregnancy and STIs? STUDY LEAVE



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Year 12	This year we will be learning about:
Term 1: Health and Wellbeing	CEP
Term 2b: RSE	Lesson 1: What are the laws surrounding consent? Lesson 2: What are harmful sexual behaviours including violence against women and girls? Lesson 3: What constitutes a harmful sexual behaviour online?
Term 3: Relationships and RSE	Mock exams Lesson 4: What are the dangers of unprotected sex including unwanted pregnancy and STIs. What is a sexual health clinic and where would I find one? Lesson 5: What are the dangers of viewing pornography?