

Ilkley Grammar School RSHCE powerful knowledge overview



7	This year we will be learning about:
Term 1: 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 2: Health, Wellbeing and Safety	<p>Lesson 1 and 2: How can I make healthy lifestyle choices e.g. diet, sleep, physical activity, personal hygiene?</p> <p>Lesson 3: How can I make healthy lifestyle choices? What are the dangers of alcohol and vaping?</p> <p>Lesson 4: How can I stay safe in my community? Railway lines, open water etc.</p> <p>Lesson 5: How can I stay safe online?</p> <p>Lesson 6: First Aid</p>
Term 3: RSE	<p>Lesson 1: 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 2: How can I assertively communicate consent? How do I respond to inappropriate and unwanted contact?</p> <p>Lesson 3: What are the signs of bullying including cyberbullying and where do I go for help?</p> <p>Lesson 4: How can I recognise and challenging media stereotypes?</p> <p>Lesson 5: What are the different types of families and relationships? What are the laws around marriage?</p> <p>Lesson 6 and 7: How do I deal with the physical and emotional changes associated with puberty?</p>

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8	This year we will be learning about:
Term 1: 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 Equality 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, sharing of digital images</p> <p>Lesson 7: How can I stay safe online? What is extremism and radicalisation?</p>
Term 2: Health, Wellbeing and Safety	<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: What is grooming and county lines?</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 are the laws relating to consent and how do I effectively communicate consent?</p> <p>Lesson 4: What is sexual orientation?</p> <p>Lesson 5: What is gender identity?</p> <p>Lesson 6: How do I recognise discriminatory language around gender and transphobia?</p>

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9	This year we will be learning about:
Term 1 and 2	<p>In Year 9, students study two terms of compulsory RE within their RSHCE lessons</p>
Term 3: Health, Wellbeing and Safety and RSE	<p>Lesson 1: How can I stay safe in my community? Recap County lines and drugs</p> <p>Lesson 2: What are the consequences of cannabis use? (NA)</p> <p>Lesson 3: How does crime affects communities? Gangs and knife crime</p> <p>Lesson 4: What defines a healthy relationship? Why is trust important in relationships?</p> <p>Lesson 5: What are the expectations of gender roles in relationships? What is inappropriate language relating to gender, body shaming, and relationships?</p> <p>Lesson 6: What are the myths and misconceptions about consent? What is the continuous right to withdraw consent?</p> <p>Lesson 7: What are the laws of marriage? What is honour-based violence and forced marriage?</p> <p>Lesson 8: What are the stages of relationships? How will I know if I am ready for sexual activity?</p> <p>Lesson 9: How do I identify and deal with sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others?</p> <p>Lesson 10: What is a safe sexual relationship? Introduction to contraception (condoms and pill)</p> <p>Lesson 11: How can I protect against STIs?</p> <p>Lesson 12: How can I stay safe online? Why is it wrong to view or share inappropriate digital images? What is grooming and financial exploitation?</p> <p>Lesson 13: What are the risks of viewing pornography? Introduction to body image</p>

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Year 10	This year we will be learning about:
Term 1:	In Year 10, students study one term of compulsory RE within their RSHCE lessons
Term 2 Living in the Wider World	<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: How are laws made?</p> <p>Lesson 5: What are the British Values?</p> <p>Lesson 6: What do we mean by multicultural Britain?</p> <p>Lesson 7: LGBTQ+</p> <p>Lesson 8: What are human rights?</p> <p>Lesson 9: What are the legal and physical risks of carrying a weapon?</p> <p>Lesson 10: What are the legal and health risks of drug and alcohol use including addiction and dependence?</p> <p>Lesson 11: How can drugs and alcohol affect decision making?</p> <p>Lesson 12: How can I stay safe and keep others safe in situations that involve substance use?</p>
Term 3 Health and Wellbeing and RSE	<p>Lesson 1: What is an unhealthy relationship including coercive relationships and cuckooing?</p> <p>Lesson 2: What is honour based violence and forced marriage?</p> <p>Lesson 3: What is FGM?</p> <p>Lesson 4: What are the laws surrounding consent and continuous right to withdraw consent?</p> <p>Lesson 5: What behaviours in relationships constitute a crime?</p> <p>Lesson 6: What behaviours online constitute a crime? What is grooming?</p> <p>Lesson 7: What are the dangers of unprotected sex-STIs?</p> <p>Lesson 8: What are the consequences of unintended pregnancy and what sources of support are there? What other forms of contraception are there?</p> <p>Lesson 9: What constitutes good parenting?</p> <p>Lesson 10: What is infertility? What is miscarriage? How could my lifestyle affect fertility for men and women?</p> <p>Lesson 11: How can I maintain a positive body image?</p>

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Year 11	This year we will be learning about:
Term 1: Living in the wider world	<p>For 2022-23 only, Year 11 will follow a hybrid curriculum to compensate for missed learning in year 9 during the pandemic.</p> <p>Lesson 1: How can I stay safe online? Why is it wrong to view or share inappropriate digital images?</p> <p>Lesson 2 What are the risks of viewing pornography?</p> <p>Lesson 3: What is grooming and financial exploitation?</p> <p>Lesson 4: How can I be the healthiest version of myself? What are the risks of alcohol and drugs?</p> <p>Lesson 5: What are risk-taking behaviours?</p> <p>Lesson 6: How does crime affect my community? County Lines and exploitation</p>
Term 2: Health and Wellbeing and RSE	<p>Lesson 1: What are the laws surrounding consent? What is Child-on-Child abuse?</p> <p>Lesson 2: How do I recognise an abusive or harmful relationship e.g. physical, emotional, honour-based violence and forced marriage? Where can I seek support for an unhealthy or harmful relationship?</p> <p>Lesson 3: What are the dangers of unprotected sex including pregnancy and STIs? What are the laws surrounding abortion?</p> <p>Lesson 4: What constitutes good parenting?</p> <p>Lesson 5: What is infertility? What is miscarriage? How could my lifestyle affect fertility for men and women?</p> <p>Lesson 5: What are the dangers of body alterations? How can I maintain a positive self-image?</p> <p>Lesson 6: How do I conduct a self-examination to detect cancers?</p>