

RSE Progression Framework mapped to each Year group Template

Year Group	RSE Specification content	Subject/Area LLW RE HE SCIENCE WORKSHOP Year Group Talk	Learning outcomes *Detailed using departmental scheme of work and RSE Framework document	Timescale (Term1 / Term 2 / Term 3)	Teaching and learning activities/ Resources
<b>Self-Awareness</b>					
8	Feelings and emotions	LLW	Explore sense of: self, needs, feelings, emotions, aspirations, morals, values, beliefs, and fears	Term 1	<b>PD Lesson 1:</b> Friendship <b>PD Lesson 2:</b> Family Conflict
8	Managing and making decisions	LLW	Investigate the influences on a young person including peer pressure, motivation and cultural trends	Term 1	<b>PD Lesson 3:</b> Risks ( <b>Insync</b> – resource 12, activity 7: resource 15, activity 7) LLW Self Concept resource.
8	Self Concept Managing Change Morals Values and beliefs	LLW	Ways to develop self-esteem, resilience, people's worth, gender stereotypes, body image	Term 1	<b>PD Lesson 4,5 &amp; 6:</b> Self Concept – Theme 4 <b>Insync</b> (link with <b>RE</b> ) <b>LLW: Book 1   Page 6</b> – 'Similar or Different'.
8	Personal Safety	LLW	Develop strategies to promote personal safety, boundaries, managing risk	Term 1	<b>PD Resource</b> Who Am I resource Unique me resource My Hopes resource

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					<p><b>Insync</b>  A Day in the Life of Joe – Resource 8, Activity 4.  Self Esteem Thermometer – Resource 9, Activity 4.</p>
8	Internet Safety and social media	Workshop (IT Department)	<p>Personal Safety – Develop safe practice in relation to the internet. Understand digital footprint, safe use of the internet, dangers of sharing material, harmful on-line behaviour, on-line bullying, digital manipulation, evaluate on-line content and its worth/purpose, age appropriate laws</p>	Term 1	<p><b>Social Media and its effects on relationships and self esteem – CCEA resource</b>  Unit 1: How media may affect self esteem  Unit 2: Selfies and self esteem</p>
<b>Relationships</b>					
8	<p>Relationships and sexuality</p> <p>Managing difficulties And conflict within relationships, including friendships</p> <p>Relationships and sexuality – challenging relationships</p>	LLW	<p>Explore the qualities of a loving respectful relationship and how choices are made.</p> <p>Develop coping strategies to deal with challenging relationships.</p> <p>Develop skills to avoid and resolve conflict.</p> <p>Describe the differences between friendship, romantic and sexual relationships.</p>	Term 1	<p><b>PD Lesson 1:</b> Friendships</p> <p><b>Insync theme 9</b>  Activity 5  Resource sheets 8A, B &amp; C  Discussion ‘Helping friendships grow’</p> <p><b>PD Lesson 2:</b> Family Conflict</p> <p><b>LGBTQ+ Matters – CCEA Resource</b>  Unit 1: LGBTQ+ Identities and Terms  Unit 2: Coming Out  Unit 3: HBT Bullying  Unit 4: Gender Identity</p>

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Health					
8	Concept of health, sexual maturation	LLW	Explore the concept of health and the development of the whole person, awareness of romantic and sexual relationships, develop strategies to promote personal safety	Term 1	<p><b>Insync theme 9</b> Activity 5 Class discussion ‘Helping friendships grow’</p> <p><b>PD Resource</b> Who Am I resource Unique me resource My Hopes resource</p>
8	Menstrual wellbeing	Year group talk (Pastoral)	<p>Understand that menstruation is normal and natural part of a girl’s development, know the menstrual cycle has stages, know the range of products available (how they are used and the advantages and disadvantages), menstrual wellbeing, menstrual hygiene, reflect on feelings about menstruation</p> <p>Explore the qualities of loving, respectful relationships, how choices affect physical and emotional development</p>	Term 1	<p><b>CCEA Period Dignity Resource</b> Period Dignity and menstrual wellbeing programme</p>
Self Awareness					
9	<p>Explore sense of self, moral framework, influences</p> <p>Morals, Values and beliefs</p>	LLW	<p>Ways to develop self esteem, set targets, physical, social and emotional health, body image, expectations, safety</p> <p>Explore temperament, feelings, emotions, personal integrity, risk, ability to make decisions, impact of alcohol and drugs</p>	Term 1	<p><b>PD Lessons/Resource</b></p> <p><b>Insync:</b> Section 4, Resource 3: Who Influences Me the Most?</p> <p>Resource 4&amp;5: Puffing Pete and Sniffing Sarah</p>

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					Section 6 Resource 1: Developing Moral Character (OK/NOT OK) Resource 2: Identify you own Moral Code. Resource 3: Dilemmas
<b>Relationships</b>					
9	Managing Change, Relationships, and sexuality	LLW	Develop coping strategies to deal with relationship scenarios  Describe the differences between friendship, romantic and sexual relationships, changing needs of family members	Term 1	<b>Insync</b> Section 9 – Resource 1 & 2 ‘Show me the Colour of your Money?’ Resource 5: Love Is Resource 7&8 – What should I Do?  <b>PD lesson/resource</b> My Ideal Partner <b>CCEA</b> <b>LGBTQ+ Matters</b> Unit 5: Transgender People in the Media Unit 6: History and Pride
9	Consent	Workshop (LLW Department)	Define and understand consent and explain its implications in relation to personal boundaries, Know how to ask for and give consent offline and online, demonstrate effective ways to communicate wishes, understand respect for others’ boundaries	Term 1	<b>CCEA</b> <b>Consent</b> Unit 1: Consent in relationships Unit 2: What does consent mean and why it is important Unit 3: Stereotypical Behaviour – the impact of consent
<b>Health</b>					
9	Concept of health	LLW	Develop awareness of hygiene, physical changes, puberty, impact of drugs, alcohol, smoking, coping	Term 1	<b>PD Lessons/Resource</b> My ideal life

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	Preventative strategies  Personal safety				<b>Chrysalis Programme (Year 9)</b> <b>Connections lesson</b> <b>Resources:</b> ‘Truth or myth’ ‘Who influences me’ ‘What should I do’ What do I Value – win or bin’ ‘Decision making guide’ ‘What do I do to belong’ ‘Fitting In’ ‘Coping feeling talking’ ‘What works for me’ ‘My tool kit for coping’
<b>Self Awareness</b>					
<b>10</b>	Managing and making decisions  Self-concept	LLW	Explore sense of self, personal responsibility, aspirations, needs etc.	Term 1	<b>PD Lesson/Resource</b> Topic 1:Personal action planning  <b>CCEA</b> <b>Consent (<i>Recap from Year 9</i>)</b> Unit 1: Consent in relationships Unit 2: What does consent mean and why it is important
<b>10</b>	Safety and Managing risk – Abuse, bullying and physical violence	<b>Workshop</b> (LLW Department)	Develop strategies to promote personal safety, respond to different forms of bullying, abuse, know where to seek help if experiencing any form of abuse, harassment or bullying	Term 1	<b>CCEA</b> <b>Domestic and sexual Violence</b> Unit 1: Relationships and Domestic Abuse Unit 2: Types of Domestic Abuse Unit 3: Identifying Domestic Abuse Unit 4: Domestic Abuse and its Impact Unit 5: On-line abuse and Sexting
<b>Relationships</b>					
<b>10</b>	Relationships and Sexuality – establishing	LLW	Explore relationships, types, boundaries, marriage, structures,	Term 1	<b>PD Lessons/resource</b> Topic 3: Sex and relationships

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	<p>boundaries and sexual relationships – considering consequences</p> <p>Managing change</p> <p>Feelings and emotions</p> <p>Safety and Managing Risk</p> <p>Friendship, romantic and sexual relationships</p>		<p>roles, respect, consent, conflict, homelife</p> <p>Coping with rejection, caring for relatives, understand how drugs and alcohol influence ability to make informed choices</p>		<p><b>PD Lesson/resource</b> Topic 2: Drugs education (legal/illegal substances including alcohol, class A-C drugs, smoking and the law).</p> <p><b>PD Lesson/resource</b> Topic 3: Sex and relationships</p> <p><b>CCEA</b> <b>Developments in Contraception</b> Unit 1: What is contraception Unit 2: Taking Control of my sexual health and well-being Unit 3: What is the future of Contraception</p>
<b>Health</b>					
<b>10</b>	<p>Concept of self, decisions, and health</p>	LLW	<p>Develop physical, social and emotional wellbeing</p>	Term 1	<p><b>PD Lesson/Resource</b> Topic 1: Personal action planning Topic 2: Drugs education Topic 3: Sex and relationships</p>
<b>10</b>	<p>Teen parenting</p>	LLW	<p>Explore the features of long-term commitments, marriage and parenting</p>	Term 1	<p><b>PD Lesson/resource</b> Topic 3: Sex and relationships Responsibilities, skills, qualities, demands of parenting,</p>

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Self-Awareness					
<b>KS4 YR11/12</b>	Values, attitudes, emotions, risk	LLW	Recognise own values, understand impact on others, develop concept of self, managing emotions and reactions to on-going life experiences, recognise and manage risk, learn about the unacceptability of discrimination and how to challenge it	Term 1	<b>PD Lessons/resource</b> Series of lessons on Physical, Social and emotional health/well-being, coping strategies, lifestyles and consequences, managing change and morals.
	Social Media & effects on relationships and self esteem  Internet Safety – sexting	Workshop (LLW Year 11)	Recognise the challenges of on-line abuse, social media and impact on self image, pressures, health risk of cosmetic procedures, how to access services  Describe laws regarding on-line sexual content, pornography and sharing of indecent images, how explicit media can be harmful, where to report and access help, illustrate ways the internet/social media can be sources of unwanted sexual attention, develop ways to stay safe when using phone, internet and social media  Human Rights and Gender equality and choices	Term 1	<b>Social Media and its effects on relationships and self esteem – CCEA resource</b> Unit 2: Selfies and self esteem  <b>PD Lessons/resource</b> Social media uses, pros and con', linked to 3 strands of health and lifestyles  <b>GCSE LLW Text book</b> Page 109  <b>Citizenship lessons/resources</b>

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					Human rights, violations, social responsibility, poverty, gender inequality <b>PD Lessons/resources</b> Topic 2: Emotions and reactions Topic 3: Relationships and sexuality Topic 4: Safety and well being
<b>Relationships</b>					
<b>KS4 YR11/12</b>	<p>Healthy and positive sexual expression and relationships Domestic and sexual violence and abuse LGBT* Matters</p> <p>Consent</p> <p>Gender, sexual identity and orientation</p>	LLW	<p>Understanding of sexual relationships, responsibilities of marriage, long term relationships, key features of healthy relationships, ways to assess and manage emotions that can influence sexual decision making, FGM, sexism, feminism, grooming, coercion, harassment, rape, abuse, faith</p> <p>Build on KS3 Knowledge of how to seek consent, the law, respect and understand others, on-line, effect of drugs and alcohol.</p> <p>Concepts of sexual identity, gender identity, orientation, equality, stereotypes, support, attitudes, impact on victims</p>	Term 1	<p>Topic 3: Relationships and sexuality Topic 4: Safety and well being</p> <p><b>CCEA</b> <b>Developments in Contraception</b> Unit 2: Taking Control of my sexual health and well-being (recap)</p> <p><b>PD Lessons/Resources</b> Topic 3: Relationships and sexuality</p>



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Health					
KS4 YR11/12	Menstrual wellbeing	Year group talk (Pastoral)	Understand that menstruation is normal and natural part of a girl's development, know the menstrual cycle has stages, know the range of products available (how they are used and the advantages and disadvantages), menstrual wellbeing, menstrual hygiene, reflect on feelings about menstruation, endometriosis, PMS, PMDD, PCOS, HRT, Menopause Describe how sexual intercourse leads to pregnancy and methods to prevent pregnancy, safe sex, responsibility of both partners, STI, HIV, myths and fears, importance of vaccination programmes to protect against HPV related cancers	Term 1	<b>CCEA Period Dignity Resource</b> Period Dignity and menstrual wellbeing programme
KS4 YR11/12	Sexual Intercourse, STI's and contraception	LLW Workshop (LLW Year 12)	Be aware of natural and artificial contraceptive methods, STP's, Preventing unintended pregnancy, safer sex practises, support services, impact on self esteem	Term 1	<b>PD Lesson/Resource</b> Topic 4 Safety and wellbeing  <b>CCEA</b> <b>Developments in Contraception</b> Unit 2: Taking Control of my sexual health and well-being (recap) Unit 3:What is the future of Contraception (recap)
KS4 YR11/12	Parenting	LLW	Develop an understanding of the roles and responsibilities of parenting, including teen parenting,	Term 1	<b>PD Lessons/Resource</b> Topic 5 Parenting

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			laws regarding abortion, pro-choice groups, miscarriage, still birth, foetal deformities		<b>CCEA</b> <b>Teen Parenting</b> Unit 1: Dealing with unintended pregnancy Unit 2: The Pregnancy Unit 3: Social, emotional, and financial impact Unit 4: Roles, responsibilities, and the law Unit 5: The impact of loss
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