

Health and Relationship Education

Key Stage 3

Health and Wellbeing

Making responsible health choices:

- Nutrition
- Self-Care
- First Aid
- Active and Healthy Lifestyles
- Cancer Awareness

Avoiding Poor Health Choices:

- Vaping
- Smoking
- Drug Use

Mental Health and Wellbeing:

- Body Changes
- FGM
- Mental Health Signposts
- Positive Body Image
- Mindfulness
- Managing Stress and Anxiety
- Anger Management
- Personal Development
- Self Confidence
- Being Resilient When Facing Challenges

Value and Attitudes:

- Rules for Success
- Discrimination and Prejudice.
- Respectful Relationships
- Self-awareness in Our Actions to Others.

Living in the Wider World

Role Models in Society

- Aspirational Leaders
- Leadership Skills
- Resilience
- Developing Future Careers
- Becoming Entrepreneurs
- Careers in STEM
- World Charities
- Human Rights

Finance:

- Managing Money
- Savings, Loans and Interest
- Financial Products and Transactions
- Employability skills
- National Insurance and Tax

Social Media:

- Enjoy Social Media Whilst Staying Safe and Private
- Stereotypes and Prejudice
- Dangers of Technology.
- Cyberbullying

Social Responsibility:

- Staying Safe on the Internet.
- Caring for Our Local Environment.
- LGBT Community
- Tolerance and Respect
- Impact of Knife Crime
- Youth Offenders and the Law
- Extremism and Human Rights

Relationships (RSE)

Family Relationships:

- Different Types of Families
- Dealing with Domestic Conflict

Friendships:

- Bullying or Banter
- Keeping Good Friendships
- Keeping Personal Identity
- Peer Pressure
- Celebrating Diversity and Culture

Love and relationships:

- Being in a Safe and Respectful Relationship
- Different Types of Relationships
- Avoiding Dangerous Relationships

Health and Relationship Education

Key Stage 4

Health and Wellbeing	Living in the Wider World	Relationships (RSE)
<p>Physical and Mental Health</p> <ul style="list-style-type: none"> - Danger of Piercings and Tattoos - Risks of Binge Drinking - Preventing Suicide - Dealing with Grief and Bereavement - Managing Anxiety - Internet Use- The Dangers of Excess <p>Study Skills:</p> <ul style="list-style-type: none"> - Power of Mind and Memory - Time Management to Avoid Stress - Preparing for Our Next Steps - Careers in the STEM Industries - Creating an Effective CV 	<p>Social Issues</p> <ul style="list-style-type: none"> - Homelessness - Hate Crimes - Fake News and the Need for Critical Thinking - The Impact of Antisocial Behaviour on Communities - The impact of Crime, Gangs and County Lines - Preventing Extremism - The Criminal Justice System 	<p>Relationships and Society:</p> <ul style="list-style-type: none"> - Different Types of Relationships - Marriage - Identifying Healthy and Unhealthy Relationships and Consent - Parenting Styles - Gender Identity - Positive Body Image - Community Cohesion

Nurturing Lifelong Achievement