




# RGS KS4 PSHE




## Department Vision:


*"The Rochester Grammar School PSHE aims to support students to stay safe, healthy and prepared for life's opportunities"*

 <b>Health and Well-Being</b>		
<b>Health:</b> <i>Understanding healthy lifestyles.</i> Health education will be delivered through logically ordered and responsive lessons that adapt to students' needs and promote lifelong healthy habits.	<b>Personal Safety:</b> <i>Recognising and responding safely.</i> Personal safety will be taught through carefully planned and age-appropriate lessons that build students' ability to recognise risks, make safe choices, and seek support when needed.	<b>Drugs &amp; Alcohol:</b> <i>Understanding substance risks.</i> Drugs and alcohol education will be delivered through age-appropriate lessons that build understanding of substance risks and develop strategies to resist peer influence.
 <b>Living in the Wider World</b>		
<b>Finance:</b> <i>Understanding financial matters.</i> Financial products and choices will be taught through progressive and sequenced lessons to equip them with the skills and knowledge needed to make informed decisions.	<b>Careers:</b> <i>Exploring future pathways.</i> Careers education will be introduced through lessons that help students explore how personal strengths, values and interests can shape future pathways and opportunities.	<b>Respecting Self &amp; Others:</b> <i>Empathy, kindness and awareness.</i> Respecting self and others will be explored through lessons that promote empathy, kindness and self-awareness both online and offline.
 <b>Relationships (RSE)</b>		
<b>Sex &amp; Relationships:</b> <i>Building positive foundations for healthy and safe relationships.</i> Complex RSE topics are taught safely and effectively, in an inclusive and age-appropriate way. Students are supported to recognise healthy and unhealthy relationships and behaviours, and seek help if they need to.	<b>Friends &amp; Family:</b> <i>Forming and maintaining respectful relationships.</i> Friendship and family relationships will be taught through lessons that develop empathy, inclusion and strategies to manage conflict and bullying.	<b>Community:</b> <i>Recognising and celebrating difference within communities.</i> Community and responsibility will be explored through lessons that encourage students to think critically about identity, diversity, and how to challenge stereotypes and promote inclusion.

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 <b>Health and Well-Being</b>		
<b>Health:</b> <i>Understanding healthy lifestyles.</i>	<b>Personal Safety:</b> <i>Recognising and responding safely.</i>	<b>Drugs &amp; Alcohol:</b> <i>Understanding substance risks.</i>
<p>Students deepen their understanding of mental health, managing stress, and maintaining emotional resilience during exam years and life transitions.</p> <ul style="list-style-type: none"> <li>• Eye Health (Form Time)</li> <li>• Dental Health (Form Time)</li> </ul>	<p>Student explore advanced safeguarding topics including consent, coercion, and how to protect themselves and others in risky or unsafe situations.</p> <ul style="list-style-type: none"> <li>• Violence Against Women &amp; Girls</li> <li>• World Immunisation Week (Form Time)</li> <li>• Blood, Organ &amp; Stem Cell Donation (Form Time)</li> </ul>	<p>Students assess long-term impacts of substance use, explore addiction and recovery, and understand how to access support services.</p> <ul style="list-style-type: none"> <li>• Managing Peer Influence in Independent Contexts</li> <li>• Consequences of Drug Use</li> </ul>

 <b>Living in the Wider World</b>		
<b>Finance:</b> <i>Understanding financial matters.</i>	<b>Careers:</b> <i>Exploring future pathways.</i>	<b>Respecting Self &amp; Others:</b> <i>Empathy, kindness and awareness.</i>
<p>Students prepare for financial independence by learning about budgeting, credit, taxes, and financial contracts relevant to adult life.</p> <ul style="list-style-type: none"> <li>• Rights &amp; Responsibilities in the Workplace</li> </ul>	<p>Students refine their employability skills through personal statements, interview techniques, and understanding workplace rights and responsibilities.</p> <ul style="list-style-type: none"> <li>• Preparing for The World of Work</li> <li>• Career Preferences</li> <li>• Fortnightly Careers Spotlight (Form Time)</li> <li>• National Careers Week (Form Time)</li> </ul>	<p>Students examine discrimination, privilege, and allyship, and how to actively promote equality and challenge injustice in society.</p> <ul style="list-style-type: none"> <li>• Recognising &amp; Challenging Bullying</li> <li>• Gender Equality</li> <li>• Sextortion (Form Time)</li> <li>• Social Media Algorithms (Form Time)</li> </ul>

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## Relationships (RSE)

**Sex & Relationships:** *Building positive foundations for healthy and safe relationships.*

Students explore sexual health, relationship dynamics, and how to navigate complex emotional and physical aspects of intimacy.

- Rights, Trust and Values
- Communication in Relationships
- Consent (Inc. Abuse & Rape)

**Friends & Family:** *Forming and maintaining respectful relationships.*

Students reflect on changing relationships, family roles, and how to manage conflict, communication, and support systems.

- Fertility
- Pregnancy
- Bullying (Form Time)

**Community:** *Recognising and celebrating difference within communities.*

Students consider their role as active citizens, exploring volunteering, civic responsibility, and how to contribute positively to diverse communities.

- Dyslexia Awareness (Form Time)
- Religious Festival Celebrations (Form Time)
- Black History Month (Form Time)
- Pride Month (Form Time)



## PSHE Curriculum Outline

Lesson Number	Topic	Lesson Title	Learning Objective	PoS Ref.	Prior Learning	Future Learning
1	RSE: Relationships	Rights, Trust and Values	<ul style="list-style-type: none"> <li>Explain that everyone has rights and that these are respected in healthy relationships.</li> <li>Describe how people's values can vary, and explain how this can influence how they understand trust, their relationship expectations, and personal boundaries.</li> <li>Describe or demonstrate how someone can communicate about their rights, and identify who can support them.</li> </ul>	R1, R2, R3, R4, R5, R6, R13, R14, R15, R16	Puberty, contraception choices, relationships and trust	Legal rights in pregnancy, parenting skills, access to health and social services
2	RSE: Relationships	Communication in Relationships	<ul style="list-style-type: none"> <li>Identify factors that affect readiness to take part in different kinds of intimacy.</li> <li>Explain that there are different ways to express intimacy and how people can communicate about their comfort and preferences.</li> <li>Describe strategies to manage pressurised situations and seek support.</li> </ul>	R1, R2, R3, R4, R5, R6, R7, R8, R9	Identifying emotions, resilience, coping strategies	Workplace stress management, long-term wellbeing strategies, adult mental health support
3	RSE: Relationships	Consent (Inc. Abuse & Rape)	<ul style="list-style-type: none"> <li>Explain what is meant by 'consent', and what this means within healthy relationships</li> <li>Explain some consequences of someone not receiving consent for sexual behaviour within a relationship</li> <li>Describe how and from where to access support, and how to support a friend who may be experiencing abuse.</li> </ul>	R7, R8, R9, R10, R11, R18, R19, R20, R22, R23	Aspirations, goal setting, recognising strengths	Career planning, higher education, professional development, networking

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4	HWB: Personal Safety	Violence Against Women & Girls	<ul style="list-style-type: none"> <li>Identify situations where people may feel unsafe when out socialising</li> <li>Evaluate how to support personal safety for each other</li> <li>Analyse the effect of attitudes towards personal safety and violence against women and girls.</li> </ul>	H30, H31, H32, H33, R37, R38, R39, R40	Identifying skills and interests, exploring job types	Specialisation, portfolio careers, balancing work and life, continuous skills development
5	RSE: Friends & Family	Fertility	<ul style="list-style-type: none"> <li>Explain how fertility changes over a person's lifetime and some of the factors affecting this</li> <li>Explain how to maintain a healthy pregnancy</li> <li>Describe different routes to parenthood.</li> </ul>	H30, H31, H32, R24, R25, R26	Group rules, respect in school, British values	Employment law, trade unions, HR processes, financial rights and responsibilities
6	RSE: Friends & Family	Pregnancy	<ul style="list-style-type: none"> <li>Identify the range of options available in the event of an unplanned pregnancy</li> <li>Describe the range of emotions someone might feel in the event of an unplanned or unwanted pregnancy</li> <li>Evaluate the different influences that might affect decisions about pregnancy</li> <li>Recognise that miscarriage can occur and where to access support in the event of a miscarriage</li> <li>Describe where and how to access impartial advice and support in relation to pregnancy.</li> </ul>	H31, H32, H33, H34, R24, R25, R26, R27	Saying no to peer pressure, basic drug/alcohol awareness	Independent decision-making, harm reduction strategies, supporting peers into adulthood
7	HWB: Health	Stress Management – Exams	<ul style="list-style-type: none"> <li>Identify signs of exam stress in themselves and others</li> <li>Know who to ask for advice and where to look for guidance on exam stress</li> <li>Select and use strategies to help them manage exam stress, including revision techniques</li> </ul>	H2, H3, H4, H5, H6, H9, H10	Short-term health risks, understanding addiction as a concept	Legal and health impacts of substance misuse, rehabilitation services, long-term health conditions
8	LWW: Careers	Preparing for The World of Work	<ul style="list-style-type: none"> <li>Correctly identify good ways to prepare for a job interview, in both the short and long-term.</li> <li>Explain why some applicants would be picked over others by putting yourself in the position of the employer.</li> </ul>	L1, L2, L3, L4, L6, L7, L8	Anti-bullying strategies, bystander behaviour, online safety	Workplace bullying/harassment, legal protections, restorative justice,

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						community safeguarding
9	LWW: Careers	Career Preferences	<ul style="list-style-type: none"> <li>Analyse how contract types and working patterns can affect the careers someone considers</li> <li>Assess how someone's strengths, interests and values can support their career choices</li> <li>Explain how someone's skills can be developed and added to over time</li> </ul>	L1, L2, L3, L4, L5, L6	Inclusion and diversity, protected characteristics, challenging stereotypes	Equalities law, campaigning for equity, intersectionality, gender in the workplace and leadership
10	LWW: Careers	Rights & Responsibilities in the Workplace	<ul style="list-style-type: none"> <li>Identify how age and contract type affects rights and responsibilities in the workplace</li> <li>Evaluate the benefits and challenges of different contract types for different people</li> <li>Demonstrate how to communicate assertively and respectfully in the workplace</li> </ul>	L7, L8, L9, L10	Puberty, contraception choices, relationships and trust	Legal rights in pregnancy, parenting skills, access to health and social services
11	HWB: Drugs & Alcohol	Managing Peer Influence in Independent Contexts	<ul style="list-style-type: none"> <li>Explain how different internal and external influences can affect decision making.</li> <li>Describe strategies for managing peer influence in contexts where young people are increasingly independent.</li> <li>Evaluate ways to be a positive influence on peers in relation to substance use.</li> </ul>	H23, H24, H25, H26	Identifying emotions, resilience, coping strategies	Workplace stress management, long-term wellbeing strategies, adult mental health support
12	HWB: Drugs & Alcohol	Consequences of Drug Use	<ul style="list-style-type: none"> <li>Describe the wider physical and psychological consequences of substance use</li> <li>Explain what addiction/dependency is and how it can affect individuals</li> <li>Identify sources of support and how to seek help for substance use and addiction</li> <li>Evaluate and challenge potential barriers to seeking support</li> </ul>	H23, H24, H25, H26, H27, H28, H29	Aspirations, goal setting, recognising strengths	Career planning, higher education, professional development, networking
13	LWW: Respecting Self & Others	Recognising & Challenging Bullying	<ul style="list-style-type: none"> <li>Explain the moral and legal rights and responsibilities everyone has in relation to bullying</li> </ul>	R28, R29, R30, R31,	Identifying skills and interests, exploring job types	Specialisation, portfolio careers, balancing work types

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			<ul style="list-style-type: none"> <li>Analyse the long-term effects of bullying and the impact of challenging and responding effectively to bullying behaviours</li> <li>Describe how policies and procedures can be used to challenge bullying in a range of contexts</li> </ul>	R32, R34, R35, R36		and life, continuous skills development
14	LWW: Respecting Self & Others	Gender Equality	<ul style="list-style-type: none"> <li>Describe the average similarities and differences among people of different genders.</li> <li>Explain why gender equality is so important for a healthy, functioning society which benefits everyone.</li> </ul>	R38, R39, R40, R41, R42, L8, L9	Group rules, respect in school, British values	Employment law, trade unions, HR processes, financial rights and responsibilities