

Curriculum Map

Subject: RSHE

Year Group: Post 16

(This is a 2 year rolling programme as groups are combined Y12 & 13)

Time Period	Autumn Term	Spring Term	Summer Term
RSHE Life Skills Content (Period 1 - Friday)	TERM 1 Health and wellbeing	Relationships, identity and FVB	
	<p style="text-align: center;"><u>Self-concept and healthy lifestyles</u></p> <ul style="list-style-type: none"> • Target setting / expectations. • Study skills: mind mapping. • Building confidence and assertiveness. • Critical thinking skills and fake news. • Plagiarism. • Mental wellbeing: anxiety and stress. • Plastic surgery and the long and short term consequences. <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> • Learn2Live • Online safety • Date rape • What to do in an emergency? <p><u>Health</u></p> <ul style="list-style-type: none"> • Breast and testicular cancer <p><u>Drugs, alcohol and Tobacco</u></p> <ul style="list-style-type: none"> • How to manage alcohol and drug use in relation to health and how these affect decision making and personal safety. • The impact of alcohol and drug use on road safety, reputation and career. 	<p style="text-align: center;"><u>Relationships</u></p> <ul style="list-style-type: none"> • Relationships values • Prejudice and discrimination • Healthy and Abusive relationships • Emotional, social and legal consequences <p><u>Gender identity and stereotypes</u></p> <ul style="list-style-type: none"> • Gender identity and stereotypes • LGBTQ+ issues <p><u>Consent</u></p> <ul style="list-style-type: none"> • Issues surrounding consent • Female Genital Mutilation <p><u>FBV, Bullying, abuse discrimination</u></p> <ul style="list-style-type: none"> • Fundamental British Values 	<p style="text-align: center;"><u>Living in the wider world</u></p> <ul style="list-style-type: none"> • Part time jobs – rights and responsibilities • Money Matters • Salaries and taxes • Credit and debit cards • Moving out <ul style="list-style-type: none"> - Registering with health services - Work – life balance • How to budget? <p><u>Work and career</u></p> <ul style="list-style-type: none"> • Career and life goals and how to get there. • Higher education options • HOP (Herts Opp portal) workshops <p><u>University or Apprenticeships</u></p> <ul style="list-style-type: none"> • Applications • Personal statements • CV and covering letters <p><u>Post 18 pathways</u></p> <ul style="list-style-type: none"> • Careers day • University guest speakers

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