

### Key Stage 4 RSE curriculum

Please note that the RSE curriculum is taught along with other core elements of PSHE (e.g. Living in the Wider World and Career) through the tutorial programme.

Year 10	Year 11
<b>Health</b> Recognising the early signs of mental wellbeing concerns. Strategies for promoting own emotional wellbeing. Recognising and managing feelings about body image and media's portrayal of body image. The impact of social media on our lives. The consequences of substance misuse. Taking increased responsibility for maintaining and monitoring health. Being a confident user of the NHS. Being able to perform first aid including CPR.	<b>Health</b> Common types of mental illness including anxiety and depression. Strategies for managing mental health.  Recognising/managing influences on financial decisions including debt and gambling. The legal/personal risks of sharing intimate images of others and strategies for managing this. The consequences of substance misuse. Checking for cancer (testicular and breast self-examination).
<b>Relationships</b> Identifying harmful relationships and skills and strategies to respond. Recognising discrimination and how to challenge it. Consent in intimate relationships. The impact of viewing harmful content including pornography.*session delivered by Brook Education. Contraception and sexual health. The impact of sex in the media.	<b>Relationships</b> The characteristics and legal status of different relationships including marriage and that these relationships should be entered into freely and without coercion. Accessing contraception and managing sexual health*session delivered by Brook Education. Accessing advice, information and support for all aspects of physical and mental health including sexual health.