**HRSE Key Stage 4**

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| **Lesson** | **Topic** | **POS** | **Who** |
| **1** | **Self Esteem** | * Evaluate the extent to which they allow their self-confidence and self-esteem to be affected by the judgments of others, including the difference between feedback and criticism, and understand the power of internal dialogue. * Recognise and manage feelings about, and influences on, their body image including the media’s portrayal of idealised and artificial body shapes and about health risks and issues related to this, including cosmetic procedures. | **RCH** |
| **2** | **Marriage and Family Life** | * That Jesus teaches about marriage (Matt 19: 1-12) and this has always challenged the Christian community. * That marriage is a way that people freely consent to swear their commitment to each other. Civil partnerships and living together, are different commitments * That parenting is one of the joys and major responsibilities of adult life. * Parenting skills will need to be learnt as they are central importance to happy family life. Young parenthood has particular implications. * The reasons why parents choose to adopt/foster or to place children for adoption/fostering. | **JHO** |
| **3** | **Changes in Relationships** | * About statutory and voluntary organisations, including those within the Church, that support relationships experiencing difficulties or in crisis, such as relationship breakdown, separation, divorce, or bereavement, and how to access such organisations and other sources of information, advice and support. * The impact of relationship breakdown, such as, separation, divorce and bereavement, on families and the need to adapt to changing circumstances. * How to manage changes in personal relationships including the ending of relationships. * Recognise diversity in sexual attraction and in developing sexuality. Know where to access support. | **JHO** |
| **4** | **Managing Mental Health** | * Strategies for managing mental health including stress, anxiety, depression, self-harm and suicide, and sources of help and support * The characteristics of emotional and mental health and the causes, symptoms and treatments of some mental and emotional health disorders (including stress, anxiety and depression) | **EHO** |
| **5** | **Safe Behaviour** | * About managing risk for their own safety and that of others, recognising the benefits of moderation. * Know the legal age of consent for sexual activity and the possible penalties for infringement. * Understand how power dynamics can alter relationships and what behaviours might represent manipulation or coercion and how to address harassment or stalking. * About how controlling behaviour abuses dignity. * The impact of domestic abuse (including sources of help and support). * Understand the nature of self-giving love and forgiveness in a relationship. * To recognise when a relationship is unhealthy or abusive, knowing that emotional and physical abuse or violence (including honour based violence) forced marriage or rape are violations of human dignity. That there is support for self or others at risk and where to access support. * About the concept of mutual consent as ongoing in relationships, including marriage, building on Key Stage 3. | **MFI** |
| **6** | **STIs** | * About many common STIs, including HIV/AIDS, and the risks they pose. Learn that there are ways to protect themselves and others from infection, including abstinence, and appropriate responses if they feel that they or others, are at risk. * Natural family planning, the correct use of contraception, negotiating its use in a relationship and respecting dignity. * Know that the menstrual cycle causes the female body to change as it prepares for ovulation, ovulates and following ovulation and that these changes, caused by hormones, can be emotional as well as physical. | **AMC** |
| **7** | **Drugs and Alcohol** | * The short and long-term consequences of substance use and misuse, how these damage the relationship with one’s own wellbeing and can damage relationships with others. To recognise the impact of drugs and alcohol on choices and sexual behaviour. | **CMC** |
| **8** | **Sex and the Media** | * Critically evaluate the role of sex in the media, its impact on perceptions of sexuality, sexual and gender norms, with particular reference to pornography and sexual ethics, recognising how human dignity can be demeaned and abused. | **MFI** |
| **9** | **Diversity** | * Know that true equality recognises all people are different and does not tolerate discrimination or victimisation. Recognise that all forms of harassment and discrimination are an infringement of human dignity, and the need to challenge this in the wider community and recognise what constitutes exploitation, bullying and harassment in relationships (including the challenges posed by online bullying and the unacceptability of physical, emotional, sexual abuse in all types of teenage relationships, including in group settings such as gangs) and how to respond. * To understand and respect others’ faith and cultural expectations concerning relationships and sexual activity. | **RCH** |