

Appendix 1: Curriculum map

Relationships and Sex Education Curriculum Map

Year 7		
Cycle 1		
Who Am I?		
1.1	Transition	<i>Transition points and the difficulties</i>
1.2	Dealing With Change	<i>Overcoming barriers and examples of change</i>
1.3	Self-Identity	<i>Links to Equality Act and what makes us, us</i>
1.4	Respect	<i>Showing respect and why we deserve it to be shown to us</i>
1.5	Belonging	<i>The importance of a sense of belonging and fostering</i>
1.6	Common Emotions	<i>Common emotions and what is 'normal'</i>
1.7	Puberty: Emotions	<i>How puberty affects emotions and why</i>
1.8	Puberty: Physical Changes	<i>How puberty physically changes us</i>
1.9	Moving To Adulthood	<i>Changes and difficulties as we move into adulthood</i>
		Knowledge Check
Cycle 2		
What Is a Healthy Relationship?		
2.1	Types of Relationships	<i>Different examples of relationships</i>
2.2	Healthy Relationships	<i>The characteristics of a healthy relationship</i>
2.3	Improving Relationships	<i>How to improve and maintain relationships</i>
2.4	Families and Change	<i>Different types of families and how they change</i>
2.5	Parents	<i>The roles of parents and successful parenting</i>
2.6	Adoption and Fostering	<i>How families might look different through a&f</i>
2.7	Conflict	<i>Examples of conflict in all types of relationships</i>
2.8	Power and Respect	<i>Misuse of power and how to tackle this</i>
2.9	SPARE	<i>To account for any missed sessions</i>
		Knowledge Check

Cycle 3		
What Does It Mean To Live Here?		
3.1	Stereotypes	<i>The impact of stereotypes</i>
3.2	Equality Act	<i>Importance and characteristics</i>
3.3	Positions of Authority	<i>Who these might be and the respect both ways</i>
3.4	British Values 1	<i>What are they and the importance</i>
3.5	British Values 2	<i>What are they and the importance</i>
3.6	Democracy	<i>Democracy in the UK and Local MP talk</i>
3.7	Local Area	<i>What it is like to live in Sandwell!</i>
3.8	Being a Citizen	<i>Expectations on being a good and contributing citizen here</i>
3.9	Staying Safe	<i>Personal safety: Roads, railways and water</i>
		Knowledge Check
Cycle 4		
How Do We Treat Others?		
4.1	Bullying	<i>Examples and types of bullying</i>
4.2	Online Bullying	<i>Social media, expectations of behaviour online</i>
4.3	Online Communities	<i>The rise of damaging subcultures online</i>
4.4	Impact	<i>The impact of this on a victim linked to mental wellbeing</i>
4.5	Hate Crimes	<i>Examples, law and impact</i>
4.6	Prejudice and Discrimination	<i>Damaging effect of these and challenging these</i>
4.7	Bystander	<i>The importance of being an upstander!</i>
4.8	In The Wider World	<i>Bullying in the wider world - the workplace/adult life etc</i>
4.9	SPARE	<i>To account for any missed sessions</i>
		Knowledge Check

Year 8

Cycle 1		What Is a Healthy Lifestyle?
1.1	Diet	<i>Examples of a healthy diet and the link to health risks</i>
1.2	Weight	<i>Importance of a healthy weight linked to health risks</i>
1.3	Sleep and Screen	<i>Importance of sleep and what affects this, linked to screen</i>
1.4	Dental Hygiene	<i>Good dental hygiene and importance</i>
1.5	Vaccination	<i>How they work and the importance of them</i>
1.6	Personal Hygiene	<i>Practicing good personal hygiene linked to puberty</i>
1.7	Vaping and Smoking	<i>Health risks associated</i>
1.8	Exercise	<i>Importance linked to health and mental wellbeing</i>
1.9	Mental Wellbeing	<i>What impacts MWB</i>
		Knowledge Check

Cycle 2		What Is a Healthy Relationship?
2.1	Romantic Relationships	<i>Different types of romantic relationships</i>
2.2	Healthy Relationships	<i>Characteristics of healthy relationships</i>
2.3	Impact of Relationships	<i>Links to MWB and other wider factors</i>
2.4	Marriage	<i>Law, commitment and why people make this choice</i>
2.5	Forced and Arranged	<i>Difference between them and the law surrounding</i>
2.6	Divorce	<i>Law, decision making, separation and change</i>
2.7	Honour Based Violence	<i>The law and reporting</i>
2.8	Consent	<i>What this looks like in a relationship, giving and removing</i>
2.9	FGM	<i>The law and reporting</i>
		Knowledge Check

Cycle 3		How Can We Be Discerning Online?
3.1	Behaviour and Laws	<i>Laws about behaviour online</i>
3.2	Material Sharing	<i>The risks associated with sharing material online</i>
3.3	Data and Advertising	<i>How data is collected and targetted towards us</i>
3.4	Fake News	<i>The rise of fake news and spotting this</i>
3.5	Rise of AI	<i>AI chatbots and associated risks</i>
3.6	Discerning Users	<i>How to be discerning as an online user</i>
3.7	Digital Footprints	<i>What this is, what affects it and the importance</i>
3.8	Scams and Gambling	<i>Scams linked to social media and online gaming platforms</i>
3.9	Grooming	<i>Signs of online grooming and reporting</i>
		Knowledge Check

Cycle 4		How Do We Behave Online?
4.1	British Values	<i>What they are and the importance of them</i>
4.2	Diversity	<i>The importance and celebration of diversity</i>
4.3	The Media	<i>What the media shows us and how to be discerning</i>
4.4	Extreme and Radical	<i>What this is and how people become involved</i>
4.5	Subcultures Online	<i>The rise of subcultures online and the sense of 'belonging'</i>
4.6	Signs	<i>The signs that someone may have become involved</i>
4.7	Example: Incel	<i>Incel cultures online</i>
4.8	Example: Violence/Knives	<i>Violence and knife crime shown online</i>
4.9	Reporting and Getting Help	<i>Reporting harmful content online and getting help</i>
		Knowledge Check

Cycle 1	What Is Criminal Behaviour?	
1.1	County Lines	<i>What is county lines linked to drugs</i>
1.2	Who Is at Risk	<i>Those who are at risk of involvement in CL and gangs</i>
1.3	Anti Social Behaviour	<i>Examples of this and the impact on the community</i>
1.4	Gang Crime	<i>How someone might end up involved and getting help</i>
1.5	Knife Crime	<i>The risks of carrying a knife, and issues with social media</i>
1.6	Sexual Exploitation	<i>What this is, signs and seeking help</i>
1.7	Modern Day Slavery	<i>Signs, law and seeking help</i>
1.8	Wider Impact	<i>Impact on family, community and society of involvement</i>
1.9	Personal Safety	<i>Safety in the community and around any conflict</i>
		Knowledge Check

Cycle 2	What Is Sexual Health?	
2.1	Contraception	<i>What contraception is and the facts surrounding</i>
2.2	Barrier Methods	<i>Condom demonstration*</i>
2.3	Hormonal Methods	<i>Facts surrounding types of contraception</i>
2.4	Consent and Pressure	<i>Dealing with sexual pressure and consent</i>
2.5	Sexual Health	<i>STIs/STDs and signs</i>
2.6	Accessing Healthcare	<i>Sexual Health Clinic and testing</i>
2.7	Gyneo Health	<i>Menstrual health, PCOS and Endo.</i>
2.8	Menopause	<i>Facts surrounding this and signs</i>
2.9	Self Examination and Screening	<i>Breast/Testicle/Cervix and importance</i>
		Knowledge Check

Cycle 3	How Do We Behave in The Online World?	
3.1	Social Media	<i>The issues raised by social media and the laws online</i>
3.2	Comparing Online	<i>Comparing ourselves online and the link to self-esteem and image</i>
3.3	Curating Lifestyles and AI	<i>Lifestyles shown online from social and influencers and the issue</i>
3.4	Nudes and Image Sharing	<i>The law, consequences and impact</i>
3.5	Revenge Porn	<i>The law, consequences and impact</i>
3.6	Gambling	<i>Online gambling and the dangers with this</i>
3.7	Hacking and Fraud	<i>What this is and how it can happen and reporting.</i>
3.8	Illicit Sales	<i>Sales of illegal goods online and how to report</i>
3.9	Subcultures and Violence	<i>Harmful content shown online, impact and reporting</i>
		Knowledge Check

Cycle 4		Looking After Mental Health and Wellbeing
4.1	Mental Health	What helps and affects mental wellbeing
4.2	Neurodiversity	What this is and links to the Equality Act
4.3	Depression and Anxiety	Signs and getting support. Some emotions are 'normal'
4.4	Autism and ADHD	The spectrum of this and being accepting
4.5	Loneliness	Changes in life, how to manage and the normality of this sometimes
4.6	Loss and Grief	Dealing with the loss of someone and managing grief
4.7	Self Harm	Led by SG team*
4.8	Suicide	Led by SG team*
4.9	Emotional Skills	Self awareness, self management and awareness
		Knowledge Check

*The issue with content that shows and promotes this material, where to seek help and support with these feelings

Cycle 1	What Are Drugs and Alcohol?	
1.1	Legal and Illegal	<i>The law relating to drugs and legal consequences</i>
1.2	Associated Risks	<i>The risks linked to health and wellbeing</i>
1.3	Alcohol Consumption	<i>Low alcohol consumption and binge drinking</i>
1.4	Personal Safety	<i>Safety surrounding alcohol and getting help</i>
1.5	Addiction and Dependency	<i>Signs of this and where to seek help</i>
1.6	Prescription Drugs	<i>The importance of safe use of prescription drugs</i>
1.7	Vaping and Balloons	<i>The associated risks and legality</i>
1.8	Risky Behaviour	<i>Dangerous and risky behaviour linked to intoxication</i>
1.9	Drink and Drug Driving	<i>The law and danger of these</i>
Knowledge Check		

Cycle 2	What Is Appropriate In Relationships?	
2.1	Types of Relationships	<i>Examples of long-term relationships and the importance</i>
2.2	Conflict	<i>Examples of conflict within a relationship and resolution</i>
2.3	Ending	<i>Ending a romantic relationship and change</i>
2.4	Consent	<i>Consent within a romantic relationship, giving and removing</i>
2.5	Harrassment and Stalking	<i>Signs of this, impact and reporting</i>
2.6	Criminal Behaviour	<i>Suffocation and strangulation</i>
2.7	Domestic Abuse	<i>The law and seeking help</i>
2.8	Violence	<i>Rape and sexual assault</i>
2.9	Impact and Support	<i>The wider impact and how to seek support</i>
Knowledge Check		

Cycle 3	How Do We Manage Money?	
3.1	Banking	<i>To know how to set up a current account and the benefits of this</i>
3.2	Budgeting	<i>To know what is meant by budgeting and how to do this</i>
3.3	Savings	<i>How to save money and the importance of this</i>
3.4	Payslips	<i>What do we see on a payslip and where does money go</i>
3.5	Loans	<i>Why someone might use a loan and the things to consider</i>
3.6	Credit Cards	<i>What a credit card might be used for and the risks associated</i>
3.7	Credit Score	<i>Building a good credit score and the importance</i>
3.8	Buy Now, Pay Later	<i>Why someone might use them and the potential risks</i>
3.9	Money and Wellbeing	<i>How money can affect wellbeing and challenges linked to this</i>
Knowledge Check		

Cycle 4	What Options are Available?	
4.1	Fertility	<i>Facts about fertility and what can affect this</i>
4.2	Pregnancy	<i>Facts surrounding pregnancy and the factors of a healthy pregnancy</i>
4.3	Contraception	<i>Examples, accessing and choosing the right option</i>
4.4	Emergency Contraception	<i>How to access and why someone might need to use this</i>
4.5	MOCKS	
4.6	MOCKS	
4.7	Miscarriage	<i>What this is, the impact on the person and factors</i>
4.8	IVF	<i>Different types, why someone might need to use this and accessing</i>
4.9	Abortion	<i>Why someone might choose this and the facts surrounding</i>
Knowledge Check		

Cycle 1 **My Next Steps**

- 1.1
- 1.2
- 1.3
- 1.4
- 1.5 College, Sixth Form and Provider Visits
- 1.6
- 1.7
- 1.8
- 1.9

Cycle 2 **My Next Steps**

- 2.1
- 2.2
- 2.3
- 2.4
- 2.5 College, Sixth Form and Provider Visits
- 2.6
- 2.7
- 2.8
- 2.9 Knowledge Check

Cycle 3 **Sexual Health and Wellbeing**

- 3.1 Healthy Relationships *The characteristics of healthy sexual relationships inc consent and considerations before engaging*
- 3.2 Pornography *Definition, law and what it shows*
- 3.3 Issues With Pornography *Expectations VS reality of pornography and the impact*
- 3.4 Criminal Behaviour *Coersion and other criminal behaviour shown by pornography*
- 3.5 Female Reproductive Health *What can affect fertility and other issues*
- 3.6 Male Reproductive Health *What can affect fertility and other issues*
- 3.7
- 3.8
- 3.9

Knowledge Check

Cycle 4

- 4.1
- 4.2
- 4.3
- 4.4
- 4.5
- 4.6
- 4.7
- 4.8
- 4.9

