

Relationship Health and Personal Development [RHPD] Road Map 2022- 2023

Year 7

TERM 1	
1	New beginnings Transition – New beginnings
2	New beginnings Let's get going
3	New beginnings Celebrity
4	New beginnings Build friendships
5	New beginnings I'll be there for you
6	New beginnings Friends Listen
7	Who am I? Am I normal? Puberty and hygiene
8	Who am I? Am I normal? Family life
9	Who am I? Am I normal? Romance
10	Who am I? Am I normal? Unhealthy relationships
11	Who am I? Am I normal? Bullying - Getting it,
12	Who am I? Am I normal? Bullying - Watching it!
13	Who am I? Am I normal? Bullying - Doing it!
14	Who am I? Am I normal? Friendships changing , breaking up

TERM 2	
1	Who am I? Am I normal? What's in a face
2	Who am I? Am I normal? My Feelings – Tame them
3	Who am I? Am I normal? Media effects
4	Resilience Thoughts and feelings, self-talk
5	Resilience Thinking Brain – Mindset
6	Resilience Accuracy of beliefs - Pessimistic Vs Optimistic
7	Resilience Putting it in perspective – Catastrophic thinking
8	Resilience Challenge unhelpful thinking – Use Evidence
9	Resilience Flexible thinking based on evidence
10	Resilience Overcoming Emotions - Strategies to use in conflict
11	Resilience Coping strategies and visualised relaxation techniques
12	Under Pressure Self-assertion

TERM 3	
1	Under Pressure Peer pressure
2	Under Pressure Peer pressure and groupthink
3	Under Pressure Attitudes towards smoking & E- cigarettes
4	Under Pressure Volatile substances, Psychoactive Substances
5	Under Pressure Alcohol
6	Health FGM (Female Genital Mutilation)
7	Health First aid
8	Health First aid CPR
9	Health Burns bleeds and choking
ACE WEEK	
10	Living in the wider world Diversity
11	Living in the wider world British values Does it matter? Beliefs and Values
12	Living in wider world – Managing budgets

To Year 8