

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

Year 10

TERM 1	
1	Wellbeing - How can PD help me?
2	Wellbeing - Beat stress
3	Well Being - Have I got it right? Strategies for revision
Careers - Work Experience Launch - TBC	
4	Wellbeing - What is normal? Societal expectations of self
5	Well Being - Breast and Testicular Cancer - *Timings vary during year
6	Wellbeing - Game of Risk - personal safety, drug misuse, smoking and underage sex
7	Wellbeing - Alcohol - what is not healthy!

TERM 2	
1	Wellbeing - Substances - Make the right choices and the law
2	Wellbeing - County Lines - Criminal exploitation
3	Wellbeing - Peer on Peer Abuse - Cyberbullying
4	Wellbeing - Peer on Peer Abuse - Sexual harassment
5	Careers - Challenging Career Stereotypes
6	Careers - My Personality, My Career

TERM 3	
1	Careers - Work Experience Preparation
2	RSHE - Starting a sexual relationship
3	RSHE - Consent and coercive control
4	RSHE - Contraception and STI recap
5	RSHE - Blurred lines, unreal expectations - Pornography
Work Experience Week	
6	Careers Work Experience Debrief

To Year 11