HRSE at St John Henry Newman Catholic School

“Heart Speaks to Heart”

HRSE stands for Health, Relationships and Sex Education. At Newman, HRSE is designed as a spiral curriculum which means we keep coming back to key themes to recap and extend your learning.

Themes:

Relationships

Online Safety

Mental and physical health

Prejudice and discrimination

Specific dangers

Life skills and citizenship

|  |  |
| --- | --- |
| Year 7 | What makes us human? |
| Good and bad relationships |
| E-safety – an introduction |
| Body image |
| Anti-bullying |
| Dangers of smoking and vaping |
| Keeping yourself safe |
| Year 8 | Relationships and marriage |
| E-safety – grooming and sexting |
| Prejudice and Discrimination |
| Dangers of alcohol and drugs |
| Finance and life skills |
| Democracy |
| Emotional Intelligence and mental health |
| Year 9 | Physical health |
| Risks within close relationships |
| Sex and relationships |
| E-safety – radicalisation |
| Dangers of gambling |
| The Holocaust |
| Year 10 | Positive choices about parenting |
| Stalking and harassment |
| Emotional Intelligence and Mental Health |
| The Equality Act 2010 |
| Dangers of illegal drugs |
| Careers and work experience |
| Year 11 | Reproductive Health and choices around pregnancy |
| Mental and physical health |
| Revision Skills and preparing for exams |