A yellow and red coat of arms with red tassels

Description automatically generatedHRSE 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

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| 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 |