

PSED and RSE Curriculum – Secondary 3 & 4 Departments

	Year 1			Year 2		
	Autumn	Spring	Summer	Autumn	Spring	Summer
KS3						
PSHE	All about me home/school	Healthy Lifestyles	Looking after our environment	Living in a diverse society (school and community)	People who help us (school and community)	Road safety
RSE	My changing body – including gender identification	Keeping ourselves and others safe – public and private behaviour	Personal care and hygiene (including menstruation)	Relationships (myself and others, families and friends)	Managing feelings and behaviours (Awareness and coping)	Personal sensitivity
KS4						
PSHE	Self-esteem (Emotional expression and self-management)	Ethnic diversity	Communicating about feelings and relationships	Looking after the environment	Accessing community facilities	Raising money for charity
RSE	Body parts and function - including gender identification and menstruation/ Personal care and hygiene	Knowledge of self and group membership	Discriminative learning (public/private – touch and related behaviours)	Communicating about feelings and relationships	Safe relationships	Human reproduction
Post 16						
PSHE	Self-esteem (Emotional expression and self-management)	Healthy eating	Accessing the community	Feelings	Communities and cultures	Accessing community facilities
RSE	Body changes – puberty and personal hygiene	Understanding my bodily needs – (menstruation and wet dreams, arousal, masturbation and dignity)	Preparing for adulthood	Consent and assertiveness – learning to keep safe	Health (sexual choices, testicular and breast health)	Preparing for adulthood