Year 11

Lesson Title		Content	When	How
1	Appropriate Behaviour - Coercion, bullying, pressure	• Defining coercion, bullying and pressure • Understanding the above in the context of different types of relationships including those that are sexual • Identifying factors • Acting appropriately • Where to get help	RSE is taught to Year 11 as part of their RPSE curriculum. It is taught from Winter 2-Summer 1.1 lesson per fortnight.	All RSE is taught in-line with the RPSE Curriculum at Holmfirth High School. We use a range of teaching techniques, including: • Group work • Independent Work • Paired Work • A range of work-sheets • Evaluation and analysis activities • Case Studies (real life) • Demonstrations • Visual Aids (contraception) • Creative activities • Age appropriate video resources • Occasional Documentaries (age and content appropriate) • Quizzes and Progress Indicators • Independent research • Where necessary online teaching via appropriate platforms will take place
2	Rape, Sexual Harassment and Sexual Assault	• Defining the key terms • Rape and Statutory Rape • The Laws		
3	Domestic Violence	• What is domestic violence including coercion and gaslighting • Victims – men, women, children • Recognising the signs • How to get help		
4	Honour Based Violence and Forced Marriage	• Defining the key terms • Why they happen • Laws • Effect on current and future relationships		
5	Grooming	• Recap: What is grooming • Where grooming could take place • Gangs and trafficking • Vulnerable people • Online grooming		
6	Relationship Breakdown and Emotional Impact	• How to recognise the breakdown of a relationship including friendship • Causes of relationship breakdown • Impacts on mental and physical health • Moving on and self-worth		

7	Keeping Good Mental Health	• Recognising stressful or anxiety causing situations and identifying triggers • Stress and Anxiety • Coping strategies and keeping good mental health • Proactive strategies before reactive		