

RSHE

Year	Subject	AP	Band A	Band B	Band C
7	RSHE	AP1	<p>Students can:</p> <ul style="list-style-type: none"> Identify and explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem. Identify and describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed. Identify and explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services. Identify and describe the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. Recognise and explain how to challenge unhealthy/negative relationship behaviours Explain strategies to manage peer influence and pressure. 	<p>Students can:</p> <ul style="list-style-type: none"> Explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem. Describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed. Explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services. Identify how the media, social media and other influences might affect health choices and suggest how to manage this. Recognise and describe differences between healthy/positive and unhealthy/negative relationships. Recognise peer pressure and suggest some ways to manage it. 	<p>Students can:</p> <ul style="list-style-type: none"> Suggest ways to maintain a healthy self-concept. Name and describe emotions, the features of mental wellbeing, and who to ask for help. List some support and health services and describe when and how to get help. Suggest how the media, social media and other influences might affect health choices and suggest how to manage this. Distinguish between healthy/positive and unhealthy/negative relationships. Define peer pressure and suggest some ways to manage it.
7	RSHE	AP2	<p>Students can:</p> <ul style="list-style-type: none"> Confidently demonstrate strategies to maintain a healthy self-concept, and 	<p>Students can:</p> <ul style="list-style-type: none"> Identify and explain ways to maintain a healthy self-concept, and where 	<p>Students can:</p> <ul style="list-style-type: none"> Explain ways to maintain a healthy self-concept, and where

			<p>assess when and how it is appropriate to promote others' self-esteem.</p> <ul style="list-style-type: none"> ● Confidently articulate emotional wellbeing, explain the features of mental health and ill-health, and evaluate different sources of support. ● Make some assessments of risks to health, identify the best sources of advice/support for such issues, including on- and off-line services. ● Confidently explain the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. ● Confidently explain how to challenge unhealthy/negative relationship behaviours ● Confidently explain strategies to manage peer influence and pressure. 	<p>relevant, promote self-confidence and self-esteem.</p> <ul style="list-style-type: none"> ● Identify and describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed. ● Identify and explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services. ● Identify and describe the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. ● Recognise and explain how to challenge unhealthy/negative relationship behaviours ● Explain strategies to manage peer influence and pressure. 	<p>relevant, promote self-confidence and self-esteem.</p> <ul style="list-style-type: none"> ● Describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed. ● Explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services. ● Identify how the media, social media and other influences might affect health choices and suggest how to manage this. ● Recognise and describe differences between healthy/positive and unhealthy/negative relationships. ● Recognise peer pressure and suggest some ways to manage it.
8	RSHE	AP1	<p>Students can:</p> <ul style="list-style-type: none"> ● Confidently demonstrate strategies to maintain a healthy self-concept, and assess when and how it is appropriate to promote others' self-esteem. 	<p>Students can:</p> <ul style="list-style-type: none"> ● Identify and explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem. 	<p>Students can:</p> <ul style="list-style-type: none"> ● Explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem.

			<ul style="list-style-type: none"> ● Confidently articulate emotional wellbeing, explain the features of mental health and ill-health, and evaluate different sources of support. ● Make some assessments of risks to health, identify the best sources of advice/support for such issues, including on- and off-line services. ● Confidently explain the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. ● Confidently explain how to challenge unhealthy/negative relationship behaviours ● Confidently explain strategies to manage peer influence and pressure. 	<ul style="list-style-type: none"> ● Identify and describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed. ● Identify and explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services. ● Identify and describe the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. ● Recognise and explain how to challenge unhealthy/negative relationship behaviours ● Explain strategies to manage peer influence and pressure. 	<ul style="list-style-type: none"> ● Describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed. ● Explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services. ● Identify how the media, social media and other influences might affect health choices and suggest how to manage this. ● Recognise and describe differences between healthy/positive and unhealthy/negative relationships. ● Recognise peer pressure and suggest some ways to manage it.
8	RSHE	AP2	<p>Students can:</p> <ul style="list-style-type: none"> ● Maturely demonstrate strategies to maintain a healthy self-concept, and assess when and how it is appropriate to promote others' self-esteem. ● Maturely assess when it is appropriate to, and demonstrate how to, support others to 	<p>Students can:</p> <ul style="list-style-type: none"> ● Confidently demonstrate strategies to maintain a healthy self-concept, and assess when and how it is appropriate to promote others' self-esteem. ● Confidently articulate emotional wellbeing, explain the features of 	<p>Students can:</p> <ul style="list-style-type: none"> ● Identify and explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem. ● Identify and describe complex emotions, the features of positive mental health, warning signs of

			<p>make healthy choices and promote their wellbeing.</p> <ul style="list-style-type: none"> • Make regular, accurate assessments of risks to health, assess the best sources of advice/support for such issues, including on- and off-line services, and explain how to access appropriate support in different situations. • Evaluate the role and effectiveness of the media and social media's influence on lifestyle choices and evaluate a range of strategies to manage this and other influences. • Evaluate unhealthy/negative relationship behaviours and confidently demonstrate how to challenge them. • Evaluate and effectively demonstrate a range of strategies to manage peer influence and pressure. 	<p>mental health and ill-health, and evaluate different sources of support.</p> <ul style="list-style-type: none"> • Make some assessments of risks to health, identify the best sources of advice/support for such issues, including on- and off-line services. • Confidently explain the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. • Confidently explain how to challenge unhealthy/negative relationship behaviours • Confidently explain strategies to manage peer influence and pressure. 	<p>mental ill-health and identify signs that help is needed.</p> <ul style="list-style-type: none"> • Identify and explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services. • Identify and describe the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. • Recognise and explain how to challenge unhealthy/negative relationship behaviours • Explain strategies to manage peer influence and pressure.
9	RSHE	AP1	<p>Students can:</p> <ul style="list-style-type: none"> • Maturely demonstrate strategies to maintain a healthy self-concept, and assess when and how it is appropriate to promote others' self-esteem. • Maturely assess when it is appropriate to, and demonstrate how to, support others to make healthy choices and promote their wellbeing. 	<p>Students can:</p> <ul style="list-style-type: none"> • Confidently demonstrate strategies to maintain a healthy self-concept, and assess when and how it is appropriate to promote others' self-esteem. • Confidently articulate emotional wellbeing, explain the features of mental health and ill-health, and evaluate different sources of support. 	<p>Students can:</p> <ul style="list-style-type: none"> • Identify and explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem. • Identify and describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed.

			<ul style="list-style-type: none"> • Make regular, accurate assessments of risks to health, assess the best sources of advice/support for such issues, including on- and off-line services, and explain how to access appropriate support in different situations. • Evaluate the role and effectiveness of the media and social media's influence on lifestyle choices and evaluate a range of strategies to manage this and other influences. • Evaluate unhealthy/negative relationship behaviours and confidently demonstrate how to challenge them. • Evaluate and effectively demonstrate a range of strategies to manage peer influence and pressure. • Explain the concept of consent in a variety of contexts; the legal and moral responsibility of the seeker of consent to ensure consent has been given; and the importance of respecting others' feelings about readiness for intimacy. I can describe how to recognise, ask for, give, not give and withdraw consent 	<ul style="list-style-type: none"> • Make some assessments of risks to health, identify the best sources of advice/support for such issues, including on- and off-line services. • Confidently explain the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. • Confidently explain how to challenge unhealthy/negative relationship behaviours • Confidently explain strategies to manage peer influence and pressure. • State what is meant by consent in simple terms; explain everyone's right to wait until they are ready to be intimate; and the responsibility the seeker of consent has to ensure consent is given. Identify how to recognise, ask for, give, not give and withdraw consent 	<ul style="list-style-type: none"> • Identify and explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services. • Identify and describe the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. • Recognise and explain how to challenge unhealthy/negative relationship behaviours • Explain strategies to manage peer influence and pressure. • Suggest what is meant by consent in simple terms; explain everyone's right to wait until they are ready to be intimate; and the responsibility the seeker of consent has to ensure consent is given. Identify how to recognise, ask for, give, not give and withdraw consent
9	RSHE	AP2	<p>Students can:</p> <ul style="list-style-type: none"> • Confidently, maturely and consistently demonstrate strategies to maintain a 	<p>Students can:</p> <ul style="list-style-type: none"> • Maturely demonstrate strategies to maintain a healthy self-concept, and 	<p>Students can:</p> <ul style="list-style-type: none"> • Confidently demonstrate strategies to maintain a healthy

		<p>healthy self-concept, and assess when and how it is appropriate to promote others' self-esteem.</p> <ul style="list-style-type: none"> ● Confidently and maturely assess when it is appropriate to, and demonstrate how to, support others to make healthy choices and promote their wellbeing. ● Consistently make regular, accurate assessments of risks to health, assess the best sources of advice/support for such issues, including on- and off-line services, and explain how to access appropriate support in different situations. ● Analyse the role and effectiveness of the media and social media's influence on lifestyle choices and evaluate a range of strategies to manage this and other influences. ● Assess unhealthy/negative relationship behaviours and confidently demonstrate how to challenge them. ● Select, evaluate and maturely demonstrate a range of strategies to manage peer influence and pressure. ● Demonstrate a mature, comprehensive understanding of the concept of consent, capacity to consent, readiness for intimacy and the legal and moral responsibility on the seeker of consent to 	<p>assess when and how it is appropriate to promote others' self-esteem.</p> <ul style="list-style-type: none"> ● Maturely assess when it is appropriate to, and demonstrate how to, support others to make healthy choices and promote their wellbeing. ● Make regular, accurate assessments of risks to health, assess the best sources of advice/support for such issues, including on- and off-line services, and explain how to access appropriate support in different situations. ● Evaluate the role and effectiveness of the media and social media's influence on lifestyle choices and evaluate a range of strategies to manage this and other influences. ● Evaluate unhealthy/negative relationship behaviours and confidently demonstrate how to challenge them. ● Evaluate and effectively demonstrate a range of strategies to manage peer influence and pressure. ● Explain the concept of consent in a variety of contexts; the legal and moral responsibility of the seeker of consent to ensure consent has been given; and the importance of respecting others' feelings about readiness for intimacy. I 	<p>self-concept, and assess when and how it is appropriate to promote others' self-esteem.</p> <ul style="list-style-type: none"> ● Confidently articulate emotional wellbeing, explain the features of mental health and ill-health, and evaluate different sources of support. ● Make some assessments of risks to health, identify the best sources of advice/support for such issues, including on- and off-line services. ● Confidently explain the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these. ● Confidently explain how to challenge unhealthy/negative relationship behaviours ● Confidently explain strategies to manage peer influence and pressure. ● State what is meant by consent in simple terms; explain everyone's right to wait until they are ready to be intimate; and the responsibility the seeker of
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