

Curriculum Mapping Matrix Key	
RSHE Guidance Term	Ten Ten Abbreviation
Relationships and Sex Education	
Families	F
Respectful Relationships	RR
Online Safety and Awareness	OSA
Being Safe	BS
Intimate Sexual Relationships, including Sexual Health	ISR
Health and Wellbeing	
Mental Wellbeing	MW
Wellbeing Online	WBO
Physical Health and Fitness	PHF
Healthy Eating	HE
Drugs, Alcohol, Tobacco and Vaping	DATV
Health Protection and Prevention	HPP
Personal Safety	PS
Basic First Aid	BFA
Developing Bodies	DB

Year 10

Theme	Theme Title	DfE RSHE Guidance	CES RSHE Model Framework	PSHE Association Programme of Study
10.1	Authentic Freedom	ISR: ISR1, ISR2, ISR3, ISR4 RR: RR8 BS: BS2	Created to Love Others Education in Virtue: 4.2.1.1, 4.2.1.4, 4.2.1.6 Religious Understanding: 4.2.2.1, 4.2.2.2, 4.2.2.5 Personal Relationships: 4.2.3.4, 4.2.3.5, 4.2.3.6	KS4 Relationships: personal values, readiness, consent, sexual decision-making and delaying sex KS4 Health and wellbeing: peer influence, values-led choices and emotional wellbeing
10.2	Self-Image	RR: RR2, RR3, RR9 ISR: ISR4 WBO: WBO2	Created and Loved by God Education in Virtue: 4.1.1.1, 4.1.1.3, 4.1.1.4 Religious Understanding: 4.1.2.5 Me, My Body and My Health: 4.1.3.5, 4.1.3.6 Created to Love Others: 4.2.3.2	KS4 Relationships: self-worth, stereotypes, objectification and respectful attitudes KS4 Health and wellbeing: body image, self-esteem, media influence and emotional wellbeing
10.3	Beliefs, Values, Attitudes	RR: RR2, RR5 MW: MW6	Created and Loved by God Education in Virtue: 4.1.1.6, 4.1.1.7 Religious Understanding: 4.1.2.4, 4.1.2.6 Emotional Wellbeing and Attitudes: 4.1.4.5 Created to Love Others: 4.2.1.6	KS4 Health and wellbeing: values, character, conscience, decision-making and wellbeing KS4 Relationships: respecting different beliefs and maintaining healthy boundaries
10.4	Parenthood	F: F1, F2, F3, F6, F7 RR: RR5	Created to Love Others Education in Virtue: 4.2.1.1, 4.2.1.2, 4.2.1.6 Religious Understanding: 4.2.2.1, 4.2.2.2, 4.2.2.4 Personal Relationships: 4.2.3.6, 4.2.3.8, 4.2.3.9 Keeping Safe: 4.2.4.6	KS4 Relationships: parenthood, family life, committed relationships, rights and responsibilities KS4 Health and wellbeing: future responsibilities, empathy and preparation for adult life
10.5A	Pregnancy and Abortion	ISR: ISR4, ISR7 RR: RR4, RR5	Created to Love Others Education in Virtue: 4.2.1.2, 4.2.1.6, 4.2.1.7 Religious Understanding: 4.2.2.1, 4.2.2.4, 4.2.2.5 Life Cycles and Fertility: 4.2.3.4, 4.2.3.5 Keeping Safe: 4.2.4.7	KS4 Relationships: pregnancy, abortion, law, values, differing beliefs and respectful discussion KS4 Health and wellbeing: informed decision-making and emotional impact of pregnancy and abortion
10.5B	Abuse	RR: RR1, RR5, RR8, RR10 BS: BS3, BS9, BS10, BS11, BS16 OSA: OSA10	Created to Love Others Education in Virtue: 4.2.1.2, 4.2.1.3, 4.2.1.6 Personal Relationships: 4.2.3.2, 4.2.3.7 Keeping Safe: 4.2.4.1, 4.2.4.2, 4.2.4.4 People Who Can Help Me: 4.2.4.8, 4.2.4.10	KS4 Relationships: healthy, unhealthy and abusive relationships; coercive control; stalking; grooming; consent; help-seeking KS4 Health and wellbeing: personal safety, recognising risk and accessing support

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10.6	Online Influences	WBO: WBO1, WBO2, WBO3, WBO5, WBO6, WBO7 OSA: OSA3, OSA7, OSA8, OSA9, OSA10 RR: RR12	Created to Love Others Education in Virtue: 4.2.1.3, 4.2.1.6 Keeping Safe: 4.2.4.5 Created to Live in Community Education in Virtue: 4.3.1.1, 4.3.1.3 Living in the Wider World: 4.3.3.4, 4.3.3.5	KS4 Health and wellbeing: digital wellbeing, online harms, critical evaluation and media literacy KS4 Relationships: online influence, dignity, harassment, conflict and sub-cultures KS4 Living in the wider world: algorithms, misinformation, disinformation, AI and deepfakes
10.7	Solidarity	F: F5 BS: BS3, BS11, BS12, BS13, BS16	Created to Live in Community Education in Virtue: 4.3.1.1, 4.3.1.2, 4.3.1.3 Religious Understanding: 4.3.2.1, 4.3.2.2 Living in the Wider World: 4.3.3.4, 4.3.3.5, 4.3.3.7, 4.3.3.8 Created to Love Others: Keeping Safe: 4.2.4.1	KS4 Relationships and personal safety: FGM, forced marriage, honour-based violence, human trafficking, exploitation, warning signs and support KS4 Living in the wider world: human dignity, solidarity, common good and social action
10.8	Out in Public	RR: RR2, RR5, RR6 PS: PS1, PS2, PS3, PS4, PS5 BS: BS3, BS4, BS16	Created to Love Others Education in Virtue: 4.2.1.2, 4.2.1.3, 4.2.1.6 Keeping Safe: 4.2.4.1, 4.2.4.8 Created to Live in Community Education in Virtue: 4.3.1.1, 4.3.1.3 Living in the Wider World: 4.3.3.4	KS4 Personal safety: public spaces, conflict, peer pressure, knife crime, trusted adults, de-escalation and help-seeking KS4 Relationships: bystander responsibility, bullying, respect for strangers and managing conflict

Year 11

Theme	Theme Title	DfE RSHE Guidance	CES RSHE Model Framework	PSHE Association Programme of Study
11.1	Self-Worth	RR: RR1, RR3, RR5 MW: MW6	Created and Loved by God Education in Virtue: 4.1.1.1, 4.1.1.4, 4.1.1.6 Religious Understanding: 4.1.2.5 Me, My Body and My Health: 4.1.3.1, 4.1.3.2 Created to Love Others: 4.2.1.2, 4.2.3.2	KS4 Health and wellbeing: self-worth, identity, resilience and evaluating influences on wellbeing KS4 Relationships: dignity, respect, healthy relationship foundations and positive self-relationship
11.2	Alcohol, Drugs & Dependency	DATV: DATV1, DATV2, DATV3, DATV4, DATV5, DATV6, DATV7 HE: HE3 MW: MW6, MW9 WBO: WBO6 ISR: ISR10 BS: BS16	Created and Loved by God Education in Virtue: 4.1.1.4, 4.1.1.6, 4.1.1.7 Emotional Wellbeing: 4.1.4.3, 4.1.4.4 Created to Love Others: Keeping Safe: 4.2.4.3, 4.2.4.10 People Who Can Help Me: 4.2.4.8	KS4 Health and wellbeing: drugs, alcohol, tobacco, vaping, addiction, recovery, mental health and help-seeking KS4 Relationships: substance use, sexual risk-taking and responsible decision-making KS4 Living in the wider world: online supply of illicit drugs and law
11.3A	Mental Wellbeing	MW: MW1, MW4, MW5, MW6, MW7, MW8, MW9, MW10 HP: HP9 WBO: WBOL4 HE: HE3 BS: BS16	Created and Loved by God Education in Virtue: 4.1.1.5, 4.1.1.6, 4.1.1.7 Emotional Wellbeing: 4.1.4.1, 4.1.4.3, 4.1.4.4 Religious Understanding: 4.1.2.4, 4.1.2.5 People Who Can Help Me: 4.2.4.8	KS4 Health and wellbeing: mental wellbeing, stress, anxiety, warning signs, support pathways, addiction links and reducing stigma KS4 Relationships: connection, belonging, supporting others and trusted adults
11.3B	Eating Disorders	MW: MW1, MW4, MW5, MW6, MW7, MW10 HP: HP9 HE: HE3 BS: BS16	Created and Loved by God Education in Virtue: 4.1.1.5, 4.1.1.6, 4.1.1.7 Me, My Body and My Health: 4.1.3.2, 4.1.3.3, 4.1.3.5 Emotional Wellbeing: 4.1.4.1, 4.1.4.3 People Who Can Help Me: 4.2.4.8	KS4 Health and wellbeing: eating disorders, body image, coping strategies, warning signs, early intervention and recovery KS4 Relationships: supportive friendships, inclusion, empathy and professional help-seeking
11.3C	Health and Fitness	HP: HP1, HP2, HP4, HP7, HP8, HP9 MW: MW6 HE: HE3 BS: BS16	Created and Loved by God Education in Virtue: 4.1.1.1, 4.1.1.4, 4.1.1.6 Me, My Body and My Health: 4.1.3.5, 4.1.3.6 Emotional Wellbeing: 4.1.4.3 Created to Live in Community: 4.3.1.2	KS4 Health and wellbeing: healthy lifestyle, sleep, movement, diet, screening, early detection and health services KS4 Living in the wider world: responsible use of healthcare services, prevention and donation as service

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11.4	Family Planning and Fertility	ISR: ISR1, ISR2, ISR6 HP: HPP7 DB: DB4 HE: HE3	Created to Love Others Education in Virtue: 4.2.1.1, 4.2.1.2, 4.2.1.6 Religious Understanding: 4.2.2.1, 4.2.2.2, 4.2.2.5 Life Cycles and Fertility: 4.2.3.4, 4.2.3.5 People Who Can Help Me: 4.2.4.10	KS4 Relationships and sex education: fertility, contraception, NFP, intimacy, commitment and sexual decision-making KS4 Health and wellbeing: pre-conception health, pregnancy loss, reproductive health, infertility and support services
11.5A	Sexual Health	ISR: ISR4, ISR5, ISR8, ISR9, ISR10, ISR11, ISR12 HE: HE3	Created to Love Others Education in Virtue: 4.2.1.2, 4.2.1.6 Religious Understanding: 4.2.2.5 Keeping Safe: 4.2.4.3, 4.2.4.10 Created to Live in Community: 4.3.3.1	KS4 Health and wellbeing: STIs, HIV, PrEP/PEP, testing, treatment, stigma and confidential services KS4 Relationships: sexual decision-making, alcohol/drugs, dignity, influence, responsibility and support
11.5B	Pornography	RR: RR8, RR9, RR10, RR11 ISR: ISR5, ISR11, ISR12 OSA: OSA7, OSA10, OSA11, OSA15 MW: MW6 BS: BS11, BS14, BS15, BS16	Created to Love Others Education in Virtue: 4.2.1.3, 4.2.1.6 Religious Understanding: 4.2.2.5 Personal Relationships: 4.2.3.2, 4.2.3.7 Keeping Safe: 4.2.4.1, 4.2.4.2, 4.2.4.5, 4.2.4.6	KS4 Relationships: pornography, consent, misogyny, power dynamics, objectification and authentic intimacy KS4 Online safety: deepfakes, sextortion, exploitation, image-based abuse and fake intimacy KS4 Health and wellbeing: evaluating the impact of pornography on wellbeing and freedom
11.5C	Coercive Control	RR: RR1, RR2, RR5, RR7, RR8, RR9, RR10, RR12 F: F8 ISR: ISR3, ISR11 BS: BS3, BS5, BS7, BS9, BS10, BS16 OSA: OSA10	Created to Love Others Education in Virtue: 4.2.1.2, 4.2.1.3, 4.2.1.6 Personal Relationships: 4.2.3.2, 4.2.3.3, 4.2.3.7, 4.2.3.8 Keeping Safe: 4.2.4.1, 4.2.4.2, 4.2.4.4 People Who Can Help Me: 4.2.4.8, 4.2.4.10	KS4 Relationships: coercive control, domestic abuse, consent, rape, stereotypes, ending relationships and help-seeking KS4 Online safety: technology-facilitated harassment, monitoring and abusive behaviour KS4 Health and wellbeing: safety, support and recovery after abuse