

RSHE Mentor Time Plan 2022-23

	Year 7	Year 8	Year 9	Year 10	Year 11	Y12	Y13+
Term 1	<u>Anti-bullying (to link in with anti-bullying week):</u> <ul style="list-style-type: none"> • What is bullying? • Effects of bullying • Why do people bully? • How can we stop bullying? • Who looks after us at ICC? • How we deal with bullying at ICC. 	<u>Finance</u> <ul style="list-style-type: none"> • Importance of budgeting • Creating a personal budget plan • Savings, loans and interest • Purchasing goods • Monitoring spending • Ethical finance (intro) 	<u>Relationships:</u> <ul style="list-style-type: none"> • Types of relationships • Sexual identities • What does it mean to be trans? • Why do some gay people use 'queer'? • Abuse in relationships • What makes a good relationship? 	<u>Personal Health:</u> <ul style="list-style-type: none"> • Coping with stress and anxiety • Healthy eating • Body positive • Looking after your body • Looking after your mind • Exercise 	<u>Prevent:</u> <ul style="list-style-type: none"> • How did multiculturalism happen in the UK? • The benefits of a multi-cultural society • What does it mean to be an immigrant? • What does it mean to be an asylum seeker? • Belonging in society • What can cause radicalisation? 	<u>Drugs/Alcohol:</u> <ul style="list-style-type: none"> • Cannabis • Drink driving • Drink spiking • Foetal Alcohol Syndrome • What if it all goes wrong? • Getting urgent medical care • Seeking help for addiction 	<u>Living away from home</u> <ul style="list-style-type: none"> • Connecting with others- Support networks • Anxiety away from home • Reporting crime • Budgeting • Borrowing
Term 2	<u>Sexual Health (to link into sexual health week):</u> <ul style="list-style-type: none"> • Different types of relationships • Family relationships • What makes a good friend? • What is sex? 	<u>Voting:</u> <ul style="list-style-type: none"> • What is a political party? • Why is it important to vote? • What are my voting options? 	<u>Slavery/Human Rights (to link in with black history month):</u> <ul style="list-style-type: none"> • What are human rights? • What is slavery? • Effects of slavery 	<u>Anti-bullying:</u> <ul style="list-style-type: none"> • Toxic friendships • Toxic relationships • How can we prevent these relationships? • What should I do if my 	<i>N.B Due to University trip taking place on 24.1.2023, RSHE content to be delivered through Mentor's in Character sessions</i> <i>RSHE content moved into Character</i>	<u>REVISION TECHNIQUES</u> <u>Provided by Neuro ninjas</u>	<u>REVISION TECHNIQUES</u> <u>Provided by Neuro ninjas</u>

	<ul style="list-style-type: none"> • What being intimate means • How to cope when relationships break down? 	<ul style="list-style-type: none"> • What is Brexit? • Effects of Brexit • Why can't under 18's vote? 	<ul style="list-style-type: none"> • Modern-day slavery • How can we prevent slavery? • Should everyone have access to Human Rights? 	<p>friendships don't work for me?</p> <ul style="list-style-type: none"> • What should I do if my friend is involved in a toxic relationship? • How can we prevent relationships from becoming toxic? 	<ul style="list-style-type: none"> • Keeping yourself and others safe when you suspect Alcohol and Drugs maybe involved • Recognizing gambling addiction • How does advertising influence our consumer behaviours? • What are the dangers of taking a Pay Day loan? • What is Revenge Porn and what does the law say about it? 		
Term 3	<u>First Aid:</u> <ul style="list-style-type: none"> • CPR • Recovery Position • Dressing wounds • Burns • Bleeding 	<u>Future choices:</u> <ul style="list-style-type: none"> • What are my options? • Where can different option choices take me? 	<u>Personal Safety and First Aid:</u> <ul style="list-style-type: none"> • What is personal safety? • Why is personal 	<u>Revision</u> <u>Neuro ninjas</u>	<u>First Aid:</u> <ul style="list-style-type: none"> • CPR • Recovery Position • Dressing wounds • Burns • Bleeding 	<u>Post 18- Thinking ahead:</u> <ul style="list-style-type: none"> • Options • University • Apprentices hips • Employment • Gap year 	<u>Finance</u> <ul style="list-style-type: none"> • Budgets • Savings • Loans • Credit cards • Pin number safety

	<ul style="list-style-type: none"> • What to do in an emergency? 	<ul style="list-style-type: none"> • What are different careers like? • What can my money get me? • Why you shouldn't pick based on friendships/teachers you like. • Experiences of past students 	<p>safety important?</p> <ul style="list-style-type: none"> • Personal safety advice from experts • First Aid protocols • Important personal safety tips to remember 		<ul style="list-style-type: none"> • What to do in an emergency? 	<ul style="list-style-type: none"> • Unemployment help 	<ul style="list-style-type: none"> • Avoiding debt • Ethical financial decisions
Term 4	<p><u>Prevent:</u></p> <ul style="list-style-type: none"> • What are British Values? • How can we show British Values? • What is radicalisation? • How can we prevent radicalisation? • Why do the government want us to learn about Prevent? • Should the government 	<p><u>Drugs/alcohol:</u></p> <ul style="list-style-type: none"> • What is alcohol? • Physical effects of alcohol. • Mental effects of alcohol. • What are drugs? • Legal drugs • County lines 	<p><u>Prevent:</u></p> <ul style="list-style-type: none"> • What does it mean to be British? • Do British values impact me? • Different types of radicalisation • Is all radicalisation bad? • What to do if you think someone is being radicalised. • Multiculturalism 	<p><u>Money matters:</u></p> <ul style="list-style-type: none"> • Earnings and Deductions • Tax codes • Methods of Payment • Income Tax • Pensions • Universal Credit 	<p><u>Independence:</u></p> <ul style="list-style-type: none"> • Application forms. • What is a passport? • Where do my taxes go? • UK Citizen Rights. • Voting • Debt 	<p><u>Safe relationships</u></p> <ul style="list-style-type: none"> • Online dating • Reporting abuse within a relationship • Who can help if you've been a victim of abuse? • Where can I go for safety? • Something isn't right- Dealing with stalking • Sexual harassment 	<p><u>Managing exam stress:</u></p> <ul style="list-style-type: none"> • Importance of organising your time- Revision timetable • Establishing the right study environment • Breathing techniques • Who can offer support?

	know about our opinions and ideas?						
Term 5	<u>Personal Health:</u> <ul style="list-style-type: none"> • Coping with stress and anxiety • Healthy eating • Body positive • Looking after your body • Looking after your mind • Exercise 	<u>Personal safety (including safer internet day):</u> <ul style="list-style-type: none"> • How to be safe in public • Defending yourself • Know your rights • How to be safe online • What you should stay away from online • Who can you turn to with problems online? 	<u>Personal Health:</u> <ul style="list-style-type: none"> • How can stress impact on me? • How can a deal with anxiety? • Intrusive thoughts. • I_weigh • Body positivity • Healthy eating – impact on mental health. 	<u>Mental Health (to link in with suicide prevention day):</u> <ul style="list-style-type: none"> • What is mental illness? • Different types of mental illness and their effects • How can ICC support someone who is mentally ill? • What support is there for mental illness? • Male suicide: why is it such an issue? (x2) 	<u>Mental Health:</u> <ul style="list-style-type: none"> • How can the media affect our mental health? • How is mental health portrayed by the media? • Effects of stress. • Coping with stress: organisation • Coping with stress: exercise • Coping with stress: support 	<u>Identity matters:</u> <ul style="list-style-type: none"> • What is Identity? And why does it matter? • Aesthetic procedures- Tattoos and piercings • Is the way I look the reason? (Victim blaming) • Biphobia • Challenging inequality- Equality Act 2010 	
Term 6	<u>Global citizenship (Environment Day 5th June 2023):</u> <ul style="list-style-type: none"> • What is climate change? • How is climate 	<u>Sexual Health/Relationships:</u> <ul style="list-style-type: none"> • When is it right to have sex? • Sex – the law. 	<u>Global citizenship (Environment Day 5th June 2023):</u> <ul style="list-style-type: none"> • How is climate change 	<u>Prevent:</u> <ul style="list-style-type: none"> • How did multiculturalism happen in the UK? • The benefits of a multi- 		<u>Money matters- Textbook- Financial risk and reward</u> <ul style="list-style-type: none"> • Different types of financial risk (Pages 1-4) 	

	<p>change affecting the planet?</p> <ul style="list-style-type: none"> • Why is plastic an issue? • Why are climate protests happening? • What are animal rights? 	<ul style="list-style-type: none"> • Consent (revisited) • Contraception • Coercion – friendships • Sexuality 	<p>impacting upon us?</p> <ul style="list-style-type: none"> • What damage is being done to the Earth because of plastic? • What is Fair Trade? • Should we be concerned by food miles? • How much food is wasted? Food Waste • What is meant by Sustainable living? 	<p>cultural society</p> <ul style="list-style-type: none"> • What does it mean to be an immigrant? • What does it mean to be an asylum seeker? • Belonging in society • What can cause radicalisation? 		<ul style="list-style-type: none"> • What is investment? (Pages 5-6) • How is playing the stock market a form of gambling? (Pages 7-9) • Consequences of taking financial risks (Page 10) • Protecting your finances (Pages 11-15) • Other ways to protect your money (Page 16-17) 	
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