**RSHE Curriculum Overview: Year 7 to 11**

This curriculum is taught in weekly timetabled sessions throughout the year,   
supplemented by the sessions and workshops delivered by visiting organisations on the PSHE drop-down-day each term.

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|  | **Autumn 1**  Health & wellbeing | **Autumn 2**  Living in the wider world | **Spring 1**  Relationships | **Spring 2**  Health & wellbeing | **Summer 1**  Relationships | **Summer 2** Relationships |
| **1st Form** | **Transition and safety**  Transition to secondary school and personal safety in and outside school, including first aid | **Developing skills and aspirations**  Careers, teamwork and enterprise skills, and raising aspirations | **Diversity**  Diversity, prejudice, and bullying | **Health and puberty**  Healthy routines, influences on health, puberty, unwanted contact, and FGM | **Building relationships**  Self-worth, romance and friendships (including online) and relationship boundaries | |
| **2nd Form** | **Emotional wellbeing**  Mental health and emotional wellbeing, including body image and coping strategies | **Setting goals**  Learning strengths, career options and goal setting as part of the GCSE process | **Discrimination**  Discrimination in all its forms, including racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia | **Drugs and alcohol**  Alcohol and drug misuse and pressures relating to drug use | **Developing relationships**  Healthy and unhealthy relationships, sexual attraction, sexuality and gender identity, consent, ‘sexting’. | |
| **3rd Form** | **Peer influence, substance**  **use and gangs**  Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation | **Personal skills and finances**  Developing skills required for all careers, managing finances and overcoming barriers. | **Respectful relationships**  Families and parenting, healthy relationships, conflict resolution, and relationship changes | **Healthy lifestyle**  Diet, exercise, lifestyle balance and healthy choices, and first aid | **Intimate relationships**  Relationships and sex education including consent, contraception, the risks of STIs, attitudes to pornography | |
| **4th Form** | **Mental health**  Mental health and ill health, stigma, safeguarding health, including during periods of transition or change | **Your career journey**  Different career journeys, wellbeing in the workplace, cultivating a positive online presence. | **Communication in relationships**  Personal values, assertive communication, relationship challenges and abuse | **Exploring influence**  The influence and impact of drugs, gangs, role models and the media | **Families**  Different families and parental responsibilities, pregnancy, marriage and forced marriage, changing relationships. | |
| **5th Form** | **Building for the future**  Self-efficacy, stress management, and future opportunities | **Next steps**  Post-16 choices and decisions, employment and the future of work. | **Healthy relationships**  Relationships and sex expectations, contraception, myths, pleasure and challenges, including the impact of the media and pornography | **Independence**  Responsible health choices, and safety in independent contexts | **Addressing extremism and radicalisation**  Communities, belonging and challenging extremism |  |