

**Y7 PSHE/RSHE**

		Session 1	Session 2	Session 3	Session 4
Autumn I Health & Wellbeing	Managing on- and off-line friendships and relationships	Families and Relationships - What are the different types of families and does it matter what kind I have? - Roles within the family	Friends and Friendship - How do I maintain genuine friendships and avoid toxic ones? - Characteristics of genuine friends	Bullying or Banter? - When does banter become bullying? - What is and isn't acceptable? On and offline - Racism link	Cyberbullying (E-safety) - Types of online bullying - How can we prevent cyber bullying? - Who can I talk to?
Autumn II Health & Wellbeing	The risks of alcohol, tobacco & other substances.	Introduction to Drugs Education -Understanding drugs: focus on caffeine and energy drinks - Impact of caffeine on the body - Reasons why people think they need caffeine	Introduction to Drugs Education -Tobacco risk and influences. The law - Peer influences	Introduction to Drugs Education -Alcohol risks and influences. The law - Risks - Managing influences	County Lines: What is it and how are people being exploited? How to get help and support. The law.
Spring I Health & Wellbeing	Personal Safety & Awareness/ First Aid	Activity to be healthier -How can I commit to a healthy life? -Exercise types and a healthy heart	Mental Health -Why do we need self-esteem & how do we build it up? Support	Mental wellbeing: Recognising concerns	
Spring II Relationships & Sex Education	Managing puberty & issues of unwanted contact	Puberty -What can I expect, what is normal and why does it happen? Male and female focus	Puberty and Hygiene -How does my changing body need me to take care of it? Male and female focus	Understanding Periods -The menstrual cycle and PMS – what do I need to know?	
Summer I Relationships & Sex Education	Managing puberty & issues of unwanted contact	Healthy relationships -What are healthy and unhealthy relationships and what are the consequences? Pressure statements, coercion	Introduction to the concept of consent -What does consent means, both legally and ethically, and why it is so important? Personal safety. Personal space – support for victims and where to get help	Sexting and Nudes (E-safety) -What is sexting and how does it impact me? The law. Social media. Where to get help, avoid pressure	
Summer II Health & Wellbeing	Personal Safety & Awareness/ First Aid	Assessment lesson	Personal Safety & Basic First Aid - What do we need to know about personal safety and basic first aid? -What to do in medical emergencies. CPR & Defibrillator.	Healthy Lifestyles -Exercise and sleep -Nutrition & Diet -Medical Care & Hygiene -Dental Hygiene	Coastal Safety

**Y8 PSHE/RSHE**

		Session 1	Session 2	Session 3	Session 4
Autumn I Health & Wellbeing	Tackling prejudice & discrimination- promoting human rights	What is discrimination and prejudice (links to bullying and unfair treatment of others) and how are people protected (the law)? Online & offline	How are disabled people treated in society & by the media? -Is a disability a disability (barrier)?	Why is racism and stereotyping wrong? Law and treatment of others	What is religious discrimination & why does it still happen? -Islamophobia & religious prejudice. Radicalisation/extremism
Autumn II Health & Wellbeing	Tackling prejudice & discrimination- promoting human rights Drug misuse and managing peer influence	What are LGBTQ+ rights like across the world? Law	How dangerous are drugs & what are the different types of drugs? Addiction.	Drugs, risks, and the law; what do I need to know? How can people get help? Domestic abuse due to addiction	Smoking and vaping. Is smoking really that bad and is vaping a better option?
Spring I Relationships and Sex Education	Relationships & Sex Education and consent	When is a relationship no longer healthy and how can it be ended? Pressure statements, control & manipulation	What is the difference between sexual orientation and gender identity?	What is consent and how do we ask for it? How do we give it? Pressure statements, coercion. The law	
Spring II Relationships & Sex Education	Relationships & Sex Education and consent	What is contraception and why is it important? Staying safe. The law	Marriage and parenting What qualities are required to be a good parent?	Menstrual Wellbeing; options available and environmental impact.	
Summer I Health and Wellbeing	Mental health & emotional wellbeing: body image	Is the body perfect an illusion?	Are you really you on social media? Safety online.	Why is body talk a bad idea?	
Summer II Health & Wellbeing	Online safety and digital literacy	Assessment lesson	Why must we be so careful with social media & the internet? Online safety, settings. Peer on Peers abuse	What is online grooming /CSE how can we recognise the warning signs? Where to get help	Sexual harassment

**Y9 PSHE/RSHE**

		Session 1	Session 2	Session 3	Session 4
Autumn I Health & Wellbeing	Mental health and ill health, tackling stigma.	How can we keep good mental health and deal successfully with stress?	What is Depression and how do you deal with a panic attack?	What is self-harm and why do people do it? How do we help ourselves and others?	How can we recognise and prevent eating disorders? How to get help
Autumn II Health & Wellbeing	Mental health and ill health, tackling stigma. Online safety	Managing in difficult times; what are the warning signs? How to help others.	What is mindfulness and how can it help us with our mental health?	What are the online risks?	Sharing and removing material online
Spring I Relationships and Sex Education	Sex education including healthy relationships, consent, Contraception and STIs.	Beginning a romantic relationship: How can I identify and ignore pressure statements?	Consent: What is sexual consent? What does the law say? Support and guidance. Taking away consent. <b>CSE</b> Victim support.	STI Types and Prevention: What are STIs and what should you do if you are worried you have an STI?	
Spring II Health and Wellbeing	Sex education including healthy relationships, consent, Contraception and STIs.	Contraceptives: What are the contraceptive options? And how do I use a condom safely?	Unplanned Pregnancy: What are the options available if you have an unplanned pregnancy? Support & guidance	What is the impact of pornography? The law. Support	
Summer I Health and Wellbeing	Gangs, crime and risky behaviour (Links to bullying & Drugs & Alcohol included implicitly)	Why do people get involved with knife crime and what are the consequences? The law. Support and help.	Personal Safety: Why are acid attacks increasing and what can we do if we see one?	How does the law deal with young offenders? Age of legal responsibility	
Summer II Relationships and Sex Education	Gangs, crime and risky behaviour (Links to bullying & Drugs & Alcohol included implicitly)	Assessment lesson	Anti-Social Behaviour: Why do people do it and what are the consequences? The law	Are gangs really that glamorous? Support, avoiding peer pressure and dangerous situations	County Lines: What is it and how are people being exploited? How to get help and support. The law

Y10 RSHE									
		Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
Autumn 1 Health & Wellbeing	Personal Safety, Health, Wellbeing, and hygiene: CPR	Responsible Health Choices - Vaccinations, organ and blood donations, stem cells and hygiene	What is cancer and what causes cancer? Support	Testicular cancer and how to check your testicles. Support	Breast cancer, how to check your breasts and the importance of cervical screening to prevent cervical cancer. Support	Fertility and reproductive health including menopause -What do we need to know about fertility & our reproductive health? Support	What is CPR? How do we perform this and find sources of life-saving help? -Defibrillators	Managing tough times, change, grief and bereavement	Assessment Lesson
Spring 1 Relationships and Sex Education	Sex education including healthy relationships, consent, Contraception and STIs.	Relationship Abuse: Disrespect NoBody -understanding the different types of relationship abuse. How to avoid pressure & coercion. Unhealthy relationships and how to get out of these kinds of relationships: <b>CSE</b>	Consent & Rape: Disrespect NoBody -understanding the law around consent & what consent looks like. Avoiding pressure statements: <b>CSE</b>	Nudes and sexual images the law and the consequences: Disrespect NoBody. Taking away consent. When is consent not given? <b>CSE</b>	How do date rape and sexual assault happen and how can we report it? Victim support	Contraception, STIs & GUM Clinics: - How do I take responsibility for my sexual health and access advice and treatment?	Teenage pregnancy		
Summer 1 Health and Wellbeing	E-safety, social media and self-esteem (including bullying) Drugs: Class A, B and C drugs: Risk management and managing addiction.	Social media: How can we manage the pressures of life online and keeping up with other people?	Social media image sharing and the law. What is revenge porn?	What is body shaming? Is it bullying and why do people do this? Support	Internet Safety: How can we protect ourselves from fraudsters and scams?	Cannabis, Shisha magic mushrooms & Spice. What are these and are they really dangerous? The Law. Support, dangers	MDMA/Ecstasy and the impact on society. Physical & mental impact Magic Mushrooms. Help and support for addiction.	Crack Cocaine and the impact this drug has on society. Physical and mental impact. Support networks & addiction	

