

Appendix 1 - Localised Procedures

RSHE POLICY	
Localised School Based Procedures	
School Name:	Graham School
Principal:	Jonathan Newton
Designated Safeguarding Lead:	Cath Connell
RSHE Lead	Martin Bell
Implementation Date:	September 2026

Introduction

In conjunction with our Trust wide RSHE policy, localised procedures have been established to ensure that systems and procedures reflect the school/academy setting.

The localised procedures for the school/academy setting focus on the following key areas: -

- RSE Programmes of Study
- Health Education Programmes of Study
- Assessment

Should you have any concerns or questions relating to the localised procedure, in the first instance, please contact hello@gra.hlt.academy

RSHE Programmes of Study	
Relates to item 5.1 within the RSHE Policy	
Year 7	<ol style="list-style-type: none"> 1. Puberty - what can I expect, what is normal and why does it happen? 2. Puberty and Hygiene - how does my changing body need me to take care of it? 3. Understanding Periods - the menstrual cycle and PMS. 4. Healthy relationships - what are healthy and unhealthy relationships and what are the consequences? 5. Introduction to the concept of consent - what consent means, both legally and ethically, and why it is so important. 6. Sexting and Nudes (E-safety) - what is sexting and how does it impact me?
Year 8	<ol style="list-style-type: none"> 1. When is a relationship no longer healthy and how can it be ended? 2. What is sexual orientation? 3. What is consent and how do we ask for it? How do we give it? 4. What is contraception and why is it important? 5. Marriage and parenting.

RSHE Programmes of Study	
Relates to item 5.1 within the RSHE Policy	
	6. Menstrual Wellbeing.
Year 9	<ol style="list-style-type: none"> 1. Beginning a romantic relationship - how can I identify and ignore pressure statements? 2. Consent: what is sexual consent? What does the law say? 3. STI Types and Prevention: what are STIs and what should you do if you are worried you have an STI? 4. Contraceptives -what are the contraceptive options? 5. Unplanned Pregnancy - what are the options available if you have an unplanned pregnancy? 6. Why is pornography so dangerous?
Year 10	<ol style="list-style-type: none"> 1. Relationship Abuse - understanding the different types of relationship abuse. 2. Consent & Rape -understanding the law around consent & what consent looks like. 3. Nudes and sexual images - the law and the consequences. 4. How do date rape and sexual assault happen and how can we report it? 5. Contraception, STIs & GUM Clinics. 6. Teenage pregnancy - unplanned pregnancies
Year 11	<ol style="list-style-type: none"> 1. How can we manage breakups amicably? 2. Why do people have same sex relationships and what is it like to be in one? 3. Contraception & STIs. 4. Teenage Pregnancy - what issues do young parents face? 5. Consent, rape and sexual harassment - how can we establish clear sexual boundaries? 6. Forced and arranged marriages - what do we need to know?

Health Education Programmes of Study	
Relates to item 7.1 within the RSHE Policy	
Year 7	<ol style="list-style-type: none"> 1. Families and relationships - what are the different types of families? 2. Friends and friendship - how do I maintain genuine friendships and avoid toxic ones? 3. Bullying or Banter? When does banter become bullying? 4. Cyberbullying (E-safety): types of online bullying - how can we prevent cyber bullying? 5. Introduction to Drugs Education - understanding drugs: focus on caffeine and energy drinks 6. Tobacco risk and influences. The law. 7. Alcohol risks and influences. 8. County Lines - what is it and how are people being exploited? 9. Activity to be healthier - how can I commit to a healthy life? 10. Mental Health - why do we need self-esteem & how do we build it up? 11. Mental wellbeing - recognising concerns

Health Education Programmes of Study

Relates to item 7.1 within the RSHE Policy

Year 8	<ol style="list-style-type: none"> 1. What is discrimination and prejudice? 2. How are disabled people treated in society & by the media? 3. Why is racism and stereotyping wrong? 4. What is religious discrimination and why does it happen? 5. What are LGBTQ+ rights like across the world? 6. How dangerous are drugs and what are the different types of drugs? 7. Drugs, risks, and the law - what do I need to know? 8. Smoking and vaping. 9. Is the body perfect an illusion? 10. Are you really 'you' on social media? 11. Why is body talk a bad idea? 12. Why must we be so careful with social media & the internet? 13. What is online grooming/how can we recognise the warning signs? 14. Sexual harassment.
Year 9	<ol style="list-style-type: none"> 1. How can we keep good mental health and deal successfully with stress? 2. What is Depression and how do you deal with a panic attack? 3. What is self-harm and why do people do it? How do we help ourselves and others? 4. Female Genital Mutilation (FGM) 5. How can we recognise and prevent eating disorders? 6. Why do people complete suicide and what are the warning signs? How to help others. 7. What is mindfulness and how can it help us with our mental health? 8. What are the online risks? 9. Sharing and removing material online. 10. Why do teenagers get involved with knife crime and what are the consequences? 11. How does the law deal with young offenders? Age of legal responsibility. 12. Anti-Social Behaviour - why do people do it and what are the consequences? 13. Are gangs really that glamorous? 14. County Lines: what is it and how are people being exploited?
Year 10	<ol style="list-style-type: none"> 1. What are positive and negative risks and how can we make better decisions? 2. Binge drinking, what is it? Is binge drinking really that bad for you? 3. Hate Crimes - what is hate crime and why does it happen? 4. How can we assess and manage the risks of knife crime? 5. Gang culture - what impact does it have on the family and the local communities? 6. Why is gambling so addictive and how do online gambling sites hook us in? 7. Do we need to worry about body piercings and tattoos? 9. Social media - image sharing and the law. What is revenge porn?

Health Education Programmes of Study

Relates to item 7.1 within the RSHE Policy

	<ol style="list-style-type: none"> 8. Social media - how can we manage the pressures of life online and keeping up with other people? 10. What is body shaming? Is it bullying and why do people do this? 11. Online fraud - what you should know. 12. Cannabis, Shisha, Mushrooms & Spice. What are these and are they really dangerous? 13. MDMA/Ecstasy and the impact on society. 14. Crack Cocaine and the impact this drug has on society?
Year 11	<ol style="list-style-type: none"> 1. Responsible Health Choices - vaccinations, organ and blood donations, stem cells and hygiene 2. What is cancer and what causes cancer? 3. Testicular cancer and how to check your testicles. 4. Breast cancer, how to check your breasts and the importance of cervical screening to prevent cervical cancer. 5. Fertility and reproductive health including menopause - what do we need to know about fertility & our reproductive health? 6. What is CPR? How do we perform this and find sources of life-saving help? Defibrillators. 7. Managing tough times, change, grief and bereavement 8. Breaking down mental health stigma. 9. Panic disorder/panic attacks. 10. Maintaining positive mental health in adulthood.

Assessment

Relates to item 15.2 within the RSHE Policy

A varied approach to assessment is taken. Over the course of the year, pupils could be assessed using a number of different methods, including, but not limited to;

- Retrieval practice (connect/do now tasks)
- Check-out activities
- Independent Learning Zone activities
- Self-evaluations
- Key Stage assessments (KS3)
- Written assessments