

| Y7 PSHE/RSHE                                     |                                                         |                                                                                                                                                                                   |                                                                                                                                                                                                         |                                                                                                                                      |                                                                                                                        |
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|                                                  |                                                         | Session 1                                                                                                                                                                         | Session 2                                                                                                                                                                                               | Session 3                                                                                                                            | Session 4                                                                                                              |
| Autumn I<br>Health &<br>Wellbeing                | Managing on- and off-line friendships and relationships | Families and Relationships<br>- What are the different types of families and does it matter what kind I have?<br>- Roles within the family                                        | Friends and Friendship<br>- How do I maintain genuine friendships and avoid toxic ones?<br>- Characteristics of genuine friends                                                                         | Bullying or Banter?<br>- When does banter become bullying?<br>- What is and isn't acceptable? On and offline<br>- Racism link        | Cyberbullying (E-safety)<br>- Types of online bullying<br>- How can we prevent cyber bullying?<br>- Who can I talk to? |
| Autumn II<br>Relationships<br>& Sex<br>Education | Managing puberty & issues of unwanted contact           | Puberty<br>-What can I expect, what is normal and why does it happen? Male and female focus                                                                                       | Puberty and Hygiene<br>-How does my changing body need me to take care of it? Male and female focus                                                                                                     | Understanding Periods<br>-The menstrual cycle and PMS – what do I need to know?                                                      |                                                                                                                        |
| Spring I<br>Relationships<br>& Sex<br>Education  | Managing puberty & issues of unwanted contact           | Healthy relationships<br>-What are healthy and unhealthy relationships and what are the consequences? Pressure statements, coercion                                               | Introduction to the concept of consent<br>-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)<br>-What is sexting and how does it impact me? The law. Social media. Where to get help, avoid pressure |                                                                                                                        |
| Spring II<br>Health &<br>Wellbeing               | The risks of alcohol, tobacco & other substances.       | Introduction to Drugs Education<br>-Understanding drugs: focus on caffeine and energy drinks<br>- Impact of caffeine on the body<br>- Reasons why people think they need caffeine | Introduction to Drugs Education<br>-Tobacco risk and influences. The law<br>- Peer influences                                                                                                           | Introduction to Drugs Education<br>-Alcohol risks and influences. The law<br>- Risks<br>- Managing influences                        | County Lines: What is it and how are people being exploited? How to get help and support. The law.                     |
| Summer I<br>Health &<br>Wellbeing                | Personal Safety & Awareness/ First Aid                  | Activity to be healthier<br>-How can I commit to a healthy life?<br>-Exercise types and a healthy heart                                                                           | Mental Health<br>-Why do we need self-esteem & how do we build it up? Support                                                                                                                           | Mental wellbeing: Recognising concerns                                                                                               |                                                                                                                        |
| Summer II<br>Health &<br>Wellbeing               | Personal Safety & Awareness/ First Aid                  | Assessment lesson                                                                                                                                                                 | Personal Safety & Basic First Aid<br>- What do we need to know about personal safety and basic first aid?<br>-What to do in medical emergencies. CPR & Defibrillator.                                   | Healthy Lifestyles<br>-Exercise and sleep<br>-Nutrition & Diet<br>-Medical Care & Hygiene<br>-Dental Hygiene                         | Coastal Safety                                                                                                         |

| Y8 PSHE/RSHE                                       |                                                                                                        |                                                                                                                                                  |                                                                                                          |                                                                                                             |                                                                                                                                  |
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| Autumn I<br>Health &<br>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?<br>-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?<br>-Islamophobia & religious prejudice.<br>Radicalisation/extremism |
| Autumn II<br>Relationships<br>and Sex<br>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 I<br>Relationships<br>& Sex<br>Education    | Relationships & Sex Education and consent                                                              | What is contraception and why is it important? Staying safe. The law                                                                             | Marriage and parenting<br>What qualities are required to be a good parent?                               | Menstrual Wellbeing; options available and environmental impact.                                            |                                                                                                                                  |
| Spring II<br>Health &<br>Wellbeing                 | Tackling prejudice & discrimination- promoting human rights<br>Drug misuse and managing peer influence | What are LGBTQ+ right's 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?                                                    |
| Summer I<br>Health and<br>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<br>Health &<br>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                                       |                                                                                            |                                                                                                          |                                                                                                                               |                                                                                                    |                                                                                                   |
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| Autumn I<br>Health &<br>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<br>Relationships<br>and Sex<br>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 I<br>Health and<br>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                    | Why is pornography so dangerous? The law. Support                                                  |                                                                                                   |
| Spring II<br>Health &<br>Wellbeing                 | Mental health and ill health, tackling stigma. Online safety                               | Suicide; 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                                                              |
| Summer I<br>Health and<br>Wellbeing                | Gangs, crime and risky behaviour (Links to bullying & Drugs & Alcohol included implicitly) | Why do teenagers get involved with knife crime and what are the consequences? The law. Support and help. | Female Genital Mutilation-FGM – <b>CSE</b>                                                                                    | How does the law deal with young offenders? Age of legal responsibility                            |                                                                                                   |
| Summer II<br>Relationships<br>and Sex<br>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                                          |                                                                                                                                       |                                                                                                                                                                                                                             |                                                                                                                                                |                                                                                                                                     |                                                                                     |                                                                                                                            |                                                                                                                   |                                                                                                                 |                   |
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| Autumn I<br>Health &<br>Wellbeing                 | Risk Taking: Identifying risks and managing risks effectively                                                                         | What are positive and negative risks and how can we make better decisions? Support. Avoiding pressure statements                                                                                                            | Binge drinking, what is it? Is binge drinking really that bad for you?                                                                         | Hate Crimes: what is hate crime and why does it happen? Radicalisation/ extremism – seeking support                                 | How can we assess and manage the risks of knife crime?                              | Gang culture<br>- What impact does it have on the family and the local communities (links to County lines)                 | Why is gambling so addictive and how do online gambling sites hook us in?                                         | Do we need to worry about body piercings and tattoos?                                                           | Assessment lesson |
| Spring I<br>Relationships<br>and Sex<br>Education | Sex education including healthy relationships, consent, Contraception and STIs.                                                       | Relationship Abuse: Disrespect NoBody<br>-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<br>-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:<br>- How do I take responsibility for my sexual health and access advice and treatment? | Teenage pregnancy<br>- unplanned pregnancy and support                                                            |                                                                                                                 |                   |
| Summer I<br>Health and<br>Wellbeing               | E-safety, social media and self-esteem (including bullying)<br>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                                                             | Online Fraud<br>- Protecting yourself from fraudsters and scams                     | Cannabis, Shisha & 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 |                   |

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