

RSHE – ANNUAL CURRICULUM OVERVIEW

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Transition/introduction to Secondary school: Differences and similarities between primary and Secondary. Reflection, chance to create a new identity. Establish ground rules for RSHE learning Mental wellbeing: Talking about emotions	Respectful Relationships: Respect and friendship (grooming, exploitation and gangs) Prejudice and Bullying: Why people bully and how to challenge this Families: Relationships and human happiness	Online and Media: Rights and responsibilities of keeping safe. Internet Safety and harms: Reality vs the online world	Our Community: Explore the multitude of charities within the local area	Healthy Lifestyles: Physical Fitness and healthy eating	Health and Prevention: Basic health Changing Adolescent Body: Puberty and menstrual wellbeing
8	Families: Stable relationships and marriage, managing change and loss Respectful relationships: Stereotypes and bullying, challenging discrimination	Mental Wellbeing: Recognising concerns Health and Prevention: Sleep and routines	Online and Media: Harmful contact Internet Safety and Harms: Body Image	Our Community: Explore the environmental factors locally and its impact on the planet	Drugs and Alcohol: Smoking, Alcohol and Cannabis	First Aid Risk and Harms: Explore risk taking and half behaviour
9	Families: Unsafe relationships and managing behaviour at home Being safe: The law (consent, exploitation and harassment)	Respectful relationships: Sexual harassment and violence Intimate Relationships: Positivity and health	Online and Media: Indecent Image sharing Internet Safety and Harms: Relationships and social media	Our Community: Planning and carrying out an enterprise project for your local community	Mental Wellbeing: Common types of ill health Health and Prevention: Immunisation and vaccination	Drugs and Alcohol: Prescription and illegal drugs
10	Online and Media: Dangers of viewing explicit material Internet Safety and Harms: Online relationships and harmful behaviour	Intimate Sexual Relationships: Reproductive health and impact of drugs/alcohol Being Safe: Communicating consent (including FGM)	Lifeskills: Day to day living and understanding of how household items work First Aid: CPR, bleeding and how to cope in an emergency	Work experience: Preparation and evaluation, reflecting on learning skills	Money management: Debt, Gambling and money management	Drugs and Alcohol: Addiction and alcohol dependency. Mental Wellbeing: Impact of our actions on mental health. Managing change, beliefs and bereavement
11	Healthy Lifestyles: Choices approaching adulthood Health and Prevention: Self-care and self-awareness Mental Wellbeing: Entering adulthood	The wider world: Exploring different jobs, CV's interviews and wage slips. Beyond school: Understanding college	Economics and Money management: Mortgages, Rent, credit scores, APR, finance, bank accounts, etc	Drugs and Alcohol: Dangers of recreational drug use and consequences Exploring how to access support: Doctors, Dentist, homelessness, teenage parents, opticians etc.	Being Safe: Honour based violence and FGM, domestic abuse and forced marriage, challenging extremism and radicalisation Intimate Sexual Relationships: Pregnancy and parenting	Politics: Government and Justice, British values and Human Rights Diversity, Equality and Identity: Employee rights, discrimination and how to challenge it

Politics: Government and Justice, British values and Human Rights. Diversity, Equality and Identity: Employee rights, discrimination and how to challenge it
Stand Alone lesson for those withdrawn from Sex Education

Relationships
Health
Living in the wider world
Statutory Requirements topics

Religious ceremonies/dates & Calendar dates to be stand-alone topics throughout the curriculum e.g.
Christmas, Eid, Hanukah, Remembrance etc.