RSHE OVERVIEW 25/26

| Strand | Autumn Half-term 1 | Autumn Half-term 2 | Spring Half-term 1 | Spring Half-term 2 | Summer Half-term 1 | Summer Half-term 2 |
|---|---|---|---|---|---|---|
| | Health & wellbeing | Living in the wider world | Relationships & Sex Education | Health & wellbeing | Relationships & Sex Education | Living in the wider world |
| 7 | **Transition** to secondary school **Diet, exercise** and how to make healthy choices: Conflict Resolution and Anger Management | **Enterprise skills** and introduction to careers Challenging career stereotypes and **raising aspirations Respect and Anti-Bullying** | **Diversity, prejudice and bullying** including cyberbullying Managing **on- and off-line friendships** | The risks of **alcohol, tobacco** and other substances Managing **puberty** and the issues of **unwanted contact** and FGM | **Self-esteem, romance** and friendships Exploring **family** life Inclusivity and Diversity | Making **ethical financial decisions** Saving, **spending and budgeting** our money |
| 8 | **First aid** and personal safety, focusing on road safety **Alcohol and drug** misuse and **managing peer influence** **Conflict Resolution and Anger Management** | Understanding **careers** and future aspirations Identifying learning strengths and setting goals as part of the **GCSE options process** **Respect and Anti-Bullying** **Social Media Responsibility and Cyberbullying** | Tackling **racism and religious discrimination**, promoting human rights **Online safety** and digital literacy Peer Pressure and Decision-Making | **Mental health** and emotional wellbeing, including **body image** Managing change and **loss** **Inclusivity and Diversity** **Anti-racism, Misogyny** | Introduction to **sexuality and consent** Introduction to **contraception** including condoms and the pill . | Evaluating **value for money** in services Risks and consequences making **financial decisions** |
| 9 | Developing study habits **Peer pressure**, assertiveness and risk, gang crime Dieting, lifestyle balance and **unhealthy coping strategies** Peer Pressure and Decision-Making | **Rights and responsibilities** in the community Tackling **age and disability discrimination** **Social Media Responsibility and Cyberbullying** | **Managing conflict** at home and the dangers of running away from home Tackling **homophobia, transphobia and sexism** | Managing **peer pressure** in relation to illicit substances Assessing the risks of **drug and alcohol abuse** and addiction **Inclusivity and Diversity** **Anti-racism, Misogyny** | Relationships and sex education including healthy relationships and **consent** The risks of **STIs, sexting and pornography** | Planning and carrying out an **enterprise project** Reflecting on **learning skills** development in key stage 3 |
| 10 | **Mental health** and ill health, tackling stigma | Understanding the causes and effects of **debt** Understanding the risks associated with **gambling** | Tackling **relationship myths** and expectations Managing romantic **relationship challenges** including break ups | Exploring the influence of **role models** Evaluating the **social and emotional risks** of drug use Substance Abuse Awareness | Understanding **different families** and learning **parenting** skills Managing **change, grief and bereavement** | Preparation for **work experience** Evaluation of work experience and readiness for work |
| 11 | Promoting **self-esteem** and coping with **stress** Learning and **revision skills** to maximise potential | Understanding the **college application process** and plans beyond school **Skills for employment** and career progression | **Personal values** and assertive communication in relationships Tackling **domestic abuse** and **forced marriage** | **Health and safety** in independent contexts Taking responsibility for **health choices** | **British values**, human rights and **community cohesion** Challenging **extremism** and radicalisation | |

## Topics added based on suspensions.

### Years 7 & 8

1. **Conflict Resolution and Anger Management**
   ○ Understanding emotions, managing anger, and resolving conflicts peacefully.
2. **Respect and Anti-Bullying**
   ○ Emphasising the importance of respect for others, understanding bullying, and strategies to prevent and address bullying.
3. **Inclusivity and Diversity**
   ○ Promoting understanding and appreciation of diverse backgrounds, including anti-racism education.
4. **Misogyny and Sexism Awareness**
   ○ Educating on the impact of misogyny and sexism, and promoting gender equality and respectful behavior towards all genders.

### Years 8 & 9

1. **Social Media Responsibility and Cyberbullying**
   ○ Educating on responsible use of social media and the impact of cyberbullying.
2. **Peer Pressure and Decision-Making**
   ○ Teaching skills to resist negative peer pressure and make informed, positive decisions.
3. **Misogyny and Sexism Awareness**
   ○ Continuing education on the impact of misogyny and sexism, and reinforcing the importance of gender equality.

### Years 9 & 10

1. **Substance Abuse Awareness**
   ○ Providing information on the dangers of substance abuse and strategies for making healthy choices.
2. **Mental Health and Wellbeing**
   ○ Focusing on recognising mental health issues, stress management, and seeking help when needed.
3. **Misogyny and Sexism Awareness**
   ○ Addressing issues related to misogyny and sexism, and promoting respectful interactions and relationships.

### Years 10 & 11

1. **Healthy Relationships and Consent**
   ○ Discussing the characteristics of healthy relationships, understanding consent, and respecting boundaries.
2. **Career Planning and Goal Setting**
   ○ Helping students set academic and personal goals, and understand the importance of planning for their future careers.
3. **Misogyny and Sexism Awareness**
   ○ Reinforcing lessons on misogyny and sexism, and encouraging gender equality and
   ○ respectful behaviour in all interactions.