

Y7 RSHE CURRICULUM 2022-2023

All curriculum content below has been extracted from and sequenced based on the RSHE Government Guidance [Relationships Education, Relationships and Sex Education and Health Education guidance \(publishing.service.gov.uk\)](https://www.gov.uk/guidance/relationships-education-relationships-and-sex-education-and-health-education-guidance)

RSHE is delivered at KS3 in one hourly Life lesson per week. RSHE content is also delivered outside of life lessons in subjects such as Science, PE and Dance, IT and Computer Science and Food as part of their subject's National Curriculum. Please visit our website for further information on the content and delivery of these subjects. RSHE content will also be delivered in assemblies and "drop down" days by teachers, external agencies and guest speakers. All Life classes have a class agreement in place that outlines the rules on holding discussions and identifies the current designated safeguarding leads (DSLs), a trigger warning to warn of any sensitive content and information on how to and who to report any issues to in school or through the NDA SOS button.

- Blue – Relationships and Sex Education Topics
- Green – Health Education Topics
- Teaching of Safeguarding (keeping themselves and others safe)
- Formal assessments

Year 7 RSHE	TOPIC: Relationships
Week 1	<ul style="list-style-type: none"> • Different types of committed, stable relationships (family and friend relationships and other kinds of relationships)
Week 2	<ul style="list-style-type: none"> • Characteristics of positive and healthy friendships (what makes a good friend, colleague) including trust, respect, honesty, kindness, generosity, boundaries, privacy and the management of conflict, reconciliation and ending relationships • The impact that these positive and negative relationships can have on human happiness • Happiness is linked to being connected to others
Week 3	<ul style="list-style-type: none"> • Characteristics of negative and unhealthy friendships • How to seek help or advice, including reporting concerns about others, if needed
Week 4	<ul style="list-style-type: none"> • How to improve or support respectful relationships and how to manage difficult situations in relationships (seeking support) • How to seek help or advice, including reporting concerns about others, if needed • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services.

Week 5	<ul style="list-style-type: none"> • Different types of bullying (child on child abuse) (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help • How to seek help or advice, including reporting concerns about others, if needed • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services.
Week 6	<ul style="list-style-type: none"> • Feedback and Preparing for Group Presentations
Week 7	<ul style="list-style-type: none"> • Final Presentations (Formal Assessment)

Y8 RSHE CURRICULUM 2022-2023

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- **Green – Health Education Topics**
- **Teaching of Safeguarding (keeping themselves and others safe)**
- **Formal assessments**

Year 8 RSHE	TOPIC: Physical and Mental Wellbeing
Week 1	<ul style="list-style-type: none"> • The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health. • How to maintain healthy eating and nutrition and the links between a poor diet and health risks, including tooth decay and cancer. • Signs of good and bad physical health (including the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn, about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist). • How to improve physical health and seeking support
Week 2	<ul style="list-style-type: none"> • Signs of good and bad mental health • How to talk about emotions accurately and sensitively, using appropriate vocab • Stigmas about mental health • Common types of mental ill health (e.g. anxiety and depression).

	<ul style="list-style-type: none"> • How to recognise the early signs of mental wellbeing concerns • How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health, including self-focused or isolating lifestyle choices • How to improve mental health and seeking support • The benefits and importance of sleep, physical exercise, time outdoors, community participation and voluntary and service-based activities (hobbies) on mental wellbeing and happiness. • The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services. • How to seek help or advice, including reporting concerns about others, if needed
Week 3	<ul style="list-style-type: none"> • Puberty (biological processes for men and women, physical and emotional changes) • The main changes which take place in males and females, and the implications for emotional and physical health. • Key facts about puberty and the changing adolescent body
Week 4	<ul style="list-style-type: none"> • Menstruation (cycle, average period, menstrual products, physical and emotional impact) and menopause • Key facts about menstrual wellbeing.
Week 5	<ul style="list-style-type: none"> • About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.
Week 6	<ul style="list-style-type: none"> • Basic treatment for common injuries • Life-saving skills, including how to administer CPR • The purpose of defibrillators and when one might be needed. • How to seek help or advice, including reporting concerns about others, if needed
Week 7	<ul style="list-style-type: none"> • Final Presentations (Formal Assessment)

Y9 RSHE CURRICULUM 2022-2023

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- Formal assessments

Year 9 RSHE	TOPIC: The Online World
Week 1	<ul style="list-style-type: none"> • Impact of time spent online including positive aspects of online support, negotiating social media, online forums and gaming • Keeping safe online (rights, responsibilities, opportunities and expectations of behaviour) • Recognising online risks, harmful content and contact
Week 2	<ul style="list-style-type: none"> • How data is generated, collected, shared and used online • How advertising and information is targeted at them and how to be a discerning consumer of information online • Risks of sharing personal information/material (with someone or from someone)
Week 3	<ul style="list-style-type: none"> • Similarities and differences between the online and physical world including: comparing with others online (unrealistic expectations for body image) • Body image • Over-reliance on online relationships including social media • How people may curate a specific image of their life online

Week 4	<ul style="list-style-type: none"> • How to identify and report harmful behaviours online (including bullying, grooming, abuse or harassment) • Recognising and challenging normalised harmful online behaviours • Impact of viewing harmful content • How and to whom to report issues about online behaviour/content and get support • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services.
Week 5	<ul style="list-style-type: none"> • Online behaviours (including sexting, nudes, youth-produced sexual imagery) and that sharing and viewing indecent images of children (including those created by children) is a criminal offence, carrying severe penalties including jail • Laws on pornography and issues around pornography • Risks of sharing personal information/material (with someone or from someone) • Impact of viewing harmful content • How and to whom to report issues about online behaviour/content and get support • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services.
Week 6	<ul style="list-style-type: none"> • Feedback and Preparing for Group Presentations
Week 7	<ul style="list-style-type: none"> • Final Presentations (Formal Assessment)

Year 9 RSHE	TOPIC: Identity, Relationship(s) and Sex Education
Week 1	<ul style="list-style-type: none"> • Understanding human sexualities (sexual orientation) • Gender identity • Stereotyping and it's impact on sex, gender, race, religion, sexual orientation or disability • Legal rights and responsibilities regarding equality (Equality Act 2010 protected characteristics)
Week 2	<ul style="list-style-type: none"> • Different types of committed, stable relationships (intimate relationships including heterosexual, homosexual, bisexual, civil partnership, interracial and more)

	<ul style="list-style-type: none"> • Recognising characteristics of healthy 1:1 intimate relationships (mutual respect, consent, loyalty, trust, shared interest and outlook, sex and friendship) • The impact that these positive relationships can have on human happiness • The impacts that positive relationships can have on physical, emotional, mental, sexual and reproductive health and wellbeing.
Week 3	<ul style="list-style-type: none"> • Recognising signs of unhealthy/abusive relationships and the laws around this including neglect, emotional, sexual and physical abuse How to determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (own and other's) • The impacts that negative relationships can have on physical, emotional, mental, sexual and reproductive health and wellbeing. • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services.
Week 4	<ul style="list-style-type: none"> • The laws about sex (age) • The laws about consent (age of consent, what consent is and is not, how to communicate and recognise consent from others and when consent can be withdrawn in all contexts) • Intimacy (without sex) • Resisting pressure/peer pressure (and not applying pressure) to have sex • Harassment • Respect themselves and others • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services. • Sexual harassment and sexual violence • Rape
Week 5	<ul style="list-style-type: none"> • Contraception; options and rights • STIs (including HIV/AIDs); transmitting, safe sex, protection, impact on health, importance of testing and treatment

	<ul style="list-style-type: none"> • How to seek confidential advice on sexual and reproductive health and treatment • Respect themselves and others
Week 6	<ul style="list-style-type: none"> • STIs (including HIV/AIDs); transmitting, safe sex, protection, impact on health, importance of testing and treatment • How to seek confidential advice on sexual and reproductive health and treatment • Respect themselves and others • How to improve or support respectful relationships and how to manage difficult situations in relationships (seeking support)
Week 7	<ul style="list-style-type: none"> • Laws on pornography and issues around pornography (porn online presenting a distorted picture of sexual behaviours which can damage to way people see themselves in relation to others and how they behave towards sexual partners)

Y10 RSHE CURRICULUM 2022-2023

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RSHE is delivered at KS4 in a 45-minute Life tutor session once per week. RSHE content is also delivered outside of life lessons in subjects such as Science, PE and Dance, IT and Computer Science and Food as part of their subject's National Curriculum. Please visit our website for further information on the content and delivery of these subjects. RSHE content will also be delivered in assemblies and "drop down" days by teachers, external agencies and guest speakers. All Life classes have a class agreement in place that outlines the rules on holding discussions and identifies the current designated safeguarding leads (DSLs), a trigger warning to warn of any sensitive content and information on how to and who to report any issues to in school or through the NDA SOS button.

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- **Green – Health Education Topics**
- **Teaching of Safeguarding (keeping themselves and others safe)**
- **Formal assessments**

Year 10 RSHE	TOPIC: Smoking, Drugs and Alcohol
Week 2	<ul style="list-style-type: none"> • The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so
Week 3	<ul style="list-style-type: none"> • The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
Week 4	<ul style="list-style-type: none"> • The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions • The law relating to the supply and possession of illegal substances.
Week 5	<ul style="list-style-type: none"> • Awareness of the dangers of drugs which are prescribed but still present serious health risks.
Week 6	<ul style="list-style-type: none"> • Substance misuse (drugs and alcohol) • The physical and psychological consequences of addiction, including alcohol dependency.
Week 7	<ul style="list-style-type: none"> • Accessing support for oneself or others at risk of substance abuse

	<ul style="list-style-type: none"> • How to determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (own and other's) • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services.
Y10 RSHE Drop Down Day(s)	<ul style="list-style-type: none"> • How alcohol and drugs can lead to risky sexual behaviour including sexual harassment, sexual violence, rape and domestic abuse (recap consent and contraception) • The risks related to online gambling including the accumulation of debt

Y11 RSHE CURRICULUM 2022-2023

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- **Green – Health Education Topics**
- **Teaching of Safeguarding (keeping themselves and others safe)**
- **Formal assessments**

Year 11 RSHE	TOPIC: Relationships and Sex Ed; Being Responsible and Staying Safe
Week 2	<ul style="list-style-type: none"> • Characteristics of positive and healthy intimate relationships (what makes a good successful marriage) including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships
Week 3	<ul style="list-style-type: none"> • Laws on marriage (what marriage is, who can and cannot marry legally, legal status of other types of long-term relationships, legal status and legal rights and protections not available to unmarried couples, why it's an importance choice that's freely entered into)
Week 4	<ul style="list-style-type: none"> • Contraception; options and rights • STIs (including HIV/AIDs); transmitting, safe sex, protection, impact on health, importance of testing and treatment • How to seek confidential advice on sexual and reproductive health and treatment
Week 5	<ul style="list-style-type: none"> • Pregnancy and miscarriage • Reproductive health; fertility and lifestyle

Week 6	<ul style="list-style-type: none"> • Choices permitted by law around pregnancy, adoption and abortion (IVF)
Week 7	<ul style="list-style-type: none"> • The roles and responsibilities of parents with respect to raising of children, including characteristics of successful parenting and how these relationships impact children positively and negatively
Y11 RSHE Drop Down Day(s)	<ul style="list-style-type: none"> • Recap laws on pornography and issues around pornography (porn online presenting a distorted picture of sexual behaviours which can damage to way people see themselves in relation to others and how they behave towards sexual partners) • Recognising signs of unhealthy/abusive relationships and the laws around this including neglect, emotional, sexual and physical abuse • How to determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (own and other's) • Forced marriage • Criminal behaviour in relationships (violent behaviour and coercive control) • Coercive and controlling behaviour and the law • Grooming • Sexual harassment and sexual violence • Rape • Domestic abuse • Sexual exploitation • Honour based violence • Hate crime • Extremism and radicalisation • Criminal exploitation (gangs, 'county lines', drug operations) • FGM (laws, criminal offence performing, assisting or not protecting from the performance of FGM, physical and emotional damage and where to find support) • How to judge when they or someone they know needs support and how to report, or find support, if they have been affected by these behaviours, including adults in school or external services.

	<ul style="list-style-type: none">• Accessing support for oneself or others at risk of abuse• (Late secondary) the benefits of regular self-examination and screening.
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