

RSHE 2023/2024 OVERVIEW

Year group	AUTUMN TERM		SPRING TERM		SUMMER TERM	
Year 7	y7 puberty 1 -how to manage physical and emotional changes during puberty -about personal hygiene	y7 puberty 1 -how to manage physical and emotional changes during puberty -about personal hygiene	y7 puberty 2 -how to recognise and respond to inappropriate and unwanted contact - how to access help and support	y7 positive relationships 1 -about positive relationships -how to recognise unhealthy relationships -Where to seek help in school and sources of support		Y7 positive relationships 2 -how to recognise and challenge media stereotypes -how to evaluate expectations for romantic relationships (e.g. from social media, film, TV) -about consent
	y7 puberty 2 -how to recognise and respond to inappropriate and unwanted contact - how to access help and support	y7 puberty 2 -how to recognise and respond to inappropriate and unwanted contact - how to access help and support				
Year 8	y8 sex and the law 1 - positive behaviours in healthy relationships -about forming new partnerships and developing relationships -about the law in relation to consent -how to effectively communicate about consent in relationships	y8 sex and the law 1 - positive behaviours in healthy relationships -about forming new partnerships and developing relationships -about the law in relation to consent -how to effectively communicate about consent in relationships	Y8 sex and the law 2 -about the risks of 'sexting' and how to manage requests or pressure to send an image -sexual harassment and assault and the law -peer influence as a tool for tackling sexual harassment -Where to seek help in school and sources of support	Healthy, intimate relationships 1 • the qualities of positive, healthy relationships • how to demonstrate positive behaviours in healthy relationships	Healthy, intimate relationships 2 -Recall human reproduction from science and puberty session from y7 • about basic forms of contraception, e.g. condom and pill Drugs and alcohol: caffeine, nicotine and alcohol • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes (vaping)	EDI: gender identity and sexuality • about gender identity and sexual orientation about the Equality Act, diversity and values • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia and transphobia

					<ul style="list-style-type: none"> • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes -Where to seek help in school and sources of support	
Year 9	y9 respectful relationships 1 <ul style="list-style-type: none"> • about different types of families and parenting • about positive relationships in the home and ways to reduce homelessness amongst young people • about conflict and its causes • conflict resolution strategies 	y9 respectful relationships 1 <ul style="list-style-type: none"> • about different types of families and parenting • about positive relationships in the home and ways to reduce homelessness amongst young people • about conflict and its causes • conflict resolution strategies 	y9 respectful relationships 2 <ul style="list-style-type: none"> • conflict resolution strategies • how to manage relationship and family changes, including relationship breakdown, separation and divorce • how to access support 	Pornography 1: attitudes and assumptions <ul style="list-style-type: none"> • how the portrayal of relationships in the media and pornography might affect expectations • how to assess and manage risks of sending, sharing or passing on sexual images -about image based sexual abuse ('revenge porn') and the law. <ul style="list-style-type: none"> • how to secure personal information online 	y9 Healthy, intimate relationships 1 <ul style="list-style-type: none"> -about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • about consent, the continuous right to withdraw consent and capacity to consent 	y9 Healthy, intimate relationships 2 <ul style="list-style-type: none"> • about STIs, effective use of condoms and negotiating safer sex • about the consequences of unprotected sex, including pregnancy • to take increased responsibility for physical health, including testicular self-examination, breast examination
Year 10		Y10 Healthy relationships 1 <ul style="list-style-type: none"> • about relationship values and the role of pleasure in relationships • about the opportunities and risks 	Pornography 2: influence and impact <ul style="list-style-type: none"> • how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours 	Y10 Recognising unhealthy relationships 1 <ul style="list-style-type: none"> • about relationship values and the role of pleasure in relationships • about readiness for 	Y10 Recognising unhealthy relationships 2 <ul style="list-style-type: none"> • about facts and misconceptions relating to consent 	

		of forming and conducting relationships online	-about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent	sexual activity, the choice to delay sex, or enjoy intimacy without sex <ul style="list-style-type: none"> • about facts and misconceptions relating to consent -about the continuous right to withdraw consent and capacity to consent <ul style="list-style-type: none"> • how to communicate assertively • how to communicate wants and needs 	-about the continuous right to withdraw consent and capacity to consent <ul style="list-style-type: none"> • how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support • how to recognise and challenge victim blaming 	
		Y10 Healthy relationships 2 <ul style="list-style-type: none"> • about STIs, effective use of condoms and negotiating safer sex • about the consequences of unprotected sex, including pregnancy -About different types of contraception				
Year 11	Y11 Communication in relationships 1 <ul style="list-style-type: none"> • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs 		Y11 Families 1 <ul style="list-style-type: none"> • about different types of families and changing family structures • how to evaluate readiness for parenthood and positive parenting qualities • about adoption and fostering • how to manage change, loss, grief and bereavement • about 'honour based' violence and forced marriage and how to safely access support 	Y11 Families 2 <ul style="list-style-type: none"> • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion 	Y11 Families 2 <ul style="list-style-type: none"> • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion 	
	Y11 Communication in relationships 2 <ul style="list-style-type: none"> • how to handle unwanted attention, including online 					

	<ul style="list-style-type: none">• how to challenge harassment and stalking, including online• about various forms of relationship abuse• about unhealthy, exploitative and abusive relationships (including online)• how to access support in abusive relationships and how to overcome challenges in seeking support					
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