

RSHE 2024-25 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 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 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 relationships 1 • the qualities of positive, healthy relationships • how to demonstrate positive behaviours in healthy relationships	Healthy relationships 2 • about group-think and persuasion • how to develop selfworth and confidence how to recognise and challenge discrimination	Drugs and alcohol 1: caffeine and energy drinks <ul style="list-style-type: none"> • about the overconsumption of energy drinks • about the relationship between habit and dependence • how to assess the risks of tobacco and nicotine • how to manage influences in relation to substance use • how to recognise and promote positive social 	Drugs and alcohol 2: Vaping how to assess the risks of e-cigarettes (vaping) <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

					<ul style="list-style-type: none"> norms and attitudes 	
--	--	--	--	--	---	--

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 2 <ul style="list-style-type: none"> how to manage relationship and family changes, including relationship breakdown, separation and divorce How to manage grief and loss how to access support 	y9 Healthy, intimate relationships 1 -about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex <ul style="list-style-type: none"> about consent, the continuous right to withdraw consent and capacity to consent about assumptions, misconceptions and social norms about sex, and relationships 	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. how to secure personal information online 	Drugs and alcohol 4: Alcohol awareness <ul style="list-style-type: none"> about positive social norms in relation to alcohol use about legal and health risks in relation to alcohol use, including addiction and dependence 	Drugs and alcohol 4: Alcohol awareness <ul style="list-style-type: none"> about positive social norms in relation to alcohol use about legal and health risks in relation to alcohol use, including addiction and dependence
		Drugs and alcohol 3: drug awareness <ul style="list-style-type: none"> about positive social norms in relation to drug use about legal and health risks in relation to drug use, including addiction and dependence 			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 	

					<p>Y9 Healthy intimate relationships 3</p> <ul style="list-style-type: none">• about the risks of 'sexting' and how to manage requests or pressure to send an image• how to assess and manage risks of sending, sharing or passing on sexual images• the law relating to image sharing, including: upskirting, indecent exposure, cyberflashing	
--	--	--	--	--	--	--

					<p>image based sexual abuse etc.</p> <ul style="list-style-type: none">• peer influence as a tool for tackling sexual harassment	
--	--	--	--	--	--	--

<p>Year 10</p>	<p>Y10 Healthy relationships 1</p> <ul style="list-style-type: none"> about rights, trust and relationship values and the role of pleasure in relationships about asexuality, abstinence and celibacy about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex how to communicate wants and needs 	<p>Y10 Healthy relationships 2</p> <ul style="list-style-type: none"> Negotiating safer sex to take increased responsibility for physical health, including testicular selfexamination, breast examination 	<p>Pornography 2: influence and impact</p> <ul style="list-style-type: none"> how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent 	<p>Y10 Recognising unhealthy relationships 1</p> <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 how to communicate assertively 	<p>Y10 Recognising unhealthy relationships 2</p> <ul style="list-style-type: none"> how to recognise and respond to grooming, extremism and radicalisation how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime exit strategies for pressurised or dangerous situations how to access appropriate support 	<p>Y10 Recognising unhealthy relationships 2</p> <ul style="list-style-type: none"> how to recognise and respond to grooming, extremism and radicalisation how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime exit strategies for pressurised or dangerous situations how to access appropriate support
<p>Year 11</p>	<p>Y11 Communication in relationships 1</p> <ul style="list-style-type: none"> about core values and emotions 		<p>Y11 Families 1</p> <ul style="list-style-type: none"> about different types of families and changing family structures 	<p>Y11 Families 2</p> <ul style="list-style-type: none"> about fertility, including how it varies and changes 		

	<ul style="list-style-type: none"> • how to communicate assertively • how to communicate wants and needs 		<ul style="list-style-type: none"> • how to evaluate readiness for parenthood and positive parenting qualities • about adoption and fostering • how to manage change, loss, grief and bereavement 	<ul style="list-style-type: none"> • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion 		
	<p>Y11 Communication in relationships 2</p> <ul style="list-style-type: none"> • how to handle unwanted attention, including online • 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 					