

RSHE across the school 2023-2024

Week 1 Tuesday 1 PSHEC	Autumn term a 3 lessons x 55	Autumn term b 3 lessons x 55	Spring term a 3 lessons x 55	Spring term b 3 lessons x 55	Summer term a 3 lessons x 55	Summer term b 3 lessons x 55
Year 7 PSHEC	Manging change & transition RSHE :Diet exercise & healthy choices – physical & mental health & wellbeing : dental health, personal hygiene			RSHE : Banter & emotional literacy - Healthy friendships, ending friendships & bullying on & off line Walkonline Roadshow- safety online if available	Risky behaviours - alcohol tobacco & legal highs, recognising & reducing risk	Financial capability - pocket money, phones & budgeting Pupil feedback survey
Year 7 RAD Pupils finish 2.30	RAD 1 3 rd October RSHE: Puberty	RAD 2 6 th December Physical Health & fitness/physical activity Growth mindsets & managing mental & emotional health strategies		RAD 3 24 th February Building relationships -self-worth & romance Online safety - be careful what you send or see Peer pressure & coercive behaviour		
Year 8 PSHEC		RSHE: Fat acceptance & body image / Body Image & coping strategies /social media		Risky behaviours : Vaping, Alcohol & Cannabis edibles Walkonline Roadshow- safety online if available		Digital literacy- fake news/ media reliability & Tik Tok; Youth produced sexual imagery - send me a pic
Year 8 RAD Pupils finish 2.30	RAD 1 3 rd October Physical Health & fitness Wellbeing: Managing anger Sleep			RAD 3 24 th February RSHE: Different types of families Levels of intimacy- attraction, boyfriend & girlfriends, consent		
Year 9 PSHEC			Valuing difference -race & religious discrimination	RSHE :Healthy relationships Sexuality & gender identity	RSHE: Unhealthy relationships : emotional & physical abuse & violence Domestic abuse Forced marriage So-Called Honour based violence	RSHE- Concept of Consent Pornography in the media Risky behaviours : Youth produced sexual imagery sexual imagery- not just flirting
Year 9 RAD Pupils finish 2.30	RAD 1 3 rd October Looking after my body - weight & Eating Disorders Dealing with change & managing strong emotions Emotional wellbeing- self harm & anxious thoughts Immunisation & Vaccination benefits			RAD3 24 th February Contraception/ STIs (RE lesson follow up on natural family planning) FGM Domestic Abuse Wize Up including the law & Risky behaviour addiction Inc. risk on fertility Body Image	RAD 4 9 th May Alcohol, Tobacco & addiction risk on fertility Marriage Pregnancy & parenting	

Year 10 PSHEC			RSHE: Sexuality & gender identity Misogyny/Incels Sexual Harassment (including in the workplace /Rape	RSHE: Hate speech vs free speech Extremism Radicalisation/violent extremism	Summer Exams	
Year 10 RAD Pupils finish 2.30	RAD 1 3 rd October Your mental health Healthy Lifestyles/healthy hearts Commitment, self-confidence & self esteem Managing loss: Separation & Divorce/bereavement	RAD 2 6 th December RSHE: Your changing body, vulval health – the 'truth undressed' Body image & body modifications- tattoos etc. Criminal /Sexual Exploitation (F Pallett) RSHE : LGBTQIA+ & homophobia			RAD 4 9 th May Valuing difference - trans rights & discrimination Unintended pregnancy & Abortion Adoption	
Year 11 PSHEC	Managing stress	Valuing difference- neurodiversity & discrimination			GCSEs begin	
Year 11 RAD Pupils finish 2.30		RAD 2 6 th December Organ donation Breast examination & screening HIV &AIDs Risky situations Loving relationships				