

## RSHE Curriculum Overview 2023- 2024

	Autumn	Spring	Summer
<b>Year 7</b>	<p>Students will cover a range of topics during the Autumn Term and be introduced to the following;</p> <p>Introduction to RSHE British Values and Winchmore Ethos Equality Act Bullying/ responsibilities of bystanders Emotions/ Emotional Intelligence Understanding Others Empathy and Social Awareness</p>	<p>Students will build on their learning from the Autumn term and be introduced to the following;</p> <p>Building and Managing Relationships Families and Parental/ carer responsibility Positive and healthy relationships Trustworthy sources Permission/ Consent Boundaries and privacy Respect, authority and tolerance</p>	<p>Students will build on their learning from the Autumn and Spring term and be introduced to the following;</p> <p>Healthy living Physical and mental health and wellbeing Active lifestyle Puberty Personal hygiene inc dental, menstrual Safety in home Basic First Aid</p>
<b>Year 8</b>	<p>Students will build upon their learning in Year 7 and look deeper into;</p> <p>Reminder of expectations of RSHE British Values and the Equality Act Basic First Aid Street Safety/ Stop and Search Rights Permission/ Consent Online and Physical world, rights and safety Bullying/ responsibilities of bystanders</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Mutual respect and tolerance Emotions/ emotional intelligence Emotional triggers Acceptance and management Understanding others Empathy and Social Awareness Building and Managing relationships</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Consent Marriage and cohabitation Stereotypes/ discrimination/ Hate Crime Sexuality Facts, laws and risks of drugs, alcohol, vaping/ smoking, gaming and gambling</p>
<b>Year 9</b>	<p>Students will build upon their learning from Year 7 and 8 and look deeper into;</p> <p>Reminder of expectations of RSHE British Values and the Equality Act Emotional Intelligence Triggers, Acceptance and management Understanding others Empathy and Social Awareness Building and Managing relationships Puberty Re- Cap and wellbeing</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Unhealthy online comparisons Image of self- online Reliance of online relationships Consent Laws surrounding sex, indecent images Resisting peer pressure Violence against females Coercive control</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Laws surrounding young people Prescription drugs Risks of substances Psychological impact of addiction Mental wellbeing and health Critical evaluation of relationships and lifestyle Lifesaving skills</p>

<b>Year 10</b>	<p>Students will build upon their learning from KS3 content and look deeper into;</p> <p>Reminder of expectations of RSHE British Values and the Equality Act Emotional Intelligence Triggers, Acceptance and management Understanding others Empathy and Social Awareness Building and Managing relationships Impact of relationships on health Consent/ Laws surrounding Sex</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Resisting peer pressure <i>STIs/ Contraception</i> Relationships/ commitment Extremism and radicalisation Violence against women FGM Abuse (emotional, physical, psychological and sexual) Impact of abuse Impact on future relationships</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Managing online issues/ concerns Impact of harmful content Indecent images Smoking/ vaping and health issues Impact of nature and physical exercise on wellbeing Mindfulness Exam pressures/ coping strategies</p>
<b>Year 11</b>	<p>Students will build upon their KS3 and Year 10 learning and look deeper into;</p> <p>Reminder of expectations of RSHE British Values and the Equality Act Emotional Intelligence Triggers, Acceptance and management Understanding others Empathy and Social Awareness Building and Managing relationships Unrealistic expectations in relationships Facts surrounding pregnancy</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Mindfulness Exam pressures/ coping strategies Continuation of pregnancy, fertility/ interfertility Extremism and radicalisation Violence against women FGM Abuse (emotional, physical, psychological and sexual) Impact of abuse Impact on future relationships</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Combatting stress Exam pressures Organisation and revision techniques</p>

### Relationships and Sex Education

Families

Respectful relationships, inc friendships

Online and media

Being safe

Intimate and sexual relationships, inc sexual health

The law

### Physical Health and Mental Wellbeing

Mental wellbeing

Internet safety and harms

Physical health and fitness

Healthy eating

Drugs, alcohol and tobacco

Health and prevention

Basic first aid

Changing adolescent body