



Relationships, Sex and Health Education (RSHE) Curriculum Overview 2024- 2025

	Autumn	Spring	Summer
Year 7	<p>Students will cover a range of topics during the Autumn Term and be introduced to the following;</p> <p>Introduction to RSHE and Expectations British Values and Winchmore Ethos, inc Anti- Bullying Policy Equality Act, Equality and Equity Families and Parental/ Carer Responsibility Trustworthy Sources, Boundaries and Privacy Permission and Consent</p>	<p>Students will build on their learning from the Autumn term and be introduced to the following;</p> <p>Protected Characteristics Unconscious Bias and Hate Crime Confidence to Challenge Friends Bullying/ Responsibilities of Bystanders Emotions and Emotional Intelligence Empathy, Social Awareness Managing Conflict and Critical Evaluation</p>	<p>Students will build on their learning from the Autumn and Spring term and be introduced to the following;</p> <p>Puberty Menstrual Wellbeing Personal Hygiene Dental Hygiene Healthy Lifestyle Healthy Eating PE, Sleep and Wellbeing (inc screen time)</p>
Year 8	<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 Equality and Equity Unconscious Bias Hate Crime Bullying/ Responsibilities of Bystanders Puberty Personal Hygiene</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Menstrual Wellbeing Dental Hygiene Permission and Consent Healthy Lifestyle and Eating PE, Sleep, Weight and Wellbeing Basic First Aid Rights Online Online Risks and Data Generation (inc AI)</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Risks of Posting Online and Viewing Harmful Content Unhealthy Comparisons with the Online World Image of Self and Social Media Gaming Gambling How to be a Discerning Consumer of Information Online</p>
Year 9	<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 Equality and Equity Unconscious Bias, inc Confidence to Challenge Friends</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Coercive Control and Behaviour in Relationships Consent (all contexts, inc Sexual) Legal and Illegal Drugs, inc Laws Tobacco and Vaping</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Unhealthy Comparison with the Online World Image of Self Online Social Media Gaming Gambling</p>

	<p>Hate Crime Nature of Friendships Personal Safety, inc Risk Assessment and Peer Pressure Laws surrounding Knife Crime</p>	<p>Risks and Impact of drugs, inc Physical, Social, Emotional and Psychological PE, Sleep, Weight and Wellbeing Rights Online, inc Risks and Behaviours Laws surrounding image sharing, inc AI generated Goal Setting (in preparation of GCSE Options)</p>	<p>Laws and Young People Laws and Sentencing Reflection Goal Setting, inc KS3- KS4 Transition</p>
Year 10	<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 Protected Characteristics Equality and Equity Unconscious Bias, inc Confidence to Challenge Friends Hate Crime Nature of Friendships Personal Safety, inc Risk Assessment and Peer Pressure</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Laws Surrounding Knife Crime Coercive Control and Behaviour in Relationships 1: 1 Relationships Conflict in Relationships, inc Impact of Relationships on Health Sexual Peer Pressure Contraception STIs, inc HIV and AIDS Commitment in Relationships, inc Marriage, Cohabitation, Polygamy and Bigamy</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Forced Marriage FGM Online Behaviours, inc AI generated sexual imagery Online Behaviours, inc Sexual Harassment and Abuse, Grooming and Sextortion Meta Cognition and Revision Strategies (in preparation of Mocks) Exam Pressures and Wellbeing Reflection and Goal Setting (in preparation of Year 11)</p>
Year 11	<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 Equality and Equity Unconscious Bias, inc Confidence to Challenge Friends Hate Crime Consent, inc Sexual Peer Pressure STIs, inc HIV and AIDS Drugs and Alcohol and their potential impact on risky Sexual Behaviour Unrealistic Expectations, inc Laws and Risks of Pornography</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Meta Cognition and Revision Strategies (in preparation of Mocks) Exam Pressures, Wellbeing and Mindfulness Gaming, Gambling, Shopping Online and Advertisement How to be a Discerning Consumer of Information Online Importance of Self Examination and Screening Pregnancy, inc Fertility, Infertility, IVF, Miscarriages, Abortion, Adoption</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Laws and Young People Combatting Stress and Coping Strategies Exam Pressures Organisation and Revision Techniques</p>