



Relationships, Sex and Health Education (RSHE) Curriculum Overview 2025- 2026

	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 Transition into Secondary School British Values and Winchmore Ethos, inc Anti- Bullying Policy Equality Act, Equality and Equity Puberty and personal hygiene</p>	<p>Students will build on their learning from the Autumn term and be introduced to the following;</p> <p>Healthy living and lifestyle Nutrition PE, Sleep and wellbeing Relaxation activities Families, parent and carer responsibilities Positive and healthy relationships</p>	<p>Students will build on their learning from the Autumn and Spring term and be introduced to the following;</p> <p>Boundaries, privacy and consent When friendships end Equality, equity and Unconscious bias Hate crime Responsibilities of bystanders and how to challenge friends Permission and Consent</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 Emotions and emotional intelligence Happiness and its connection to community participation Friendships, boundaries and consent and managing conflict</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Rights online Internet safety Wellbeing Safety inside and outside of the home Basic first aid Stop and search rights</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Consent reminder Stereotypes and discrimination Anti- discriminatory practice Laws and young people Voting Sentencing</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 Unhealthy comparison with the online world Image of self online Risks of posting and viewing harmful content Gaming and gambling Scrolling, sleep and wellbeing</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Wellbeing Emotional intelligence (to include empathy, emotions and triggers) Goal Setting (in preparation of GCSE Options)</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Continuation of emotional intelligence Impact and damage of stereotypes Drugs Law on supply and possession Smoking and vaping, inc up to date laws Alcohol Criminal exploitation</p>

<p>Year 10</p>	<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 Expectations and discrimination Interactions with others Laws and young people Gambling Social media and indecent images Friendships and relationships</p>	<p>Students will build upon their Autumn term learning and cover the following;</p> <p>Conflict in relationships Impact of relationships on health Marriage and cohabitation Contraception STIs/ STDs Forced marriage</p>	<p>Students will build upon their Autumn and Spring term learning and cover the following;</p> <p>Wellbeing Exam pressures Meta cognition Revision techniques Exam reflection Goal setting (for Year 11)</p>
<p>Year 11</p>	<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 Drugs and Alcohol and their potential impact on risky Sexual Behaviour Unrealistic Expectations, inc Laws and Risks of Pornography Wellbeing Exam pressures and techniques</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 Pregnancy, inc Fertility, Infertility, IVF, Miscarriages, Abortion, Adoption Importance of Self Examination and Screening</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>
<p>Studios</p>	<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 Transition into Secondary School British Values and Winchmore Ethos, inc Anti- Bullying Policy Equality Act, Equality and Equity Puberty and personal hygiene</p>	<p>Students will build on their learning from the Autumn term and be introduced to the following;</p> <p>Healthy living and lifestyle Nutrition PE, Sleep and wellbeing Relaxation activities Families, parent and carer responsibilities Positive and healthy relationships</p>	<p>Students will build on their learning from the Autumn and Spring term and be introduced to the following;</p> <p>Boundaries, privacy and consent When friendships end Equality, equity and Unconscious bias Hate crime Responsibilities of bystanders and how to challenge friends Permission and Consent</p>