		Autumn Term 2026	Spring Term 2027	Summer Term 2027
Year 7 (to also include S30+/ S40+ Year 7 students)	Introductory Lessons	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving Transition & change British Values & Equality Act 2010 Difference between Ethics & Laws (inc age of criminality) Anti- Bullying Policy & Responsibilties of Bystanders	**Students will build on their learning from the Autumn term and be introduced to the following;**	**Students will build on their learning from the Autumn and Spring term and be introduced to the following;**
	Relationships & Sex Education Curriculum	**Students will cover a range of topics during the Autumn Term and be introduced to the following;** Families & responsibilities of parents/ carers How familial relationships contribute to wellbeing Online safety & behaviour (inc Online Safety Act)	Rights & responsibilities online Different types of bullying (including online) Trustworthy & safe relationships How to manage friendships & end relationships with kindness & respect	How to recognise, respect & communicate consent & boundaries in relationships (inc sexual consent & online consent) Laws surrounding consent Equality & Equity (inc Equality Act 2010) Unconscious Bias, stereotypes & discrimination (inc laws surrounding Hate Crime
	Health & Wellbeing Curriculum	Benefits of limiting time spent online Similarities & differences between the online & physical w The importance of screen- free time before bed & good-quality sleep for health	Characteristics of a healthy lifestyle Physical activity, wellbeing & hygiene Healthy eating Developing bodies- puberty, main changes between males & females, inc menstrual wellbeing	Talking about emotions accurately & how to manage worrying & feeling down Happiness & how it is connected to others How to forgive How to identify risk & manage safety Basic first aid
Year 8 (to also include S30+/ S40+ Year 8 students)	Introductory Lessons	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving Reminder of British Values & Equality Act 2010 Differences between Ethics & Laws (inc age of criminality)	**Students will build on their learning from the Autumn term and be introduced to the following;**	**Students will build on their learning from the Autumn and Spring term and be introduced to the following;**
	Relationships & Sex Education Curriculum	**Students will cover a range of topics during the Autumn Term and be introduced to the following;** Rights & Responsibilities online (inc online risks, sharing of information, social media, harms online & Online Safety Act)	Characteristics of positive, trustworthy & safe relationships (inc consent) Evaluating your impact on others How to forgive others & manage conflict	How relationships contribute to wellbeing How families & relationships change over time (inc through birth, death, separation & new relationships) Resisting peer pressure
	Health & Wellbeing Curriculum	Wellbeing online (inc similarities & differences between online & physical world) Benefits of limiting time spent online Personal Safety (inc inside & outside of the home) How to recognise & resist peer pressure in unsafe activities	Healthy eating & risks of unhealthy weight gain Menstrual wellbeing Basic First Aid (inc self care for minor ailments & the role of Pharmacists as healthcare professionals	Talking about emotions accurately & how to manage worryy, feeling down & how to overcome barriers in order to participate in activities Happiness & how it is connected to others The facts about vaping & smoking (inc their risks & the law)
Year 9 (to also include S30+/ S40+ Year 9 students)	Introductory Lessons	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving Reminder of British Values & Equality Act 2010 Differences between Ethics & Laws (inc Hate Crime)	Students will cover a series of lessons on Goal Setting (in preparation of choosing GCSE options) supporting their critical thinking & decision making	**Students will build on their learning from the Autumn and Spring term and be introduced to the following;**
	Relationships & Sex Education Curriculum	**Students will cover a range of topics during the Autumn Term and be introduced to the following;** Online Safety (inc risks online, characteristics of social media, indecent images, deepfakes, viewing inappropriate content & Online Safety Act)	**Students will build on their learning from the Autumn term and be introduced to the following;** How relationships change over time (inc through birth, death, separation & new relationships) The importance of self- esteem, independence & positive relationships with oneself How to forgive & manage conflict respectfully	Identifying strategies to resist peer pressure & how not to put pressure on others (inc sexual pressure) Consent (including harassment, abuse & violence) Laws surrounding carrying knives & weapons
	Health & Wellbeing Curriculum	The similarities & differences between the online & physical world How to identify harmful online behaviours	Emotional intelligence (to include social awareness, empathy & triggers) Talking about emotions accurately & how to manage worry, feeling down & overcoming barriers in order to participate in activities Happiness & how it is connected to others	Gambling & the impact on mental health The facts about alcohol, drugs, tobacco & vaping (inc the law, risks & harms) Personal Safety (inc railways, level crossings & water sfaety) Developing skills to increase personal safety
Year 10 (to also include S40+ Year 10 students)	Introductory Lessons	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving Reminder of British Values & Equality Act 2010 Differences between Ethics & Law (inc age of criminality)	**Students will build on their learning from the Autumn term and be introduced to the following;**	Students will cover a series of lessons on exam pressures & preparation, meta- cognition & goal setting in preparation of their Year 10 mocks.
	Relationships & Sex Education Curriculum	**Students will cover a range of topics during the Autumn Term and be introduced to the following;** Online Safety (inc risks online, characteristics of social media, indecent images, deepfakes, viewing inappropriate content, scams & the Online Safety Act) Resisting peer pressure & laws surrounding pressure	Healthy relationships (to include with oneself) Marriage & Cohabitation (inc Forced marriage) How families change over time (inc through birth, death, separation & new relationships) The role of consent in relationships (inc sexual harassment, violence, domestic abuse & controlling behaviours) STIs/ STDs & Contraception	**Students will build on their learning from the Autumn and Spring term and be introduced to the following;** How to prevent normalising non- consensual & prejudicial behaviours (inc misogyny)
	Health & Wellbeing Curriculum	The risks of illegal behaviours online & viewing online content which promotes harmful & unsafe behaviours (to include knife crime, misogyny & violence)	How to recognise & manage peer influence & pressure Benefits of physical activity & community participation on health & wellbeing	How to develop key social & emotional skills to increase safety Characteristics of ill mental health (to inc managing barriers & overcoming anxiety) The laws & risks of alcohol consumption, tobacco & vaping Grooming & exploitation
Year 11 (to also include S40+ Year 7 students)	Introductory Lessons	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving Reminder of British Values & Equality Act 2010 Differences between Ethics & Law	Students will cover a series of lessons on exam pressures & preparation, meta- cognition & goal setting in preparation of their Year 11 mocks.	Students will cover a series of lessons on exam pressures in preparation of their GCSEs.
	Relationships & Sex Education Curriculum	**Students will cover a range of topics during the Autumn Term and be introduced to the following;** The concepts of sexual violence (inc rape & assault) STIs/ STDs & HIV (inc the use of sexual health clinics) Fixated & obsessive behaviours in relationships (inc domestic abuse, Forced marriage, virginity testing, hymenoplasty) Unrealistic expectations in relationships (inc Laws & risks of pornography, misogyny, inequalities of power)	**Students will build on their learning from the Autumn term and be introduced to the following;** Pregnancy (inc fertility & infertility) Choices that come with pregnany (medical & legal) How to counter medical misinformation (where to get access for sexual & reproductive health advice)	**Students will build on their learning from the Autumn and Spring term and be introduced to the following;** Inappropriate, illegal & upsetting content online (inc misogyny, violence, use of weapons)
	Health & Wellbeing Curriculum	Drugs & alcohol, the law & their impact The impact of drugs & alcohol on risky sexual behaviour Risks of illegal behaviours online (inc drug & knife supply)	The co-occurance of substance abuse & poor mental health & the bi- directional relationship between them Importance of self- examination & screening How to navigate the healthcare system Gillick Competence	Grooming & Exploitation Extremism & radicalisation