		Autumn Term 2026	Spring Term 2027	Summer Term 2027
Studio 20	**Introductory Lessons**	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving British Values & Equality Act 2010 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 & the responsibilities of parents/ carers How familial relationships change over time Online safety & behaviour (inc Online Safety Act)	Characteristics of positive relationships What being a good friend looks like Kindness, Compassion & Tolerance	Puberty and Menstrual wellbeing continued Boundaries, Privacy & Consent
	Health & Wellbeing Curriculum	Benefits of limiting time spent online Similarities & differences between the online & physical world	Talking about emotions Worrying & feeling down/ overcoming anxiety Puberty and Menstrual wellbeing	Healthy Lifestyle Personal Hygiene Safety inside & outside of the home
Studio 30	**Introductory Lessons**	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving Reminder of British Values & Equality Act 2010 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 & the responsibilities of parents/ carers How families change over time Self- esteem & having a positive relationship with oneself	Boundaries, privacy & consent What being a good friend looks like Kindness & compassion	Trust- how to determine it in relationships, people & online (inc AI chatbots, fake intimacy, unsafe relationships) How to get support & help when reporting concerns
	Health & Wellbeing Curriculum	How to talk about emotions Worrying & feeling down Managing emotions	Similarities between the online & physical world (inc Online Safety Act) Benefits of limiting time spent online Social Media	How to identify risk & manage personal safety Basic First Aid Developing key emotional & social skills to resist peer pressure, conflict & unsafe situations
Studio 40 (KS3 Students)	**Introductory Lessons**	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving Reminder of British Values & Equality Act 2010 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 & the responsibilities of parents/ carers How families change over time Self- esteem & having a positive relationship with oneself	How to have respectful and kind relationships Tolerance Managing & ending relationships & friendships	Rights & Responsibilities online Trust- how to determine it in relationships, people & online Sharing material online Consent & personal safety
	Health & Wellbeing Curriculum	How to talk about emotions Overcoming anxiety & barriers to participating in fun Critical evaluation of which activities will contribute to their overall wellbeing	Happiness & how it is connected to others Loneliness in life How to improve mental wellbeing & health Changes in the adolescent body	How to identify risk & manage personal safety Developing key emotional & social skills to increase personal safety outside of the home & in unfamiliar settings
Studio 40 (KS4 Students)	**Introductory Lessons**	Introduction to the new RSHE framework & expectations- Achieving, Belonging & Thriving Reminder of British Values & Equality Act 2010 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;** Trust- how to determine it in relationships, people & online Consent Boundaries, Kindness & Care	Roles & responsibilities of parents/ carers Successful parenting & the importance of the early years for child's brain development How families change over time	Increasing personal safety in public spaces Criminal behaviours in relationships (inc fixated & obsessive behaviours, sexual & criminal exploitation, inc grooming) Contraception & sexual health
	Health & Wellbeing Curriculum	Similarities & differences between the online & physical world Unrealistic expectations of body image Harmful behaviours online	Talking about emotions & citically examining activities/ actions on wellbeing How happiness is connected to others Physical health & fitness, including healthy eating & dental hygiene	Reproductive & medical health (inc Gillick competence) & navigating NHS Knife crime & Violence Developing key emotional & social skills to increase personal safety outside of the home & in unfamiliar settings