

		Term	Indicative Content	Term	Indicative Content
Year 7	Term 1		<p><b>Risk and Safety</b> Session 1/2: Why are friends important? Session 3/4: Anti-bullying</p> <p><b>Growing Up</b> Session 5: What is puberty? Session 6: Puberty Key Questions</p>	Term 4	<p><b>Communities</b> Session 1: Understanding our communities Session 2: How do I feel about difference?</p> <p><b>Planning for the future</b> Session 3: What are my aspirations? Session 4: How do I work best with others?</p> <p><b>Money and me</b> Session 5: How do I save and how do I budget? Session 6: What influences our spending?</p>
	Term 2		<p><b>Growing Up</b> Session 1: Mental wellbeing Session 2: Dealing with worries Session 3/4: Female Genital Mutilation (FGM) Session 5: Personal Hygiene Session 6: Why am I feeling like this?</p> <p><b>Identity</b> Session 7: Who am I?</p>	Term 5	<p><b>E-safety</b> Session 1: Introduction to e-safety Session 2: E-safety Assembly (Police) Session 3/4: Being careful on social media Session 5: Online gaming Session 6: E-safety - what did you learn?</p>
	Term 3		<p><b>Relationships</b> Session 1: What are the different types of relationships?</p> <p><b>Healthy Lifestyle</b> Session 2: What do I need to keep healthy?</p> <p><b>Risk and safety</b> Session 3: What do we mean by 'risk'?</p> <p><b>Emotional Wellbeing and Mental Wellbeing</b> Session 4: What are 'emotional wellbeing' and 'mental wellbeing'? Session 5: What is Resilience?</p>	Term 6	<p><b>Emotional Wellbeing and mental wellbeing</b> Session 1: Feelings and how to manage them</p> <p><b>Healthy lifestyle</b> Session 2/3: Healthy eating Session 4: Energy drinks Session 5: Exercise</p> <p><b>Identity</b> Session 6: What does 'family' mean? Session 7: How can I contribute to family life?</p>

		Term	Indicative Content	Term	Indicative Content
Year 8	Term 1		<p><b>Body Image</b>            Session 1: Negative and Positive Self Talk            Session 2: How can negative body image affect us?</p> <p><b>Emotional wellbeing and mental wellbeing</b>            Session 3: What impacts our mental wellbeing?            Session 4: How do I cope with loss and bereavement?            Session 5: Recognising the signs of poor mental health            Session 6: Who can help? – support services</p>	Term 4	<p><b>Alcohol, tobacco and other drugs</b>            Session 1/2: Drugs- an introduction            Session 3/4: Drugs and the law            Session 5: Alcohol            Session 6: Smoking &amp; Vaping (into T5 if needed)</p>
	Term 2		<p><b>Money and me</b>            Session 1/2: How enterprising am I?</p> <p><b>Planning for the future?</b>            Session 3: Skills for working with others            Session 4: Goal Setting            Session 5: How do I plan for my future?            Session 6: My personal brand</p>	Term 5	<p><b>Communities</b>            Session 1: How can we value each other?            Session 2: What makes a successful community?            Session 3: What can cause problems in communities?            Session 4/5: Hate Crime and Radicalisation</p>
	Term 3		<p><b>Emotional wellbeing and mental wellbeing</b>            Session 1: Ways to look after emotional wellbeing</p> <p><b>Identity</b>            Session 2: Gender identity            Session 3: Stereotypes            Session 4/5: Faith and values</p>	Term 6	<p><b>Relationships</b>            Session 1: What is a healthy relationship?            Session 2/3: Communication skills</p> <p><b>Sex, sexuality and sexual health</b>            Session 4: Choices around sex            Session 5: Sex and the law            Session 6/7: Conception, pregnancy and birth</p>

	Term	Indicative Content	Term	Indicative Content
Year 9	Term 1	<p><b>Planning for the future?</b></p> <p>Session 1: What do I need to plan for?            Session 2: What opportunities are out there for me?            Session 3: How do I improve my prospects?            Session 4: What does the law say about work?            Session 5/6: Growth Mindset</p>	Term 4	<p><b>Finance (KS4)</b></p> <p>Session 1: Budgeting            Session 2: Responsible consumerism            Session 3: Ethical consumerism            Session 4: Consumerism and giving            Session 5: Credit and debt            Session 6: Money Stresses and pressure</p>
	Term 2	<p><b>Relationships</b></p> <p>Session 1/2: Is commitment important in relationships?            Session 3: Abuse in relationships</p> <p><b>Sex, sexuality and sexual health</b></p> <p>Session 4: Pornography and sexting            Session 5: What is contraception?            Session 6/7: What are STIs?</p>	Term 5	<p><b>Healthy Lifestyle</b></p> <p>Session 1/2: Things that support our health            Session 3: When health goes wrong</p> <p><b>Alcohol, tobacco and other drugs</b></p> <p>Session 4: Impact of drug taking            Session 5/6: How do I manage situations involving drugs?</p>
	Term 3	<p><b>Communities</b></p> <p>Session 1: How can I contribute to my community?            Session 2: What do voluntary agencies do?            Session 3: How can we challenge prejudice and discrimination?</p> <p><b>Identity</b></p> <p>Session 4: How am I doing?            Session 5: What are my rights and responsibilities?</p>	Term 6	<p><b>Risk and safety</b></p> <p>Session 1: How do we manage risky situations?            Session 2: Being assertive and dealing with pressure            Session 3: Gambling            Session 4: Gangs and knife crime            Session 5/6: First aid and CPR            Session 7: Who can help?</p>

	Term	Indicative Content	Term	Indicative Content
Year 10	Term 1	<p><b>Relationships</b>            Session 1: Relating to others            Session 2: Skills for successful relationships            Session 3/4: Parenting skills and family life x2 sessions</p> <p><b>Sex, sexuality and sexual health</b>            Session 5/6: Sexual health x2</p>	Term 4	<p><b>Risk and safety</b>            Session 1: The teenage brain            Session 2: Rights and responsibilities online            Session 3: When things go wrong online            Session 4: Gangs and knife crime</p> <p><b>Communities</b>            Session 5: Living in Britain            Session 6: The Equality Act and hate crimes</p>
	Term 2	<p><b>Sex, sexuality and sexual health</b>            Session 1: Pornography</p> <p><b>Alcohol, tobacco and other drugs</b>            Session 2: Drugs            Session 3: Alcohol</p> <p><b>Emotional wellbeing and mental health</b>            Session 4: Emotional wellbeing            Session 5: Bereavement</p> <p><b>Healthy Lifestyle</b>            Session 6: Influences on health</p>	Term 5	<p><b>Communities</b>            Session 1: Discrimination through invisibility            Session 2: Challenging discrimination            Session 3: Democracy and voting</p> <p><b>Business and enterprise</b>            Session 4: Business structure and organisation            Session 5: The how and why of business financing            Session 6: Entrepreneurship and risk</p>
	Term 3	<p><b>Healthy Lifestyle</b>            Session 1: Planning healthy meals and being active            Session 2: Being health aware</p> <p><b>Identity</b>            Session 3: Individual, family and community values            Session 4: Diverse and conflicting values            Session 5: Gender identity and transgender</p>	Term 6	<p><b>Planning for the future</b>            Session 1/2: What do I want to do?            Session 3: Types of employment and employment trends            Session 4/5: Marketing yourself and personal branding            Session 6: Rights and responsibilities at work            Session 7: Employment opportunities</p>

	Term	Indicative Content	Term	Indicative Content
Year 11	Term 1	<p><b>Sex, sexuality and sexual health</b>            Session 1: Consent            Session 2: Sexual Relationships            Session 3: Pregnancy choices  <b>Relationships</b>            Session 4/5: Exploitation and abuse in relationships x2 sessions</p> <p>Session 6/7 Help and support for relationships x2 sessions</p>	Term 4	<b>GCSE PREPARATION PROGRAMME</b>
	Term 2	<p><b>Alcohol, tobacco and other drugs</b>            Session 1: Addiction and dependency</p> <p><b>Emotional wellbeing and mental health</b>            Session 2: Dealing with stress            Session 3: Pressures and influences            Session 4: Facing challenges            Session 5: Work-life balance</p> <p><b>Session 6/7: Criminal Justice System/Democracy TBC</b></p>	Term 5	<b>GCSE PREPARATION PROGRAMME</b>
	Term 3	<b>GCSE PREPARATION PROGRAMME</b>	Term 6	<b>GCSE PREPARATION PROGRAMME</b>

	Term	Indicative Content	Term	Indicative Content
Year 12	Term 1	<ul style="list-style-type: none"> <li>• S1 - Becoming independent Post-16</li> <li>• S2 - Balancing workload, social time and a part-time job</li> <li>• S3 &amp; 4 – Relationships: The good, the bad, the difficult</li> <li>• S5 &amp; 6 - Consent is a two-way street</li> <li>• S7 - Relationship pressures and expectations</li> </ul>	Term 4	<ul style="list-style-type: none"> <li>• S1 &amp; 2 - Parenthood - unplanned pregnancy and miscarriage 1</li> <li>• S3 - Fertility and what impacts it</li> <li>• S4 - Sex and media – porn and its impact on society</li> <li>• S5 - Honour based violence</li> <li>• S6 - Sexual health revisited – STIs, contraception, consent</li> </ul>
	Term 2	<ul style="list-style-type: none"> <li>• S1 - Sex – readiness and encounters</li> <li>• S2 &amp; 3 - Sexual health, contraception</li> <li>• S4 - Date rape and spiking</li> <li>• S5 - Alcohol and impact</li> <li>• S6 - Drugs and impact</li> <li>• S7 – Online Safety</li> </ul>	Term 5	<ul style="list-style-type: none"> <li>• S1 - How does democracy work in the UK?</li> <li>• S2 - How does the voting system work?</li> <li>• S3 - What is the leadership structure in parliament?</li> <li>• S4 - What skills are required for leadership?</li> <li>• S5 - What inspirational leaders can we aspire to?</li> <li>• S6 - How you can you plan to develop your leadership skills?</li> </ul>
	Term 3	<ul style="list-style-type: none"> <li>• S1 - Emotional Health</li> <li>• S2 - Managing stress and anxiety</li> <li>• S3 – Depression</li> <li>• S4 – Resilience</li> <li>• S5 - Relaxation techniques</li> <li>• S6 – Positive body image</li> </ul>	Term 6	<ul style="list-style-type: none"> <li>• S1 - Contributing to communities</li> <li>• S2 – Issues for communities</li> <li>• S3 – Protected Characteristics</li> <li>• S4 – S7 Challenging Discrimination</li> </ul>

	Term	Indicative Content	Term	Indicative Content
Year 13	Term 1	<ul style="list-style-type: none"> <li>S1 - Choices: Physical Health</li> <li>S2 - Choices: Nutrition</li> <li>S3 - Choices: Time Out</li> <li>S4 - How is cancer diagnosed and importance of screening</li> <li>S5 - Importance of checks – men</li> <li>S6 - Recognising the signs of meningitis</li> <li>S7 - Importance of checks – women</li> </ul>	Term 4	<ul style="list-style-type: none"> <li>S1 – Healthy food of a budget</li> <li>S2 - How to enroll in health care (dentists, doctors) in new location</li> <li>S3 - Managing personal safety offline</li> <li>S4 - Understanding your consumer rights</li> <li>S5 – Travelling safely abroad</li> <li>S6 - What is meant by ‘professionalism’ in the workplace?</li> </ul>
	Term 2	<ul style="list-style-type: none"> <li>S1 &amp; 2 - Recognise common mental health issues</li> <li>S3 &amp; 4 - Dealing with stress – strategies</li> <li>S5 - Support – recognising signs in others</li> <li>S6 - Support – strategies to support others</li> <li>S7 - How to recognise bullying in the workplace</li> </ul>	Term 5	<b>REVISION</b>
	Term 3	<ul style="list-style-type: none"> <li>S1 &amp; 2 - Managing a household budget</li> <li>S3 - Banks and money</li> <li>S4 – Pay checks and taxes</li> <li>S5 – Renting vs buying</li> <li>S6 – Payday loans</li> </ul>	Term 6	

### RSE Guidance Breakdown

Theme	Details
<b>Respectful Relationships: Families</b>	<ul style="list-style-type: none"> <li>• <b>R1</b> that there are different types of committed, stable relationships.</li> <li>• <b>R2</b> how these relationships might contribute to human happiness and their importance for bringing up children.</li> <li>• <b>R3</b> what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.</li> <li>• <b>R4</b> why marriage is an important relationship choice for many couples and why it must be freely entered into.</li> <li>• <b>R5</b> the characteristics and legal status of other types of long-term relationships.</li> <li>• <b>R6</b> the roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting.</li> <li>• <b>R7</b> how to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others’ relationships); and, how to seek help or advice, including reporting concerns about others, if needed.</li> </ul>
<b>Respectful Relationships: Friendships</b>	<ul style="list-style-type: none"> <li>• <b>R8</b> the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.</li> <li>• <b>R9</b> practical steps they can take in a range of different contexts to improve or support respectful relationships.</li> <li>• <b>R10</b> how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice).</li> <li>• <b>R11</b> that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people’s beliefs.</li> <li>• <b>R12</b> about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help.</li> <li>• <b>R13</b> that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.</li> <li>• <b>R14</b> what constitutes sexual harassment and sexual violence and why these are always unacceptable.</li> <li>• <b>R15</b> the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.</li> </ul>
<b>Online and media</b>	<ul style="list-style-type: none"> <li>• <b>O1</b> their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.</li> <li>• <b>O2</b> about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online.</li> <li>• <b>O3</b> not to provide material to others that they would not want shared further and not to share personal material which is sent to them.</li> <li>• <b>O4</b> what to do and where to get support to report material or manage issues online</li> <li>• <b>O5</b> the impact of viewing harmful content.</li> <li>• <b>O6</b> that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.</li> <li>• <b>O7</b> that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail.</li> <li>• <b>O8</b> how information and data is generated, collected, shared and used online.</li> </ul>



<p><b>Being Safe</b></p>	<ul style="list-style-type: none"> <li>• <b>B1</b> the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.</li> <li>• <b>B2</b> how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).</li> </ul>
<p><b>Intimate and Sexual Relationships inc. Sexual health, consent.</b></p>	<ul style="list-style-type: none"> <li>• <b>i1</b> how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</li> <li>• <b>i2</b> that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing.</li> <li>• <b>i3</b> the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.</li> <li>• <b>i4</b> that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</li> <li>• <b>i5</b> that they have a choice to delay sex or to enjoy intimacy without sex.</li> <li>• <b>i6</b> the facts about the full range of contraceptive choices, efficacy and options available.</li> <li>• <b>i7</b> the facts around pregnancy including miscarriage.</li> <li>• <b>i8</b> that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).</li> <li>• <b>i9</b> how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.</li> <li>• <b>i10</b> about the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment.</li> <li>• <b>i11</b> how the use of alcohol and drugs can lead to risky sexual behaviour.</li> <li>• <b>i12</b> how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment.</li> </ul>
<p><b>Mental Wellbeing</b></p>	<ul style="list-style-type: none"> <li>• <b>M1</b> how to talk about their emotions accurately and sensitively, using appropriate vocabulary.</li> <li>• <b>M2</b> that happiness is linked to being connected to others.</li> <li>• <b>M3</b> how to recognise the early signs of mental wellbeing concerns.</li> <li>• <b>M4</b> common types of mental ill health (e.g. anxiety and depression).</li> <li>• <b>M5</b> how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.</li> <li>• <b>M6</b> the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.</li> </ul>
<p><b>Internet safety and harms</b></p>	<p>The similarities and differences between the online world and the physical world, including:</p> <ul style="list-style-type: none"> <li>• <b>S1</b> the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image),</li> <li>• <b>S2</b> how people may curate a specific image of their life online,</li> <li>• <b>S3</b> over-reliance on online relationships including social media,</li> <li>• <b>S4</b> the risks related to online gambling including the accumulation of debt,</li> <li>• <b>S5</b> how advertising and information is targeted at them and how to be a discerning consumer of information online.</li> <li>• <b>S6</b> How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours</li> </ul>

<b>Healthy Eating</b>	<ul style="list-style-type: none"> <li>• <b>H1</b> How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.</li> </ul>
<b>Physical health and fitness</b>	<ul style="list-style-type: none"> <li>• <b>P1</b> the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.</li> <li>• <b>P2</b> the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.</li> <li>• <b>P3</b> about the science relating to blood, organ and stem cell donation</li> </ul>
<b>Drugs, Alcohol and Tobacco</b>	<ul style="list-style-type: none"> <li>• <b>D1</b> the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.</li> <li>• <b>D2</b> the law relating to the supply and possession of illegal substances.</li> <li>• <b>D3</b> the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.</li> <li>• <b>D4</b> the physical and psychological consequences of addiction, including alcohol dependency.</li> <li>• <b>D5</b> awareness of the dangers of drugs which are prescribed but still present serious health risks.</li> <li>• <b>D6</b> the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.</li> </ul>
<b>Health and prevention</b>	<ul style="list-style-type: none"> <li>• <b>PR1</b> about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.</li> <li>• <b>PR2</b> about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.</li> <li>• <b>PR3</b> (late secondary) the benefits of regular self-examination and screening.</li> <li>• <b>PR4</b> the facts and science relating to immunisation and vaccination.</li> <li>• <b>PR5</b> the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</li> </ul>
<b>Basic first aid</b>	<ul style="list-style-type: none"> <li>• <b>BA1</b> Basic treatment for common injuries.</li> <li>• <b>BA2</b> life-saving skills, including how to administer CPR.15</li> <li>• <b>BA3</b> the purpose of defibrillators and when one might be needed.</li> </ul>
<b>Changing adolescent body</b>	<ul style="list-style-type: none"> <li>• <b>C1</b> key facts about puberty, the changing adolescent body and menstrual wellbeing.</li> <li>• <b>C2</b> the main changes which take place in males and females, and the implications for emotional and physical health.</li> </ul>

### British Values

- **BV1** Individual liberty
- **BV2** Mutual respect
- **BV3** Tolerance
- **BV4** Democracy
- **BV5** The rule of law

### SMSC

- **SMSC 1** Spiritual
- **SMSC 2** Moral
- **SMSC 3** Social
- **SMSC 4** Cultural