

PSHE/RSE Sequencing 2024/2025

Year 7	Year 8	Year 9	Year 10	Year 11
<p><b>Families</b></p> <ul style="list-style-type: none"> <li>• Reporting abuse</li> </ul> <p><b>Respectful relationships, including friendships</b></p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• How to support relationships</li> <li>• Characteristics of positive healthy friendships/relationships, consent</li> <li>• Stereotypes and Identity</li> <li>• Multicultural Britain</li> <li>• Politics, elections, campaigning</li> <li>• Consent, boundaries</li> <li>• Respect and tolerance</li> </ul>	<p><b>Families</b></p> <ul style="list-style-type: none"> <li>• Different types of relationships, reporting abuse</li> </ul> <p><b>Respectful relationships, including friendships</b></p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• How to support relationships, consent</li> <li>• Characteristics of positive healthy friendships/relationships, consent, sexting</li> <li>• Criminal behaviour within relationships</li> <li>• Sexual harassment and violence</li> <li>• Respect and tolerance</li> </ul> <p><b>Online and the media</b></p>	<p><b>Families</b></p> <ul style="list-style-type: none"> <li>• Different types of relationships, reporting abuse</li> </ul> <p><b>Respectful relationships, including friendships</b></p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• How to support relationships</li> <li>• Characteristics of positive healthy friendships/relationships, consent, sexting</li> <li>• Criminal behaviour within relationships</li> <li>• Stereotypes</li> <li>• Respect and tolerance</li> <li>• Peace, war and conflict</li> <li>• Women's rights</li> </ul>	<p><b>Families</b></p> <ul style="list-style-type: none"> <li>• Reporting abuse</li> </ul> <p><b>Respectful relationships, including friendships</b></p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Characteristics of positive healthy friendships/relationships, consent</li> <li>• Criminal behaviour within relationships</li> <li>• Equality Act</li> <li>• Sexting</li> <li>• Respect and tolerance</li> </ul> <p><b>Online and the media</b></p> <ul style="list-style-type: none"> <li>• Responsibilities online</li> </ul> <p><b>Being Safe</b></p>	<p><b>Families</b></p> <ul style="list-style-type: none"> <li>• Reporting abuse</li> </ul> <p><b>Respectful relationships, including friendships</b></p> <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Equality Act</li> <li>• Respect and tolerance</li> </ul> <p><b>Online and the media</b></p>

PSHE/RSE Sequencing 2024/2025

<p><b>Online and the media</b></p> <ul style="list-style-type: none"> <li>• Responsibilities online</li> <li>• Where to get support to report material</li> <li>• Digital footprint</li> <li>• Online gaming</li> </ul>	<ul style="list-style-type: none"> <li>• Responsibilities online</li> <li>• Where to get support to report material</li> <li>• GDPR</li> <li>• Hacking</li> <li>• Grooming</li> <li>• Self esteem and social media</li> </ul> <p><b>Being safe</b></p> <ul style="list-style-type: none"> <li>• How to communicate and recognise sexual consent.</li> <li>• Sexual harassment, coercion, grooming, abuse, sexual exploitation.</li> <li>• Child abuse</li> <li>• Crime, law and punishment</li> </ul>	<p><b>Online and the media</b></p> <ul style="list-style-type: none"> <li>• Responsibilities online</li> <li>• Impact of viewing harmful content</li> <li>• Extremism and terrorism</li> <li>• Self-esteem and social media</li> <li>• Airbrushing</li> </ul> <p><b>Being safe</b></p> <ul style="list-style-type: none"> <li>• Concepts and laws on sexual consent, exploitation, grooming, FGM, honour-based abuse and rape.</li> <li>• How to communicate and recognise consent</li> </ul>	<ul style="list-style-type: none"> <li>• How to communicate and recognise Consent.</li> <li>• Anti-violence and weapons.</li> </ul> <p><b>Intimate and sexual relationships, including sexual health</b></p> <ul style="list-style-type: none"> <li>• Characteristics of healthy relationships</li> <li>• Physical, emotional, mental, sexual and reproductive health and wellbeing.</li> <li>• Identifying and managing sexual pressure</li> <li>• Contraception and STI's</li> </ul> <p><b>Mental wellbeing</b></p>	<ul style="list-style-type: none"> <li>• Responsibilities online</li> <li>• Where to get support to report material</li> </ul> <p><b>Being Safe</b></p> <ul style="list-style-type: none"> <li>• Concepts and laws on sexual consent and domestic violence.</li> <li>• Knife crime</li> </ul> <p><b>Intimate and sexual relationships, including sexual health</b></p> <ul style="list-style-type: none"> <li>• Characteristics of</li> </ul>
---	---	---	---	---

PSHE/RSE Sequencing 2024/2025

<p><b>Mental wellbeing</b></p> <ul style="list-style-type: none"> <li>• How to talk about emotions accurately</li> <li>• How to recognise early sign of mental wellbeing concerns</li> <li>• <b>Common types of mental ill health including anxiety and depression</b></li> <li>• Benefits of physical exercise</li> <li>• Positivity</li> <li>• Financial education</li> <li>• Careers and your future</li> <li>• Transition points</li> </ul> <p><b>Internet safety and harms</b></p> <ul style="list-style-type: none"> <li>• Similarities and differences between online and physical world.</li> <li>• How to identify harmful</li> </ul>	<p><b>Intimate and sexual relationships, including sexual health</b></p> <ul style="list-style-type: none"> <li>• Characteristics of healthy relationships</li> <li>• Sexuality and gender</li> <li>• Identifying and managing sexual pressure</li> <li>• Alcohol and drugs and sexual behaviour</li> <li>• Contraception</li> </ul> <p><b>Mental wellbeing</b></p> <ul style="list-style-type: none"> <li>• How to talk about emotions accurately</li> <li>• Benefits of physical exercise</li> <li>• Positive body image</li> <li>• Stress management</li> <li>• Careers and your future</li> </ul>	<p><b>Intimate and sexual relationships, including sexual health</b></p> <ul style="list-style-type: none"> <li>• Characteristics of healthy relationships</li> <li>• Identifying and managing sexual pressure</li> <li>• Identifying and managing sexual pressure</li> <li>• Pornography</li> </ul> <p><b>Mental wellbeing</b></p> <ul style="list-style-type: none"> <li>• How to talk about emotions accurately</li> <li>• Association between mental wellbeing and physical activity</li> <li>• Grief and loss</li> </ul>	<ul style="list-style-type: none"> <li>• How to talk about emotions accurately</li> <li>• Benefits of physical exercise</li> </ul> <p><b>Internet safety and harms</b></p> <ul style="list-style-type: none"> <li>• Similarities and differences between online and physical world.</li> <li>• How to identify harmful behaviours online and reporting.</li> </ul>	<p>healthy relationships</p> <ul style="list-style-type: none"> <li>• Fertility</li> <li>• Physical, emotional, mental, sexual and reproductive health and wellbeing.</li> <li>• Contraception and STI's</li> <li>• Pregnancy choices</li> </ul> <p><b>Mental wellbeing</b></p> <ul style="list-style-type: none"> <li>• Benefits of physical exercise</li> <li>• How to cope with exam stress</li> </ul>
--	---	---	--	---

PSHE/RSE Sequencing 2024/2025

<p>behaviours online and reporting.</p> <p><b>Drugs, alcohol and tobacco</b></p> <ul style="list-style-type: none"> <li>• What is alcohol</li> <li>• Drugs, e-cigs and vaping</li> <li>• Physical and psychological risks of smoking and alcohol</li> </ul> <p><b>Health and Prevention</b></p> <ul style="list-style-type: none"> <li>• Healthy eating</li> </ul>	<p><b>Internet safety and harms</b></p> <ul style="list-style-type: none"> <li>• Similarities and differences between online and physical world.</li> <li>• How to identify harmful behaviours online and reporting. (Graphics, social media stalking)</li> </ul> <p><b>Drugs, alcohol and tobacco</b></p> <ul style="list-style-type: none"> <li>• Facts about alcohol and drugs</li> <li>• Physical and psychological risks of alcohol and drugs</li> </ul>	<p><b>Internet safety and harms</b></p> <ul style="list-style-type: none"> <li>• How to identify harmful behaviours online and reporting.</li> <li>• How to identify harmful behaviours online and reporting.</li> <li>• Radicalisation</li> </ul> <p><b>Drugs, alcohol and tobacco</b></p> <ul style="list-style-type: none"> <li>• Law relating to supply and possession of drugs</li> </ul>	<p><b>Health and Prevention</b></p> <ul style="list-style-type: none"> <li>• Dental hygiene</li> <li>• Self-examination, screening, immunisation and vaccinations</li> <li>• Germs, bacteria, infections and antibodies</li> </ul> <p><b>Physical health and fitness</b></p> <ul style="list-style-type: none"> <li>• Blood, organ and stem cell donation</li> </ul>	<p><b>Internet safety and harms</b></p> <ul style="list-style-type: none"> <li>• Similarities and differences between online and physical world.</li> <li>• How to identify harmful behaviours online and reporting.</li> </ul> <p><b>Health and Prevention</b></p> <ul style="list-style-type: none"> <li>• Germs, bacteria, infections and antibodies</li> </ul>
--	---	--	--	--

PSHE/RSE Sequencing 2024/2025

<p><b>Basic First Aid</b></p> <ul style="list-style-type: none"> <li>• CPR and defibrillators</li> </ul> <p><b>Changing adolescent body</b></p> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Menstrual wellbeing</li> <li>• Emotional and physical health</li> </ul> <p><b>Physical health and fitness</b></p> <ul style="list-style-type: none"> <li>• Physical activity and mental wellbeing</li> </ul> <p><b>Healthy Eating</b></p> <ul style="list-style-type: none"> <li>• Diet, tooth decay and cancer</li> </ul>	<p><b>Health and Prevention</b></p> <ul style="list-style-type: none"> <li>• Healthy eating</li> </ul>	<ul style="list-style-type: none"> <li>• Harms of smoking tobacco</li> <li>• Physical and psychological risks associated with alcohol consumption</li> <li>• Dangers of drugs that are prescribed but still dangerous</li> </ul> <p><b>Health and Prevention</b></p> <ul style="list-style-type: none"> <li>• Healthy eating</li> </ul> <p><b>Changing adolescent body</b></p> <ul style="list-style-type: none"> <li>• Puberty</li> </ul>	<p><b>Healthy Eating</b></p> <ul style="list-style-type: none"> <li>• Diet, cancer</li> </ul>	<p><b>Changing adolescent body</b></p> <ul style="list-style-type: none"> <li>• Menstrual wellbeing</li> </ul> <p><b>Physical health and fitness</b></p> <ul style="list-style-type: none"> <li>• Physical activity and mental wellbeing</li> <li>• Healthy weight and cancer</li> </ul> <p><b>Healthy Eating</b></p> <ul style="list-style-type: none"> <li>• Diet, cancer</li> </ul>
---	--	---	---	--

PSHE/RSE Sequencing 2024/2025

	<p><b>Physical health and fitness</b></p> <ul style="list-style-type: none"><li>• Physical activity and mental wellbeing</li><li>• Healthy weight and cancer</li></ul> <p><b>Healthy Eating</b></p> <ul style="list-style-type: none"><li>• Diet, tooth decay and cancer</li></ul>	<p><b>Physical health and fitness</b></p> <ul style="list-style-type: none"><li>• Physical activity and mental wellbeing</li><li>• Healthy weight and cancer</li></ul> <p><b>Healthy Eating</b></p> <ul style="list-style-type: none"><li>• Diet</li></ul>		
--	--	--	--	--