

PSHE/RSE Overview

Year 7	Year 8	Year 9	Year 10	Year 11
<p>Families</p> <ul style="list-style-type: none"> - Different types of relationships, reporting abuse <p>Respectful relationships, including friendships</p> <ul style="list-style-type: none"> - Bullying - How to support relationships - Characteristics of positive healthy friendships/relationships, consent - Stereotypes and Identity - Multicultural Britain - Politics, elections, campaigning - Consent, boundaries and transition points - Respect and tolerance 	<p>Families</p> <ul style="list-style-type: none"> - Different types of relationships, reporting abuse <p>Respectful relationships, including friendships</p> <ul style="list-style-type: none"> - Bullying - How to support relationships, consent - Characteristics of positive healthy friendships/relationships, consent - Criminal behaviour within relationships - Sexual harassment and violence - How stereotypes can be damaging - Characteristics of positive healthy friendships 	<p>Families</p> <ul style="list-style-type: none"> - Different types of relationships, reporting abuse <p>Respectful relationships, including friendships</p> <ul style="list-style-type: none"> - Bullying - How to support relationships - Characteristics of positive healthy friendships/relationships, consent - Criminal behaviour within relationships - Stereotypes - Respect and tolerance 	<p>Families</p> <ul style="list-style-type: none"> - Marriage, other types of long-term relationships parenting, - Reporting abuse <p>Respectful relationships, including friendships</p> <ul style="list-style-type: none"> - Bullying - Characteristics of positive healthy friendships/relationships, consent - Criminal behaviour within relationships - Sexual harassment and violence - Coercive control and violent behaviour - Equality Act - Sexting - Respect and tolerance 	<p>Families</p> <ul style="list-style-type: none"> - Marriage, other types of long-term relationships, parenting - Reporting abuse <p>Respectful relationships, including friendships</p> <ul style="list-style-type: none"> - Bullying - Equality Act - Respect and tolerance

PSHE/RSE Overview

<p>Online and the media</p> <ul style="list-style-type: none"> - Responsibilities online - Where to get support to report material - Digital footprint - Online gaming 	<ul style="list-style-type: none"> - Respect and tolerance <p>Online and the media</p> <ul style="list-style-type: none"> - Responsibilities online - GDPR - Sexting - Hacking <p>Being safe</p> <ul style="list-style-type: none"> - How to communicate and recognise consent - Sexual harassment - Marriage 	<p>Online and the media</p> <ul style="list-style-type: none"> - Responsibilities online - Impact of viewing harmful content - Grooming - Extremism and terrorism <p>Being safe</p> <ul style="list-style-type: none"> - Concepts and laws on sexual consent, exploitation, grooming, FGM, honour-based abuse and rape. - How to communicate and recognise consent 	<p>Online and the media</p> <ul style="list-style-type: none"> - Responsibilities online - Impact of viewing harmful content - Where to get support to report material 	
<p>Intimate and sexual relationships, including sexual health</p> <ul style="list-style-type: none"> - Characteristics of healthy relationships 	<p>Intimate and sexual relationships, including sexual health</p> <ul style="list-style-type: none"> - Characteristics of healthy relationships - Sexuality and gender 	<p>Intimate and sexual relationships, including sexual health</p> <ul style="list-style-type: none"> - Characteristics of healthy relationships 	<p>Intimate and sexual relationships, including sexual health</p> <ul style="list-style-type: none"> - Characteristics of healthy relationships - Physical, emotional, mental, sexual and 	<p>Intimate and sexual relationships, including sexual health</p> <ul style="list-style-type: none"> - Characteristics of healthy relationships

PSHE/RSE Overview

<p>Mental wellbeing</p> <ul style="list-style-type: none"> - How to talk about emotions accurately - How to recognise early sign of mental wellbeing concerns - Common types of mental ill health including anxiety and depression - Benefits of physical exercise - Sleep and relaxation - Positivity 	<ul style="list-style-type: none"> - Identifying and managing sexual pressure - Alcohol and drugs and sexual behaviour <p>Mental wellbeing</p> <ul style="list-style-type: none"> - How to talk about emotions accurately - Benefits of physical exercise - Importance of good quality sleep 	<ul style="list-style-type: none"> - Identifying and managing sexual pressure - Contraception, STI's - Identifying and managing sexual pressure - Pornography <p>Mental wellbeing</p> <ul style="list-style-type: none"> - How to talk about emotions accurately - Association between mental wellbeing and physical activity 	<p>reproductive health and wellbeing.</p> <ul style="list-style-type: none"> - Identifying and managing sexual pressure - Contraception and STI's <p>Mental wellbeing</p> <ul style="list-style-type: none"> - How to talk about emotions accurately - Benefits of physical exercise - 	<ul style="list-style-type: none"> - Fertility - Physical, emotional, mental, sexual and reproductive health and wellbeing. - Contraception and STI's <p>Mental wellbeing</p> <ul style="list-style-type: none"> - Benefits of physical exercise - How to cope with exam stress
---	--	--	--	---

PSHE/RSE Overview

<p>Internet safety and harms</p> <ul style="list-style-type: none">- Similarities and differences between online and physical world.- How to identify harmful behaviours online and reporting. (Sexting, stalking)	<p>Internet safety and harms</p> <ul style="list-style-type: none">- Similarities and differences between online and physical world.- How to identify harmful behaviours online and reporting. (Graphics, social media)	<p>Internet safety and harms</p> <ul style="list-style-type: none">- How to identify harmful behaviours online and reporting.		
<p>Drugs, alcohol and tobacco</p> <ul style="list-style-type: none">- What is alcohol	<p>Drugs, alcohol and tobacco</p> <ul style="list-style-type: none">- Facts about alcohol- Physical and psychological risks of alcohol	<p>Drugs, alcohol and tobacco</p> <ul style="list-style-type: none">- Law relating to supply and possession of drugs- Harms of smoking tobacco- Physical and psychological risks associated with alcohol consumption	<p>Drugs, Alcohol and tobacco</p> <ul style="list-style-type: none">- Facts about legal and illegal drugs- Facts about alcohol- Law relating to supply and possession of drugs- Physical and psychological risks associated with alcohol consumption and tobacco	<p>Drugs, alcohol and tobacco</p> <ul style="list-style-type: none">- Physical and psychological risks associated with alcohol consumption, drugs and alcohol
<p>Health and Prevention</p> <ul style="list-style-type: none">- Personal hygiene- Sleep	<p>Health and Prevention</p> <ul style="list-style-type: none">- Sleep		<p>Health and Prevention</p> <ul style="list-style-type: none">- Dental hygiene- Self-examination, screening,	

PSHE/RSE Overview

<p>Basic first aid</p> <ul style="list-style-type: none">- Bleeding <p>Changing adolescent body</p> <ul style="list-style-type: none">- Puberty- Emotional physical health <p>Physical health and fitness</p> <ul style="list-style-type: none">- Physical activity and mental wellbeing <p>Healthy Eating</p> <ul style="list-style-type: none">- Diet, tooth decay and cancer	<p>Basic first aid</p> <ul style="list-style-type: none">- Asthma and allergies <p>Physical health and fitness</p> <ul style="list-style-type: none">- Physical activity and mental wellbeing- Healthy weight and cancer <p>Healthy Eating</p> <ul style="list-style-type: none">- Diet, tooth decay and cancer	<p>Basic first aid</p> <ul style="list-style-type: none">- Choking and head injuries <p>Physical health and fitness</p> <ul style="list-style-type: none">- Physical activity and mental wellbeing- Healthy weight and cancer	<p>immunisation and vaccinations</p> <ul style="list-style-type: none">- Germs, bacteria, infections and antibodies <p>Basic first aid</p> <ul style="list-style-type: none">- Lifesaving skills, CPR- Defibrillators <p>Changing adolescent body</p> <ul style="list-style-type: none">- Menstrual wellbeing <p>Physical health and fitness</p> <ul style="list-style-type: none">- Blood, organ and stem cell donation <p>Healthy Eating</p> <ul style="list-style-type: none">- Diet, tooth decay and cancer	
--	---	--	--	--