



RSHE Curriculum Years 7-11

Careers (orange), Digital literacy (grey) and Citizenship (yellow) Years 7-9

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Our introduction to secondary school and our safety Transition to secondary school and personal safety in and outside school Respecting others		Our Self image Emotional wellbeing, including body image and coping strategies. Dove programme	Our health and lifestyle Diet, exercise, lifestyle balance and healthy choices, Healthy routines, influences on health	Our mental health and wellbeing Mindfulness including mental health and stress management	Our physical health Medicine Vaping/ smoking Alcohol FGM
	Introducing our career passport and discovering our strengths and skills		Using the internet and staying safe		Citizenship	
Year 8	Our relationships with others and our family Self-worth, romance and friendships including online, relationship boundaries and Respect Free Speech Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia Families Different families and	Our relationship with the media Advertising and consumer rights Recognising fake news Manipulating information and bias Using the media as a research tool Presenting skills	Our relationships with our lifestyle choices Information on alcohol, nicotine and other legal and illegal substances Concepts of dependence and addiction and overcoming these Assessing and reducing risks to health and personal safety	Our mental health Strategies for managing mental health Attitudes to mental health and managing responses Challenging myths and stigma Unhealthy coping strategies Recognising the need for support and getting help	Our relationship with our peers and social influence Peer group pressure how to recognised and how to manage it Managing influences on alcohol, vapes and drugs; Consequences of social risks of occasional and misuse; The law relating to the supply, misuse and consumption Seeking help for unhealthy behaviour including cessation Ideas around consent and sexual intimacy- the law, hot to give and withdraw consent Online consent and sharing of images- and what to do when you break up	

	parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Oracy and public speaking Delivering a news cast Making a presentation Performing a poem	Digital literacy and ICT skills	Employment rights and protections	Citizenship	
Year 9	Our transferable skills ‘Soft’ workplace and personal skills, Learning strengths	Our finances and money management Saving, borrowing, budgeting and making financial choices The impact of financial decisions Gambling and financial risk		Our enterprise The 10x challenge and marketplace	Our personal safety Avoiding extremism, gangs and knife crime	Citizenship
	Employability skills Employability , career options and goal setting as part of the GCSE options process		Digital literacy and ICT skills Including an introduction to programming			
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Oracy Delivering the Oracy challenge: Individual presentations Debate Recitation		Fertility and Pregnancy Links to lifestyle choices, varying fertility, pregnancy, menopause and miscarriage Intimacy and staying safe	Social Influence The law and alcohol, drugs and substance Avoiding peer pressure	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building careers for the future Self-efficacy, stress management, and future opportunities Next steps Application processes, and skills for further education, employment and career progression		Building health for the future stress management, and future opportunities Practicing Interview and Application skills	Independence in the future Responsible health choices, and safety in independent contexts	Managing our relationships for the future What will happen next?	