

## Years 7-13 RSE/PSHCE Overview 2022/2023

Themes Health and wellbeing Living in the wider world Relationship and sex education	Healthy vs unhealthy relationships	Respectful relationships, including friendships	Online and media	Keeping Safe	Intimate and sexual relationships, including sexual health	Careers & Finance	British Values – through citizenship?
	Mental wellbeing	Physical health, fitness and healthy eating	Internet safety and harms	Changing adolescent body	Drugs, alcohol and tobacco	Health and prevention	Basic first aid

		Autumn 1 –							
		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	
Date	Themes	Topic	Topic	Topic	Topic	Topic	Topic	Topic	
5th Sept 2021		Transition	Social media and staying safe online	Digital resilience, fake news	How media has changed, the influence and fake news	Bullying and body shaming	Life in sixth form, managing time and studies leadership roles, Mind set	Mind set, managing time and studies	
19th Sept 2022		Goal setting	Laws	When things go wrong online	Sexual harassment in school	Relationships and Revenge porn	Safer internet: Digital footprint. Gaming.	Safer internet: online abuse. Digital footprint. Online gambling	
Whole school drop down sessions on RSE									
3rd Oct 2022		Bullying	Anti-social behaviour	Gender identity	Gender equality/ Violence against women	Consent, rape and Sexual Harassment	healthy/unhealthy relationships inc consent, sexting	Coercive control, domestic violence,	
18th Oct 2022		Equality and Discrimination	Gangs	Knife crime / county lines	Violence against women / fgm	HIV and AIDS	Sexual harassment and consequences	Sexual harassment and consequence	
		Autumn 2 –							
7th Nov 2021		Differences in communities	Human rights	Gangs / county lines	Discrimination / hate crime	Safe sex and chem sex	How to revise, prepare for exams	Revision techniques, developing resilience	
21st Nov 2021		Planning for my future	stereotypes	CSE	Challenging discrimination	Abortion	Violence against women. Road safety	Violence against women. Road safety	
5th Dec 2022		Money management	Aspirations Making choices	Radicalisation	Extremism/prevent	Challenging discrimination	Personal finances, mortgages, loans, debit, credit	Uni Student finance, personal finance	
Drop down day for RSE									

			Multi choice test	Multi choice test	Multi choice test / red zone activity	Multi choice test / red zone	Extremism/prevent		
<i>Spring 1 – health and well being</i>									
3 <sup>rd</sup> Jan 2023			Baseline assessment: Physical well being	Baseline assessment Mental well being / anxiety	What impacts mental health, recognising signs	Emotional well being and health, improving, loss and bereavement	Emotional well being	making the right choice, drink drugs, smoking	Drinking responsibly vaping, making the right choice
16 <sup>th</sup> Jan 2023			Improving our mental well being Vaccinations	Social media and influences	Improving mental well being, resilience, coping with loss and bereavement.	Body image / Eating disorders	Emotional well being and health (textbook)	staying safe, spiking	
30 <sup>th</sup> Jan 2023			Puberty and Personal hygiene	Body image, self esteem, being kind	Body image and the influence of the media	Body image/ self-harm	Body image / Eating disorders	Mental well being, preparation and stress of exams	Mental well being, preparation and stress of exams
13 <sup>th</sup> Feb 2022			Diet and nutrition: improving our diet	Diet and Nutrition,	Gaming and sleep	Types of Drugs, the law	Body image/self harm	Pregnancy and choices	Pregnancy and choices
<i>Spring 2 – health and well being</i>									
6 <sup>th</sup> March 2023			Smoking and alcohol	Binge drinking	Substance abuse	Drugs effects and consequences	Suicide	Budgeting, finances, mortgages	UCAS Support Managing Finances for Uni
20 <sup>th</sup> March 2023			Presentation red zone/blue sheet assessment	Presentation red zone/blue sheet assessment	Presentation, red zone, blue sheet assessment	Red zone assessment	Drugs and the law	Discrimination LGBTQ+, Disability	Respect and Tolerance LGBTQ+ Gender Identity
<i>Summer 1 –</i>									
17 April 2023			Friendships/ healthy relationships	Healthy relationships	Romantic relationships and consent	Positive relationships	Revision techniques / mental well being around exams	Extremism, Radicalisation/ Prevent	Extremism, Radicalisation/ Prevent
1 <sup>st</sup> May 2023			When friendships go wrong	When relationships break down	Abuse in relationships	Relationships Breakdown	Revision techniques / mental well being around exams	Being British: Democracy & Individual Liberty Rule of Law	Being British: Democracy & Individual Liberty Rule of law
15 <sup>th</sup> May 2023			Healthy relationships	Media influence	Consent and sexual relationships	Forced Marriage		Gangs and youth violence Hate crime	Gangs and youth violence Hate crime BLM
<i>Summer 2 –</i>									
5 <sup>th</sup> June 2022			Families / Communities	Consent, sexting	Sexting and Indecent images	Pregnancy and choices			
19 <sup>th</sup> June 2022			Online relationships and staying safe online	Sexual harassment – when something is wrong	STI's/contraception	Parenting	-	Respect and Tolerance LGBTQ+	
3 <sup>rd</sup> July 2022			Teenage pregnancy	Teenage pregnancy and choices	Grooming	Pornography	-		

