

	Core RSE (Spiral)
	Additional

	Year 7	Year 8	Year 9	Year 10	Year 11
HT One Sep – Oct 4 lessons	(7) Managing Transition: Key themes: <ul style="list-style-type: none"> • Community • Keeping and building relationships • Coping with change • Teamwork • Self-esteem (links to mental health) • Bullying + sources of support 	(5) Risks and Safety – Key themes: <ul style="list-style-type: none"> • Risks inc. links to relationships • Exploitation • Love • Gift giving • Exploring consent (3) LGBT Education <ul style="list-style-type: none"> • Diversity of relationship types • Sexuality • Gender identity • Language use and discrimination • Sources of support • Links to equality and diversity 	(8) Consent – Key themes: <ul style="list-style-type: none"> • Recognising consent • Consent and the law • Avoiding assumptions relating to consent • The right to withdraw consent • Capacity to consent • Persuasion, pressure and coercion • Pornography, sexual images and consent • Rape 	(6) Y10 RSE – Key themes: <ul style="list-style-type: none"> • Condoms and condom use – negotiation skills • Media and sex • Pornography • Sexual exploitation – practical advice and guidance 	(6) Year 11 RSE – Key themes: <ul style="list-style-type: none"> • Maintaining healthy relationships • Body image and the media • What is emotional health and wellbeing • Relaxation activities and managing revision
HT Two Oct – Dec 3-4 Lessons					
HT Three Jan – Feb 3 lessons	(7) Relationships, friends and families – Key themes: <ul style="list-style-type: none"> • Gender • ‘good’ relationships • Friendship. • Different types of Families. • Bullying – what to do • Support systems • Embedded theme of abuse 	(1) This is abuse ‘teenage relationship abuse’ Key themes: <ul style="list-style-type: none"> • Relationship abuse (1) Protective behaviour – key themes: <ul style="list-style-type: none"> • Recognising abuse • Being assertive 	(2) CEOP Exploited and Exposed - Key themes: <ul style="list-style-type: none"> • Nude images / online safety • Trust and love • Responsibility • Where to go for help and support 	(5) Parenthood and pregnancy <ul style="list-style-type: none"> • Informed choices and sex • Contraception updates • Social issues, sex and relationships 	(4) Study skills in preparation for GCSE examinations
HT Four Feb – April 3-4 lessons		(5) Leaving home – Key themes: <ul style="list-style-type: none"> • Homelessness risk factors and impact • Budgeting 	(6) Mental Health – Key themes: <ul style="list-style-type: none"> • Self-harm • Common mental health issues 		

		<ul style="list-style-type: none"> • Maintaining good relationships • Leaving home safely and effectively 	<ul style="list-style-type: none"> • Reducing stigma 	<ul style="list-style-type: none"> • Historical examples - discrimination • Pride / Self esteem • LGBTQ+ and the Law 	
HT Five April – May 2 lessons	(4) Crossing the line – Key themes: <ul style="list-style-type: none"> • Cyber bullying • Sexting • Peer pressure • Self esteem 	(7) Informed Choices – Key themes: <ul style="list-style-type: none"> • Social effects of drug and alcohol addiction • Effects of drugs and alcohol BEYOND the body – community and crime • Wider impacts of diet and exercise e.g. NHS funding 		(1) This is abuse – ‘is this Rape’ key themes: <ul style="list-style-type: none"> • Consent • Support for victims of abuse 	
HT Six June – July 4 lessons	(3) Equality and Diversity – Key themes: <ul style="list-style-type: none"> • Actions and consequences • Prejudice • Discrimination • Links to British Values 		(4) Extremism / PREVENT – Key themes: <ul style="list-style-type: none"> • What extremism is • Identifying extreme views • Community support • Other sources of support 	(5) Personal financial choices and consumer rights – key themes: <ul style="list-style-type: none"> • Consumer rights • Developing sound financial decisions 	Students will have left