

RSHE Curriculum Overview

Years 7 - 11

This is an adaptive curriculum and is subject to change based on issues that we feel are relevant to our students at Whitelands Academy.

Key		Term	Year 7	Year 8	Year 9	Year 10	Year 11
	Health and Wellbeing	1	Transition and Values Transition to secondary school, the British Values and our Whitelands Academy values. Including an introduction to RSHE, the skills used and the ground rules for lessons.	Attitudes Towards Mental Health Mental health and emotional wellbeing, including misconceptions about mental health and how to change our language towards mental health.	Peer Influence, Substance Use and Gangs Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation.	Mental Health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.	Building for the future Self-efficacy, stress management and future opportunities.
	Living in the wider world	2	Digital Literacy Online safety, digital literacy, media reliability and gambling hooks. This will also include personal safety inside and outside of school.	Health and puberty Healthy routines, influences on health, puberty, unwanted contact and FGM.	Setting Goals Learning strengths, career options and goal setting as part of the GCSE options process.	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.	Next Steps Application processes and skills for further education, employment and career progression.
	Relationships	3	Diversity Diversity, prejudice and bullying (including racism). Our differences – including, identity and gender identity	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia, etc...	Respectful Relationships Families and parenting, healthy relationships. Conflict resolution and relationships changes.	Healthy Relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.	Communication in Relationships Personal values, assertive communication ((including in relation to contraception and sexual health relationship challenges and abuse.
		4	Emotional Wellbeing Mental health and emotional wellbeing (use of 'The Blob Tree'), including body image and coping strategies.	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations. Including a focus on school values and British Values.	Healthy Lifestyle Diet, exercise, lifestyle balance and healthy choices and first aid.	Exploring influence The influence and impact of drugs, gangs, role models and the media.	Independence Responsible health choices and safety in independent contexts.
		5	Community, Careers and Financial Decision Making - Equal opportunities in careers and life choices and different types and patterns of work. - Saving, borrowing, budgeting and making financial decisions.	Drugs and Alcohol Alcohol and drug misuse and pressures relating to drug use. Including knife crime and links between these topics – use national statistics.	Employability Skills Employability and online presence.	Work Experience Preparation for and evaluation of work experience and readiness for work.	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.
		6	Building Relationships Self-worth, romance and friendships (including online friendships) and relationship boundaries). Including, how to talk to people of the opposite sex and an introduction to consent.	Identity and Relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception and sexual health.	Intimate Relationships Relationships and sex education including consent, contraception and the risk of STIs, and attitudes towards pornography.	Addressing Extremism and Radicalisation Communities, belonging and challenging extremism.	<i>Year 11 Exams</i>