Autumn Term 2026/27 RSHE	**Subject Content meets the Dfe Statutory guidance**					
(One Hour per fortnight) WEEK A/ B	**Year 7 (age 11-12)**	**Year 8 (age 12-13)**	**Year 9 (age 13-14)**	**Year 10 (14-15)**	**Year 11 (15-16)**	**Whole school focus/ assembly delivery**
Lesson 1- Wk com 1st/ 7th September	*'Being Me in My World'* 1. Who am I?, fitting in, unique me, differences and conflict	Healthy Me' 1. Types of health, nutrition, exercise, cardiovascular health and diabetes	'Healthy Me' 1. Teenage brain development, changing social and physical environment during teenage years, the brain, learning and memory	'Being me in My World' 1. Human rights, societal freedom, violations, understanding safety in UK and beyond	'Being me in My World' 1. Becoming an adult, age limits and the law	**Vape Brain (Years 8-11)**
Lesson 2- Wk com 14th/ 21st September	*'Being Me in My World'* 3. Peer pressure, belonging, child-on-child abuse.	Healthy Me' 2. Risks, illegal and legal substances	'Healthy Me' 2. Protecting the brain, risks of drugs and alcoholphysical and psychological eãects, the law, safety, drug classification, supply and possession legislation	'Being me in My World' 2. Grief cycle, loss and bereavement, responses to loss, support	'**Being me in My World'** **2.** Relationships and the law, marriage and alternatives, consent, advice on sexual health, coercive control, domestic abuse, 'honourbased violence', arranged/ forced marriage	
Lesson 3- Wk com 28th September/ 5th October	'Being me in My World' 4. Online identity, risks and tips to keep safe, online gaming risks	Healthy Me' 5. Vaping, peer pressure, the law	*'Healthy Me'* *4. Emergency situations, first* *aid, CPR, cardiac arrest*	'Being me in My World' 3. The law and social media risks, algorithms and use of online data, GDPR, the dark web, managing online content, dealing with harmful online content -suicide, selfharm, violence	'Being me in My World' 3. Equality Act, coercive control, county lines, possession of drugs, identify ways to keep safe	
Lesson 4- Wk com 12th October/ 2nd November	Being me in My World' 5. Online safety, sexting, consequences, online legislation, online identity	'Being me in My World' 1. Who am I?, self-identity, influences, online influence	'Healthy Me' 5. Mental health first aid, selfcare, being a good listener, where to find mental health support	'Being me in My World' 4. Online identity, sharing/ enhancing images and the law, netiquette	'Being me in My World' 4. Gambling and associated risks, AI and algorithms	
Lesson 5- Wk com 9th/ 16th November	'Celebrating Difference' 3. Assumptions and stereotypes	'Being my in My World' 3. Family, managing expectations, active listening skills	'Dreams Goals' 3. Mental health illness and stigma	'Dreams and Goals' 2. Achieving your goals and the impact of physical and mental health, taking care of your mind and body	'Being me in My World' 5. Being an adult, keeping safe, emergency situations, advice and support, first aid, scenarios	**Delivery of the 'Dignify Charter' by Ambassadors- Posters to be signed and presented in form rooms**

Lesson 6- Wk com 23rd/ 30th November	'Celebrating Difference' 5. Bullying, fear and motivations	' Being me in My World' 4. First impressions, managing influences on our identity, self-image, positive self-talk	'Dreams and Goals' 4. Social, misinformation, disinformation, discerning the real from the fake and self-esteem	' Dreams and Goals' 3. Real v online behaviours, social media usage-the pros and cons, responsible posting, the impact of social media on future employment	'Being me in My World' 6. Self-review, the law on internet use, legal age limits and pornography, social media concerns, sexting	
Lesson 7- Wk com 7th/ 14th December	Assessement/ Recap lesson. Checking students understanding	Assessement/ Recap lesson. Checking students understanding	Assessement/ Recap lesson. Checking students understanding	Assessement/ Recap lesson. Checking students understanding	Assessement/ Recap lesson. Checking students understanding	

Spring Term 2026/27 RSHE	**Subject Content meets the Dfe Statutory guidance**					
(One Hour per fortnight) WEEK A/ B	**Year 7 (age 11-12)**	**Year 8 (age 12-13)**	**Year 9 (age 13-14)**	**Year 10 (14-15)**	**Year 11 (15-16)**	**Whole school focus/ assembly delivery**
Lesson 1- Wk com 4th/ 11th January 2027	'Relationships' 1. Changing relationships, consent	'Relationships' 1. Is everything we see on social media real, AI profiles, what does having a positive relationship with yourself look like	'Being me in my World' 1. Groups, being me in a group, peer approval, fiAing in and friendship, conflict or celebration	'Changing Me' 1. Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully	'Dreams and Goals' 1. Sleep, anxiety, fight or flight, solutions-focused thinking	
Lesson 2- Wk com 18th/ 25th January 2027	'Relationships' 3. Falling out and conflict childhood friendships	'Relationships' 2. When relationships change, end or people grow apart, feelings and emotions, positive aspects of relationships	'Being me in my World' 2. Relationships, perceptions and expectations about intimate relationships, consent, coercive control	'Changing Me' 2. Personal safety, cycling, railway, water safety, transport	'Dreams and Goals' 5. How to cope when things go wrong, developing resilience	
Lesson 3- Wk com 1st/ 8th February	'Relationships' 4. Authenticity and seeking validation, social media and how to spot AI and fake accounts	'Relationships' 4. Power dynamics, control and manipulation, risky behaviours and knife crime	*'Being me in my World'* *3. Peer approval, personal safety, sexual exploitation, grooming, radicalisation, county lines*	'Changing Me' 3. Gaining independence, alcohol, drink spiking, methanol poisoning and prevention	'Healthy Me' 1. Self-worth, identity, consent and power imbalance, being ready for sex, coercion	
Lesson 4- Wk com 22nd Feb/ 1st March	'Relationships' 5. Setting boundaries, sextortion, staying safe online	'Relationships' 5. Social media, personal data and online safety	'Being me in my World' 4. Self-identity, influences, social groups, social media abuse, risks and experimentation	'Celebrating Difference' 2. Multicultural societies, successful societies, agree to disagree, changing and ending relationships	'Healthy Me' 2. Contraceptives, sexual health, STI's, emergency contraception	
Lesson 5- Wk com 8th/ 15th March	'Dreams and Goals' 3. What is failure and what we can learn from it, when coping strategies for when things go wrong, fixed vs growth mindset	'Dreams and Goals' 3. Positives and negatives of being online, digital footprints, keeping safe online	'Celebrating Difference' 4. Cyber bullying and harassment, the law on bullying,	'Celebrating Difference' 3. Equality Act 2010, hidden disabilities, discrimination in the workplace, reasonable adjustments and the Law	Relationships' 5. My body, my choice, FGM, challenging social norms and cultural practices, breast ironing/flaAening	
Lesson 6- Wk com 22nd March	'Dreams and Goals' 4. Building skills for the future and teamwork	'Dreams and Goals' 1. Goal setting, grit and resilience	'Celebrating Difference' 5. Bias, stereotypes, discrimination, harassment, victimisation, nonconsensual behaviours and what influences it	'Celebrating Difference' 5. Equality in relationships, empowered and disempowered, the impacts on physical and mental health, changing and ending relationships	'Relationships' 1. Stages of a relationship, relationships in the media, features of a romantic relationship, our perceptions about sex and relationships	
	Assessement/ Recap lesson. Checking students understanding	Assessement/ Recap lesson. Checking students understanding	Assessement/ Recap lesson. Checking students understanding	Assessement/ Recap lesson. Checking students understanding	Assessement/ Recap lesson. Checking students understanding	