

Year 7	Year 8	Year 9	Year 10	Year 11
<ul style="list-style-type: none"> <li>• Personal Identity &amp; Transition</li> <li>• Diet, exercise &amp; healthy Lifestyles</li> <li>• Families and relationship types, including same sex relationships.</li> <li>• Peer pressure</li> <li>• Diversity and tolerance</li> <li>• Marriage</li> <li>• Bullying, including cyberbullying and selfies</li> <li>• First aid and personal safety, including Road safety</li> <li>• The risks of alcohol, tobacco and other substances</li> <li>• Health- puberty and personal hygiene</li> <li>• Mental Health- Self – esteem, romance and friendships</li> <li>• Developing as a citizen- you and your</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Health and Wellbeing Self-esteem, moral dilemmas and relationships.</li> <li>• LGBT rights in different countries/ what are LGBT rights</li> <li>• Bullying, including sexting</li> <li>• Mental Health and Wellbeing Self-esteem, moral dilemmas and healthy/unhealthy relationships</li> <li>• Mental Health-resilience and positivity</li> <li>• Risky behavior linked to alcohol, drugs and gambling</li> <li>• Risky behavior-staying safe</li> <li>• Tackling racism and religious discrimination, promoting human rights</li> <li>• First aid – Burns, cuts and fractures</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Health-dealing with loss</li> <li>• Hate crimes</li> <li>• Resolving conflict in relationships</li> <li>• Consequences of sexual relationships, including Pregnancy</li> <li>• Bullying, including sexting and staying safe online.</li> <li>• Sexual health-contraception</li> <li>• Sexual identities</li> <li>• Economic rights and responsibilities</li> <li>• Mental Health and Wellbeing- grief and bereavement</li> <li>• Mental Health-anxiety</li> <li>• healthy lifestyles, including eating disorders</li> <li>• Drugs and alcohol-dangers and risks, law</li> <li>• Legal rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Positive and respectful relationships</li> <li>• Body Image</li> <li>• Challenging stereotypes and offensive behavior, including sexism, racism, homophobia and Transphobia</li> <li>• Relationships-issues of consent</li> <li>• Sexual Health- STIs</li> <li>• Mental Health and Wellbeing-Stress</li> <li>• Health:- sun damage</li> <li>• First Aid-CPR</li> <li>• Online dangers-gambling, harmful behaviors</li> <li>• Facts around pregnancy</li> <li>• Concepts and laws surrounding sexual consent, abuse, sexual exploitation, grooming, coercion.</li> <li>• Time management</li> </ul>	<ul style="list-style-type: none"> <li>• Relationships, including judging when behavior is unsafe.</li> <li>• Challenging stereotypes and offensive behavior</li> <li>• Pregnancy and young parents</li> <li>• Online and media issues, including the impact of harmful content, such as pornography and indecent images of children.</li> <li>• Fake news and its impact</li> <li>• Concepts and laws surrounding FGM, forced marriage and domestic abuse.</li> <li>• Mental Health and Wellbeing (including social anxiety and depression)</li> </ul>

<p>responsibilities and the law</p> <ul style="list-style-type: none"> <li>• Economic wellbeing</li> <li>• British government</li> </ul>	<ul style="list-style-type: none"> <li>• Social media and laws surrounding use of technology</li> <li>• Online safety and digital Literacy- what to share/not share online</li> <li>• Friendships and families- conflicts.</li> <li>• Laws and the role of the police</li> <li>• Importance of local, national and global communities</li> </ul>	<p>surrounding equally, including racism, and discrimination.</p> <ul style="list-style-type: none"> <li>• Crime and Punishment</li> <li>• Human Rights</li> <li>• Cancer awareness</li> <li>• Mental Health-self-esteem, moral dilemmas and risky behavior</li> <li>• Political representation</li> </ul>	<ul style="list-style-type: none"> <li>• Economic wellbeing-managing money</li> </ul>	
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Health elements of RSHE are also covered by the science, ICT and PE department. These include:

- Healthy eating and health risks
- Dental health and vaccinations
- Active lifestyles
- Changing adolescent body and puberty
- Reproductive health

- Online safety and digital Literacy- ICT department- includes work on safety online

First Aid provision is also made through workshops with the Red Cross and participation in 'Start the Heart' across the school through the Red Cross.

Road Safety- Year Seven Cycle Safe programme offered.