

Long Term Plan RSE & PSHE 2025-26

	TERM 1		TERM 2		TERM 3	
Year 7	Timetabled: Health & Wellbeing	Form: Living in the Wider World	Timetabled: Relationships	Form: Living in the wider world	Timetabled: Relationships	Form: Living in the Wider World
	Timetabled: Health and wellbeing	Form: Relationships				
	Vaping, Diet, dental hygiene, exercise and how to make healthy choices	Enterprise skills and introduction to careers Challenging career stereotypes and raising aspirations	Diversity, prejudice and bullying including cyber bullying Managing on- and off-line friendships	Making ethical financial decisions Saving, spending and budgeting our money	Building connections, consent, tobacco, nicotine, alcohol and FGM	Inflation, consumerism Friendships, empathy and challenges
Year 8	Timetabled: Health & Wellbeing	Form: Living in the Wider World	Timetabled: Relationships	Form: Living in the Wider World	Timetabled: Relationships	Form: Living in the Wider World
	Timetabled: Health and wellbeing	Form: Relationships				
	First aid and personal safety, focusing on road safety Alcohol and drug misuse and managing peer influence	Focus on career aspirations, Rights and responsibilities in the community. Tackling age and disability discrimination in the workplace.	Tackling racism and religious discrimination, promoting human rights	Online safety and digital literacy, causes and effects of cybercrime, understanding fraud, data protection and piracy.	Online stress and FOMO, dealing with change, healthy and unhealthy coping strategies and relationship changes.	How to use a bank card, bank statements Finance, savings, fraud.
Year 9	Timetabled: Health & Wellbeing	Form: Living in the Wider World	Timetabled: Relationships	Form: Living in the Wider World	Timetabled: Relationships	Form: Living in the Wider World
	Timetabled: Health and wellbeing	Form: Health and Wellbeing				
	Peer pressure, assertiveness and risk, gang crime, diet and nutrition, lifestyle balance	Understanding careers and future aspirations Identifying learning strengths and setting goals as part of the GCSE options process	Romantic relationships, consent, relationship expectations, unplanned pregnancies, making disclosures, tackling homelessness	Personal strengths, managing online reputation, saving, borrowing and financial fraud, impacts of financial decision making	Conflict and how conflict grows. Healthy behaviours and supporting them, stress, cancer	Mobile phone products, cryptocurrency First Aid, personal safety
Year 10	Health & Wellbeing	Living in the Wider World	Relationships	Health & Wellbeing	Relationships	Living in the Wider World
	Transition to key stage 4 and developing study habits Mental health and ill health, tackling stigma.	Understanding the causes and effects of debt Understanding the risks associated with gambling	Relationship abuse, consent and issues of sharing sexual images.	Evaluating the social and emotional risks of drug use. Influences of drug use. Sign posting support.	Consent: Intimacy, pleasure. Issues of pressure in relationships and coercion. Managing unwanted attention and online blackmail.	Healthy and unhealthy social groups, risks and consequences of gang behaviour. How to carry out first aid and Run, Hide, Tell.
Year 11	Health & Wellbeing	Living in the Wider World	Relationships	Health & Wellbeing	Living in the Wider World	
	Promoting self-esteem and coping with stress Learning and revision skills to maximise potential	Understanding the college application process and plans beyond school Skills for employment and career progression	Personal values and assertive communication in relationships Tackling domestic abuse and forced marriage	What is cancer, breast cancer and testicular cancer. Signs and how to support.	AI awareness – Issue surrounding AI and Deepfakes	
	HT1: Health and Wellbeing	HT2: Health and Wellbeing	HT3: Health and Wellbeing	HT4 and 5 -Living in the wider world	HT6-Living in the wider world	
Year 12	Transition to KS5 Transition study skills ks4-ks5	Healthy Relationships Ending Relationships	Physical Health and wellbeing Healthy Diet	Online data (links to UCAS) Careers and Personal Interests	Online data (links to UCAS) Careers and Personal Interests	Workplace Health/Safety Data protection

	Understand radicalisation Accepting feedback Work Life Balance Manage new places/fitting in Addressing mental health and maintaining positive mental healthH7-H12 addressing mental health	Consent Delaying Parenthood Contraception Safe driving Smoking and vaping	First Aid Body - image/enhancement Safety in travel Managing Pressure (UCAS Overview)	Life and Work Enterprise Accessing Further/Higher Education (university and apprenticeships) Skill development (UNIFROG) Gap Year and travelling abroad	Life and Work Enterprise Accessing Further/Higher Education (university and apprenticeships) Skill development (UNIFROG) Gap Year and travelling abroad	Bullying in the workplace Human Resources Skill development Workplace Professionalism Study Skills
	HT1: Living in the wider World (Recap in preparation for next steps)	HT2-Relationships	HT3: Relationships	HT4: Living in the wider world	HT5-Health and Wellbeing	
Year 13	Study Skills for success VESPA Study skills package	STI's Online Safety Alcohol and Drugs Online Dating Peer pressure Smoking and Vaping	Physical and emotional abuse Harassment Relationships and aggressive Carrying weapons Forced marriages FGM Honour based violence	Renting and Accommodation Plan a budget Tax and N/I Savings Managing Debt Registering with health service	Worklife balance Managing Pressure Learning and revision skills to maximise potential Refocus on UCAS/Careers and apprenticeships	