

Year 7 RHSE Annual Coverage

<p style="text-align: center;">Autumn Term 1</p> <p style="text-align: center;">Transition to Secondary School and Personal Identity & E-Safety</p>	To understand what it means to be resilient	To build relationships within the group by sharing personal interests	To reflect on feelings about being somewhere new	To support transition through learning to establish and manage friendships	To further explore cyberbullying and its effect on individuals	To learn how to respond to and manage negative or inappropriate online relationships	BIG Questions session (Philosophy)
<p style="text-align: center;">Autumn Term 2</p> <p style="text-align: center;">Me and my Emotions (Anger Management Course)</p>	To understand the emotion of anger	To understand the consequences of anger	To develop an awareness around the benefits of controlling anger	To recognise the signs of aggression	To identify ways to develop patience and tolerance	To understand how to handle confrontation	To explore ways to avoid stress and relaxing
<p style="text-align: center;">Spring Term 1</p> <p style="text-align: center;">British Values & Relationships</p>	To be aware of our Government and recognise current Prime Minister	To consider when young people should be able to vote	To conduct a vote and share opinions around something I am passionate about	To be aware of different romantic relationships	To explore how media can portray romantic relationships	To explore what consent means	To reflect upon why I am a good friend
<p style="text-align: center;">Spring Term 2</p> <p style="text-align: center;">Ways to keep safe and healthy & Money management</p>	To identify my aspirations and see if they have changed over time	To promote the benefits of healthy lifestyle choices including physical activity, a healthy diet and adequate sleep	To consider the impact of others (including media) on our lifestyle choices	To explore strategies to build resilience to negative online influences	To explain the concept of banking and bank accounts	To explain the concept of budgeting and money management	To recognise common financial mistakes and threats, and understand how to improve financial health
<p style="text-align: center;">Summer Term 1</p> <p style="text-align: center;">Puberty</p>	To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth	To review my understanding around physical and emotional changes that occur during puberty	To develop an understanding of how emotional changes can affect our relationships with others	To reflect upon the changes which happen during puberty	To explore how girls body changes during puberty	To explore how boys bodies change during puberty	To learn how to cope during puberty
<p style="text-align: center;">Summer Term 2</p> <p style="text-align: center;">Relationships</p>	To explore different types of families	To learn about the qualities and behaviours expected in healthy relationships	To understand our family relationships affect our well-being	To recognise the positive qualities I bring to relationships	To explore common causes of conflict between young people and parents	To learn how to manage conflict at home	To reflect on my achievements this year at Sutton House

Year 8 RHSE Annual Coverage

Autumn 1 Health and Prevention	To understand safe and unsafe exposure to the sun	To learn how to reduce the risk of sun damage, including skin cancer	To discuss facts relating to allergies and how to prevent symptoms	To recognise early signs of physical illness	To compare the benefits and affects of high and poor quality sleep	To learn about the benefits of good dental hygiene	To explore the impact of poor dental hygiene on teeth
Autumn Term 2 Physical Health & Fitness	To explore the benefits of physical activity	To explore the benefits of mindfulness and relaxation	To discuss and link the positive associations between physical activity and mental well-being	To identify the characteristics of what constitutes a healthy lifestyle	To discuss the links between an inactive lifestyle and ill health including cancer and cardiovascular ill-health	To discuss the science relating to blood, organ and stem cell donation	To participate in a physical activity and reflect on how that can impact our mental well-being
Spring Term 1 Being Safe	To develop understanding of what harassment means	To be aware of the laws related to harassment	To develop understanding around coercion and domestic abuse	To be aware of the laws related to coercion and domestic abuse	To develop understanding around the concept of forced marriage	To be aware of the laws related to forced marriage	To share opinions on harassment, coercion, domestic abuse and forced marriage
Spring Term 2 Money management	To develop a long-term view of handling money	To learn about budgeting and use careful budgeting to achieve financial goals	To explore how to make financial choices, including recognition of how financial choices have consequences that affect themselves and others	To develop the ability to recognise the influence of advertising and peer influence on purchasing decisions	To learn about ethical and unethical business practices, and ethical consumerism	To learn about companies that have adopted the circular economy framework	To develop teamwork and enterprise skills through working together
Summer Term 1 Puberty/Sex Education	To recognise that we all have different bodies that change at different times and we experience different emotions during puberty	To explain and understand how to keep private parts of our body clean and explain why it is important to check yourself regularly	To understand what menstruation is	To understand what a wet dream is	To illustrate what 'crushes' mean and the importance of being real and not going with strangers	To understand that loneliness is common and clarify who to talk to if feeling lonely or sad	To illustrate what 'crushes' mean and the importance of being real and not going with strangers
Summer Term 2 Relationships and Tolerance	To learn about prejudice and discrimination in the context of disability, ethnicity and sexual orientation	To learn about The Equalities Act and protected characteristics in in the context of disability, ethnicity and sexual orientation	To reflect on my responsibilities towards those who are being discriminated against	To understand the impact peer influence on tolerance and respect towards others.	To recognise the need to balance being tolerant of others with protecting my own rights and promoting the values I believe are important	To develop understanding around healthy and unhealthy relationships	To reflect on my achievements this year at Sutton House

Year 9 RHSE Annual Coverage

Autumn Term 1 Online and Social Media	To explore and research different social media platforms	To discuss the impact of social media on individuals	To explore online risks through sharing content on social media	To begin to understand the impact of viewing harmful content online	To understand the impact and the laws of sharing indecent material online to the public	To discuss the similarities and differences between the online world and the physical world	To recognise the impact of unhealthy or obsessive attitudes towards social media or gaming
Autumn Term 2 Basic First Aid	To research the importance of first aid	To identify the key items in a first aid kit and discuss their functions	To discuss and develop understanding around basic treatment for common injuries	To practice using key items in a first aid kit	To learn about life saving skills including CPR	To discuss the purpose of defibrillators and when one might be needed	To discuss how to respond to various first aid scenarios
Spring Term 1 Being Safe	To develop understanding of what abuse means	To be aware of the laws related to abuse	To develop understanding around the concept of grooming	To be aware of the laws related to grooming	To develop understanding around the history and cultural impact of FGM	To be aware of the laws related to FGM	To share opinions on abuse, grooming and FGM
Spring Term 2 Drugs, Alcohol & Tobacco	To define, identify and classify different substances	To discuss facts about legal and illegal drugs	To explore how legal and illegal drugs can impact mental health	To discuss the physical and psychological consequences of alcohol consumption	To develop awareness of addiction of alcohol, tobacco or drugs	To research facts about the harms of smoking tobacco such as cancer	To discuss the benefits of quitting smoking and how to access support
Summer Term 1 Sex Education/Puberty	To describe and be able to identify the changes that occur to our bodies as we grow up and change from adults to children	To know about masturbation and the importance of privacy	To be aware of different types of relationships.	To describe physical, emotional and social changes that occur during puberty	To critically think about the impact of physical changes of puberty for boys and girls	To critically think about how puberty can impact decisions and behaviours.	Consolidation lesson on prior learning
Summer Term 2 Managing Relationships & Mental Well-Being	To develop awareness of appropriate and inappropriate social etiquette in public	To discuss ways to demonstrate respect for others	To learn about mental health and depression.	To explore the stigma surrounding mental health problems including the use of appropriate language.	To learn about self-harm and its causes, and consider how someone can respond.	To learn that anyone can be affected by mental health problems, and that most people can and do recover.	To reflect on my achievements this year at Sutton House