

RSHE - Yearly Overview 2023-2024

The aim of delivering this subject:

RHSE (Relationships, Health & Sex Education) has been a statutory subject since September 2020 and has been a subject which has been embedded across Key Stages 1-3 at Sutton House Academy. Statutory requirements will be covered in the RHSE curriculum. The main purpose of having RHSE consistently across the school, is to ensure all of our pupils have the opportunity to develop their awareness, understanding and perceptions around a range of relevant topics related to their own personal well-being. There will be a focus on reading to build life skills and confidence across all subjects.

Subject: RSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Living in the Wider World -Aspirations -Self-Esteem	Living in the Wider World -Budgeting -Money	Healthy Living and Responsible Health Choices	Relationships, Identity and Safety	Puberty, Emotional Health and Wellbeing	Online Safety
Year 8	Looking After Our Health	Prejudice, Values and Extremism	Careers and Finance	My Goals, Behaviours and Emotions	Sex, Relationships and Conflict	Discrimination, Prejudice and Challenges
Year 9	Right and Responsibilities	Our Health and Personal Safety	Achieving with Good Mental Health	Preparing for the Wider World – Careers, Enterprise and Finance	Sex Education, Contraception and Pornography	Healthy Relationships with Other and Ourselves