



The Ridgeway School & Sixth Form College

...Inspiring Learners For Their Future

'Our shared vision is that our students, colleagues and families will be part of a **FAIR** community.'

We will support our school **Family** to **Achieve** their potential, and **Inspire** students to **Reach** the very best destinations.'



PSHE/RSE

Curriculum Overview

2025/26

RESPECT | HONESTY | ENDEAVOUR | CREATIVITY | COMMUNITY

Year 7 PSHE/RSE Curriculum Overview 2025/26

Year 7	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Relationships	Health & Wellbeing	Living in the Wider World	Relationships	Living in the Wider World	Health & Wellbeing
	<u>Transitioning to Secondary School</u>	<u>Changing adolescent bodies</u>	<u>Online and Media</u>	<u>Healthy Relationships</u>	<u>Citizens of a Wider World</u>	<u>Personal safety and boundaries</u>
	1. Transitioning to Secondary 2. Introduction to PSHE 3. Being a resilient student 4. Bullying and Banta 5. Respect and core Values /friendships 6. Friendship Challenges 7. Peer influences	1. Health and Wellbeing 2. Exploring puberty 3. Puberty Boys 4. Puberty Girls 5. Menstrual Cycle 6. Hygiene and dental health 7. Kindness and emotional wellbeing	1. Online risks 2. Screen Time 3. Social Media 4. Cyberbullying 5. E-Reputation 6. Online Grooming	1. Good Friendships 2. Healthy relationships 3. Wider families 4. Boundaries, privacy & consent 5. Falling in love 6. CPR	1. Prejudice and Discrimination 2. Bullying 3. Hate Crimes and Radicalisation 4. Being a good Citizen 5. Anti-Racism	1. Permissions 2. Sexting and dangers 3. Living Healthier 4. Staying healthy 5. Mental Wellbeing 6. Safety when travelling 7. First Aid

Year 8 PSHE/RSE Curriculum Overview 2025/26

Year 8	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Health & Wellbeing	Relationships	Living in the Wider World	Health & Wellbeing	Living in the Wider World	Living in the Wider World
	<u>Self-esteem and Confidence</u> 1. Self Esteem 2. Self Confidence 3. Body Image 1 4. Body Image 2 5. Body shaming 6. Social Media and Loneliness CPR	<u>Families being safe and reporting concerns</u> 1. Importance of Respect 2. Misogyny 3. Family Relationships 4. Domestic Conflict 5. FGM 6. Marriage 7. Safe relationships	<u>Online and Media</u> 1. Media Literacy 2. Online fraud 3. Algorithms 4. County Lines online 5. Cyber Bulling 6. Online Grooming	<u>Drugs and Alcohol</u> 1. Drugs, the law and managing risk 2. The effects 3. Managing influence 4. Prescription drugs and legal highs 5. Caffeine consumption 6. Vaping / smoking	<u>Economic Wellbeing (Subject to change)</u> 1. Making money 2. Spending money 3. Bank accounts 4. Personal Savings 5. Cost of Living 6. Budgeting	<u>Human Rights and Crime</u> 1. Gangs 2. County Lines 3. Knife Crime 4. Impacts of Knife crime 5. Hate Crimes 6. Tolerance and respect 7. A united world 8. First Aid

Year 9 PSHE/RSE Curriculum Overview 2025/26

Year 9	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Health & Wellbeing	Relationships	Health & Wellbeing	Living in the Wider World	Living in the Wider World	Relationships
	<u>Sleep and Healthy Routines</u> 1. Quality of sleep 2. Sleep strategies 3. Impact of poor sleep 4. Devices and Sleep 5. Social Media stress 6. Healthy eating and diet 7. Healthy living and exercise	<u>Sexual health and Safety</u> 1. Consent 2. Harassment 3. Readiness for Sex 4. Safe Sex 5. Contraception 6. Unplanned pregnancy 7. Teen pregnancy	<u>Drugs and Alcohol</u> 1. Substances 2. Alcohol Awareness 3. Drugs and the Law 4. Effects of Drugs and Alcohol 5. Acid Attacks 7. Smoking and Vaping	<u>Extremism</u> 1. British Values 2. Prejudice and Discrimination 3. Extreme Groups 4. Extreme leaders 5. Extreme attacks 6. Prevention of radicalisation and extreme groups	<u>Safety on and offline</u> 1. UK law 2. Online safety and risk 3. Reporting and penalties 4. Sexually explicit material 5. Pornography and risk	<u>Sexual Relationships.</u> 1. Sexual Consent 2. Delaying Sex 3. Communication 4. Harassment 5. Pornography 6. Revenge porn 7. Revenge porn 8. Child sexual exploitation

Year 10 PSHE/RSE Curriculum Overview 2025/26

Year 10	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Relationships	Health & Wellbeing	Living in the Wider World	<i>Living in the Wider World</i>	Relationships	Health & Wellbeing
	<u>Harmful behaviours in relationships</u> 1. Sexual consent 2. Alcohol, drugs and sex 3. Issues of consent 4. Coercive control 5. Harassment and abuse 6. Stalking 7. Domestic abuse	<u>Sexual relationships</u> 1. Healthy Communication 2. Readiness for Sex 3. Contraception 4. STI's 5. Unsafe Sex 6. Forced Marriage 7. Cancer and self-examination	<u>Preparing for Work</u> 1. Types of employment 2. Rights and responsibilities 3. Employment market 4. Economic climate and technology 5. Structures and Businesses 6. Writing a CV	<u>Your Money and the Economy</u> 1. Personal Budgets 2. Wants and Needs 3. Financial Products 4. Financial Transactions 5. Shop Ethically / Savings and Debt 6. Savings and loans	<u>Healthy Relationships</u> 1. Sexism and gender prejudice 2. Misogyny 3. Conflict management 4. Gender and trans Identity 5. Community Cohesion	<u>Mental wellbeing- recognising problems and seeking support</u> 1. Coping with anxiety 2. Panic disorder 3. Nadyia and me 4. PTSD 5. Suicidal thoughts 6. Social Anxiety 7. First Aid

Year 11 PSHE/RSE Curriculum Overview 2025/26

Year 11	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Living in the Wider World	Living in the Wider World	Health & Wellbeing	Relationships	REVISION / EXAMS	REVISION /EXAMS
	<u>Exam Preparation</u> 1. Managing Stress 2. Importance of sleep 3. Successful students 4. Plagiarism 5. Study and Revision 6. Stress and exam performance 7. Study skills and memory	<u>Internet safety</u> 1. Online data Protection 2. Sexualisation of Media 3. Sextortion and AI 4. Pornographic deepfakes 5. Social Media validation 6. Online dating 7. Honour violence and killing	<u>Future Planning</u> 1. Fertility and reproductive health 2. Parenting 3. Abortion 4. Pregnancy and Miscarriage 5. Choices in Pregnancy 6. Long term Commitments	<u>Healthy Relationships</u> 1. Miscarriage and stillbirth 2. Drink spiking 3. Safe Sex 4. Same Sex relationships 5. Types of relationships 6. Sex education 7. Physical Health checks		