

RSHE Curriculum Overview Years 7 - 11

	Year 7	Year 8	Year 9	Year 10	Year 11
Term 1	Transition and Values Transition to secondary school, the British Values and our Whitelands Academy values. Including an introduction to RSHE, the skills used and the ground rules for lessons.	Attitudes Towards Mental Health Mental health and emotional wellbeing, including misconceptions about mental health and how to change our language towards mental health.	Health and Wellbeing Rights to healthcare, diet, exercise, healthy sleep habits, lifestyle balance and healthy choices and first aid.	Mental Health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.	Building for the future Self-efficacy, stress management and future opportunities.
Term 2	Careers <ol style="list-style-type: none"> 1. Careers and Future 2. Transition Points in Life 3. Personal Qualities and Skills 4. Finding Careers Information 5. Careers Management 6. Traits and Skills 7. Action Planning 	Careers <ol style="list-style-type: none"> 1. Career Interest 2. Labour Market information 3. Exploring Careers 4. Making decisions for KS4 5. Options and Subjects 6. Qualifications and Pathways 	Careers <ol style="list-style-type: none"> 1. Understanding the Workplace 2. Jobs and Opportunities 3. Standard Occupation Classifications 4. Business Structures 5. Work Hierarchy and Structure 6. Diversity, Equality and Stereotyping 7. What is Enterprise 	Careers <ol style="list-style-type: none"> 1. Saving and Managing Money 2. Employment and Financial Management 3. Employability Skills Practice 4. Advertising and your Data 5. Exploring Pay 6. Employment Rights 7. Consumer Rights 	Careers <ol style="list-style-type: none"> 1. Post 16 Options 2. Planning for the future 3. Personal Branding 4. Writing a Personal Statement 5. CV Writing 6. Post 16 Applications 7. Interview Preparation
Term 3	Digital Literacy Online safety, digital literacy, media reliability and gambling hooks. This will also include personal safety inside and outside of school.	Drugs and Alcohol Alcohol and drug misuse and pressures relating to drug use. Including knife crime and links between these topics – use national statistics.	Respectful Relationships Families and parenting, healthy relationships. Conflict resolution and relationships changes.	Healthy Relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.	Communication in Relationships Personal values, assertive communication ((including in relation to contraception and sexual health relationship challenges and abuse.
Term 4	Emotional Wellbeing Mental health and emotional wellbeing (including looking at ‘The Blob Tree’), including body image and coping strategies.	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.	Peer Influence, Substance Use and Gangs Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation.	Exploring influence The influence and impact of drugs, gangs, role models and the media.	Independence Responsible health choices and safety in independent contexts. Next Steps Application processes and skills for further education, employment and career progression.
Term 5	Diversity Diversity, prejudice and bullying (including racism). Differences – identity and gender identity	Health and puberty Healthy routines, influences on health, puberty, unwanted contact and FGM.	Employability Skills Employability and online presence. Setting Goals Learning strengths, career options and goal setting as part of the GCSE options process.	Work Experience Preparation for and evaluation of work experience and readiness for work. Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.
Term 6	Building Relationships Self-worth, romance and friendships (including online friendships) and relationship boundaries). Including, how to talk to people of the opposite sex.	Identity and Relationships Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception and sexual health.	Intimate Relationships Relationships and sex education including consent, contraception and the risk of STIs, and attitudes towards pornography.	Addressing Extremism and Radicalisation Communities, belonging and challenging extremism.	Year 11 Exams