



Intent for RSHE Curriculum 2026-2027

'All children will experience an ambitious, well-balanced and comprehensive curriculum that develops intellectual and moral character. As a result, this will improve life chances, inter-personal relationships, social mobility and preparedness for employment. Our curriculum will encourage everyone to have a positive impact on society.'

Term	1a	1b:	2a	2b	3a	3b
Year 7	Healthy Lifestyles - exercise, dental hygiene, screen time, puberty	Healthy, positive relationships – self-esteem, peer pressure, emotional literacy	Mental health & wellbeing – positive body image, coping strategies, taking responsibility	Citizenship – Living in a democracy, British government, the monarchy, political parties	Citizenship – The British Values, liberty, diversity	Keeping well, health services & first aid – bites, stings, burns, water safety, trainline safety
Year 8	Healthy positive relationships – friendship and communication	Personal safety, risk & influence – drug education, vaping, smoking	Harmful relationship boundaries – conflict, sending nudes	Harmful relationships – coercion, grooming, harassment, aggression, assertiveness.	Citizenship – The British Values, The Equality Act 2010	Keeping well, health services & first aid – the recovery position, head injuries.
Year 9	Healthy positive relationships – communication skills, body positivity, self-esteem	Online Harms – impact of social media, cyber images, AI	Boundaries & consent – sex education, contraception, STI, different types of relationships	Harmful relationship behaviours – coercion, control, power imbalance, abusive relationships.	Equality & diversity – The Equality Act 2010, hate crime, anti-social behaviour, county lines, knife crime, the age of responsibility	Keeping well, health services & first aid – Blood & organ donation, pregnancy and options, personal boundaries. Personal finance.
Year 10	Healthy positive relationships – consent, personal boundaries, harassment, rape, red flags	Sex Education – contraception, teenage pregnancy, STIs	Online Life – pornography, choking,	Keeping well & health Services – cancer awareness, fertility, testicular torsion, FGM		
Year 11	Personal safety, risk & influence – alcohol, gambling, drugs, healthy choices, positive relationships	Online harms – AI and deep fakes, radicalisation, extremism				