
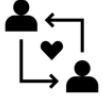






	Year 7	Year 8	Year 9
Autumn One: <b>My World</b> 	Welcome to RSHE- What is it?	Welcome to RSHE- What is it?	Welcome to RSHE- What is it?
	How can I manage change?	Created and chosen (Ten Ten)	Why is the Equalities Act of 2010 so important?
	Who can I turn to at St Benedict's?	Wider world (Ten Ten)	Does prejudice and discrimination exist in C21st UK?
	Who can I turn to outside of St Benedict's?	Why and how does body image effect young people?	Is social media good for me?
<b>Half Term</b>			
Autumn Two: <b>My Relationship</b> 	Who am I? (Ten Ten)	Appreciating difference (Ten Ten)	The Search for Love (Ten Ten)
	Family and Friends (Ten Ten)	Tough relationships (Ten Ten)	Love People Use Things (Ten Ten)
	How can I build effective relationships at my new school?	What does family mean in C21st?	In control of my choices (Ten Ten)
	How do we solve conflicts with our friends?	What is good parenting?	One Hundred Percent (Ten Ten)
<b>Christmas</b>			
Spring One: <b>My Body</b> 	Changing Bodies (Ten Ten)	Before I was born (Ten Ten)	Knowing My Rights and Responsibilities (Ten Ten)
	Where we come from (Ten Ten)	What do I need to know about smoking and vaping?	Fertility and Contraception (Ten Ten)
	How does puberty link to personal hygiene and care?	What do I need to know about alcohol?	What are STI's?
	Why is good quality sleep so important?	What do I need to know about drugs?	Why is consent such an important idea?
<b>Half Term</b>			

<p>Spring Two: <b>My Mind</b></p> 	<p>What strategies can we use to take care of our wellbeing?</p>	<p>What is gambling and what are the dangers?</p>	<p>How can relationships affect our mental health?</p>
	<p>How can we manage unhealthy comparisons?</p>	<p>What is budgeting and why is it important?</p>	<p>What is anxiety and depression?</p>
	<p>What are unhealthy coping strategies?</p>	<p>What is debt?</p>	<p>What is gender identity?</p>
	<p>What are healthy coping strategies?</p>	<p>What is financial exploitation?</p>	<p>What is sexual identity?</p>
<b>Easter</b>			
<p>Summer One: <b>My Safety</b></p> 	<p>My life on screen (Ten Ten)</p>	<p>Think before you share (Ten Ten)</p>	<p>What has peer pressure got to do with my safety?</p>
	<p>How can I be safe outside school?</p>	<p>When should I use first aid?</p>	<p>What does County lines mean?</p>
	<p>What is risk?</p>	<p>How can I apply first aid and when do we contact the emergency services?</p>	<p>Why is knife crime such a problem in the UK?</p>
	<p>Living Responsibly (Ten Ten)</p>	<p>What is Neglect?</p>	<p>What is FGM? Why is it against the law?</p>
<b>Half Term</b>			
<p>Summer Two: <b>My Feelings</b></p> 	<p>Healthy Inside and Out (Ten Ten)</p>	<p>Feelings (Ten Ten)</p>	<p>How does the media distort sexual relationships?</p>
	<p>How can we communicate our emotions sensitively?</p>	<p>What are online relationships and what are the risks?</p>	<p>What does LGBTQ+ stand for?</p>
	<p>What is a healthy, romantic relationship?</p>	<p>What is grooming?</p>	<p>What are positive intimate relationships like?</p>
	<p>How do romantic relationships rely on trust and honesty?</p>	<p>How can we manage grief and bereavement?</p>	<p>How can intimate relationships be distorted or influenced?</p>
<b>Summer Holidays</b>			