

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring consent and recognising abuse	Study, work and careers
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Managing and maintaining health	

Statutory RSHE – KS3

Economic Wellbeing and carers -KS3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Emotional wellbeing: managing change and transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills. Your lessons: Transition day -Transition booklet -Passport Induction day Autumn 1 L1_What I wish my teacher knew L2_Healthy friendships L3_Making new friends L4_Importance of friends L5_Changing friendships	Friendship and bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents. Your lessons: L1_Friendships and empathy L2_Bullying and bystanders L3_Friendship Challengers L4_Similarities and differences L5_Positive relationships	Families and changing relationships This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation. Your lessons: L1_My role L2_Commitment L3_Families L4_Loss L5_Family court	Puberty and keeping safe This unit revisits learning about Puberty. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse. Your lessons: L1_Puberty L2_Menstration L3_Boys / L3_Girls [Separate] L4_Talk consent L5_Bystander External speakers: L4_Talk consent Additional #Croydon nurses	Influences on relationships This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences Your lessons: L1_Introduction into consent L2_Harmful content L3_When to report L4_How to report L5_My responsibility	Financial decisions This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending. Your lessons: L1_How to open a bank account L2_How to read a bank statement L3_How to save money L4_How to use bank cards L5_How to manage debt

Statutory RSHE – KS3

Economic Wellbeing and carers -KS3

Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health and wellbeing In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing. Your lessons: L1_Healthy diet L2_Dental hygiene L3_Active lifestyle L4_Sleep L5_Climate change	Personal safety and managing risk This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs. Your lessons: L1_Road Safety L2_Rail safety L3_Water safety L4_Caffiene L5_Tobacco & nicotine L6_Alcohol	Belonging and community This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion. Your lessons: L1_Identity & community L2_Bias and stereotypes L3_Discrimination L4_Values L5_Diverse communities	The online world This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users. Your lessons: L1_Click and pay: risk L2_Gaming, social media and algorithms. L3_Money matters. L4_Business of influence L5_Feed the Algorithm	Healthy and unhealthy relationships This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support. Your lessons: L1_Healthy relationships L2_Sexualised media L3_Safer online L4_Sexual harassment L5_Sharing of nudes L6_Consent	Managing money This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing. Your lessons: L1_Mobile phone products L2_Cryptocurrency L3_Financial exploitation L4_Online gaming L5_Online safety

Statutory RSHE – KS3

Economic Wellbeing and carers -KS3

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.	Careers and future choices This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.	Drug education This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.	Managing risk in relation to the law This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.	Intimate sexual relationships In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.	Navigating online harms This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.
Your lessons: L1_Mental Health support L2_Influences on mental health L3_Working with my feelings L4_Calming techniques L5_Importance of sleep L6_Sleep routines	Your lessons: L1_Identifying interests L2_Leadership L3_Your skills, Your future L4_GCSE Choices L5_Your activities L6_Future letter to self	Your lessons: L1: Vaping L2: Exploring attitudes L3: The law & managing risk L4: Alcohol and cannabis L5: Managing influence	Your lessons: L1_Knife crime L2_Law about knives L3_Knife crime consequences L4_Exploring cybercrime L5_Effects of cybercrime	Your lessons: L1_Avoiding assumptions L2_Freedom and capacity to consent2 L3_Relationship values L4_Contraception L5_Sexual health L6_Managing the ending of relationships External speakers: Croydon nurse STI's	Your lessons: L1: Not just flirting L2_Digital deception L3_Tackling deepfakes L4_Thinking critically about misogyny L5_Responding to misogyny

Statutory RSHE – KS3

Economic Wellbeing and carers -KS3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Independence, health choices and wellbeing This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.	Navigating the online world This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.	Friendship, diversity & challenging extremism This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognize and respond to extremism	Managing influence This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.	Exploring consent and recognising abuse This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.	Study, work and careers This unit explores career choices and pathways, work experience, and applications for study or work.
	Your lessons: L1_Developing learning skills L2_Food for thought L3_Sleep factor L4_Health problems L5_Initimate health care	Your lessons: L1_Understanding AI L2_Limitations of generative AI L3_AI affect understanding L4_How chatbots affect relationships L5_Deepfakes what the harm L6_Deepfakes what can be done	Your lessons: L1_Bullying behaviour L2_Unhealthy attitudes to bullying L3_Valuing diversity L4_Preventing extremism L5_Extremist groups	Your lessons: L1_All about the money L2_Can it be trusted L4_Misoginistics narratives L4_Misoginstic beliefs L5_Making money online L6_Wanna bet	Your lessons: L1_Unhealthy relationships L2_Consent L3_Respect and trust L4_Impact of Pornography L5_Pressure, persuasion, coercion	Your lessons: L1_Personality profile L2_Refecting on my career journey L3_Exploring employer profile L4_What type of career is best for me L5_Wellbeing in the workplace L6_In person, hybrid, remote working

Statutory RSHE – KS3

Economic Wellbeing and carers -KS3

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	
Life-long wellbeing This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.	Drugs and personal safety This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support.	Safe relationships & sexual health This unit helps pupils to recognise healthy & unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make decisions about sexual health.	Families, fertility and pregnancy This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.	Managing and maintaining health This unit helps students explore behaviours that support their own and others' physical health, through prevention of illness, treatment options and emergency responses.	
Your lessons: L1_ Mental health & wellbeing throughout L2_Managing distractions L3_ Changing thinking habits L4_ Seeking help and support L5_ Managing stress and Tension L6_Change, loss and grief	Your lessons: L1_Assessing risk L2_Managing influence L3_ Help seeking L4_Navigating social influence L5_Managing risk unsafe and emergency L6_Looking out for each other	Your lessons: L1: Healthy and unhealthy relationships L2_Power and control L3_Setting boundaries L4_Relationship behaviours L5_Choices related to sex L6_Sexual Health	Your lessons: L1_Long-term commitments L2_The legal status of Marriage L3_Parenting L4_Fertility L5_Understanding pregnancy	Your lessons: L1_Body image L2_Body enhancement L3_Tattoos and piercings L4_Sunbeds and cosmetic procedures L5_Blood organ and stem cell donation	