

RSHE Curriculum map 2026-2027

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Autumn 1 Diversity and Inclusion. Reproductive health and consent.	What is diversity? Growing up: physical and mental changes	Challenging gender stereotypes Sexuality and attraction: an introduction	Recognising and preventing discrimination Fertility, managing conception. Media portrayal of intimate relationships	Challenging prejudice and discrimination Sexuality and attraction Understanding pregnancy. Fertility	Know your rights: Equality Act 2010 Understanding pornography, consent and sexual health	Staying safe: recognising harassment and abuse Making choices about pregnancy and parenthood . Sexual health.	Understanding inclusion Consent matters
Autumn 2 Wellbeing and mental health	What is mental health?	Mental health: talking about our emotions	Mental health: developing coping strategies	An introduction to body image	Mental health: building resilience	Body enhancement	Mental health: accessing support
Spring 1 Physical health	Smoking and vaping: risks and consequences	Addictive substances: alcohol	Addictive substances: legal and illegal drugs	What is a healthy lifestyle?	Illegal drugs: risks, consequences, and support	Staying safe: alcohol and binge-drinking	Staying safe: recreational drugs
Spring 2 Life Skills	Recognising and preventing bullying	Gambling: the facts	Financial choices: budgeting, saving, debt	Managing risk: unsafe and emergency situations	Gambling: risks, consequences, and safety	Staying safe: exiting aggressive social situations	Financial choices: working and earning
Summer 1	What makes	Overcoming	Social	Navigating	Navigating	Respectful	Respectful

Relationship, family and friends	a healthy relationship?	conflict and finding forgiveness	influences: tackling peer pressure	social influence and pressure	changes in romantic relationships	relationships : trust and intimacy	relationships: meeting new people
Summer 2 Online safety	Media literacy: staying safe online	Media literacy: interpreting information online	Sex and consent online	Staying safe online: protecting your personal data	Staying safe online: misinformation and extremism	Staying safe: setting boundaries online	Understanding online misinformation