

## Academic Year 2023-24. Senior School – RSE & PSHE KS3 and KS4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Independence and aspirations	Autonomy and advocacy	Choices and influences	Independence and aspirations	Autonomy and advocacy	Choices and influences
<b>Year 7</b>	Developing goal setting, organisation skills and self-awareness:  -Personal identity and values -Learning skills and teamwork -Respect in school	Developing empathy, compassion and communication:  -Making and maintaining friendships -Identifying and challenging bullying -Communicating online	Developing agency, strategies to manage influence and decision making:  -Regulating emotions -Diet and exercise -Hygiene and dental health -Sleep	Developing self-confidence and self-worth:  -Puberty and managing change -Body satisfaction and self-concept	Developing assertive communication, risk management and support-seeking skills:  -Rights in the community -Relationship boundaries -Unwanted contact	Developing agency and decision making skills:  -Drugs, alcohol and tobacco -Safety and first aid
<b>Year 8</b>	Developing risk management skills, analytical skills and strategies to identify bias:  -Managing online presence -Digital and media literacy	Developing respect for beliefs, values and opinions and advocacy skills:  -Stereotypes, prejudice and discrimination -Promoting diversity and equality	Developing agency and strategies to manage influence and access support:  -Drugs and alcohol -Introduction to contraception (to support the science curriculum) -Resisting peer influence -Online choices and influences	Developing goal setting, motivation and self-awareness:  -Aspirations for the future -Career choices -Identity and the world of work	Developing communication and negotiation skills, clarifying values and strategies to manage influence:  -Healthy relationships -Boundaries and consent -LGBT+ inclusivity -‘Sexting’ -Managing conflict -FGM and forced marriage	Developing agency and strategies to manage influence and access support:  -Maintaining positive mental health -Importance of physical activity
<b>Year 9</b>	Developing goal-setting, analytical skills and decision making:  -GCSE options -Sources of careers advice -Employability	Developing self-confidence, risk management and strategies to manage influence:  -Friendship challenges -Gangs and violent crime -Drugs and alcohol -Assertive communication	Developing empathy, compassion and strategies to access support:  -Mental health (including self-harm and eating disorders) -Change, loss and bereavement -Healthy coping strategies	Developing analytical skills and strategies to identify bias and manage influence:  -Financial decisions -Saving and borrowing -Gambling, financial choices and debt	Developing assertive communication, clarifying values and strategies to manage influence:  -Healthy/unhealthy relationships -Consent -Relationships and sex in the media	Developing decision making, risk management and support-seeking skills:  -Sexually transmitted infections (STIs) -Contraception -Cancer awareness -First aid

<b>Year 10</b>	Developing self-awareness, goal-setting, adaptability and organisation skills:  -Managing transition to key stage 4 including learning skills -Managing mental health concerns	Developing empathy and compassion, strategies to manage influence and assertive communication:  -Relationship expectations -Impact of pornography -Identifying and responding to abuse and harassment	Developing agency and decision making, strategies to manage influence and access support:  -First aid and life-saving -Personal safety -Online relationships	Developing goal setting, leadership and presentation skills:  -Skills for employment -Applying for employment -Online presence and reputation	Developing respect for diversity, risk management and support-seeking skills:  -Nature of committed relationships -Forced marriage -Diversity and discrimination -Extremism	Developing motivation, organisation, leadership and presentation skills:  -Preparation for, and reflection on, work experience
<b>Year 11</b>	Developing resilience and risk management skills:  -Money management -Fraud and cybercrime -Preparing for adult life	Developing communication and negotiation skills, risk management and support seeking skills:  -Relationship values -Maintaining sexual health -Sexual health services -Managing relationship challenges and endings	Developing confidence, agency and support-seeking skills:  -Making safe and healthy lifestyle choices -Health promotion and self-examination -Blood, organ, stem cell donation	Developing empathy and compassion, clarifying values and support-seeking skills:  -Families and parenting -Fertility, adoption, abortion -Pregnancy and miscarriage -Managing grief and loss	Developing confidence, self-worth, adaptability and decision making skills:  -Recognising and celebrating successes -Transition and new opportunities -Aligning actions with goals	

This overview has been written using the PSHE Association competencies based model