

Abbeyfield School PSHE/RSE Programme of Study 2024-2025

Week	Year 7	Year 8	Year 9	Year 10	Year 11
Term 1	Life beyond school - Managing change	Relationships and sex education - Identity, relationships and sex education	Health and wellbeing - Body confidence	Relationships and sex education - Exploring relationships and sex education	Relationships and sex education - Sexual Health
Lesson 1	Transition points	Healthy respectful relationships	How self-esteem changes	Sexting and nudes	Fertility and what impacts
Lesson 2	Getting to know people	Periods and menstrual cycle	Bullying in all its forms	Online pornography - myths V reality	Alcohol, parties and bad choices
Lesson 3	Careers and your future	Introduction to contraception	Dealing with grief and loss	Pleasure and delaying sexual activity	Importance of sexual health
Lesson 4	Financial education	Sexual orientation	Media and airbrushing	Unhealthy relationships, sexual assault and rape	Respect, love and relationships
Term 2	Health & wellbeing - Puberty and body development	Health and wellbeing - Physical health and mental wellbeing	Relationships and sex education - Sex, the law and consent	Health and wellbeing - Mental health and wellbeing	Health and wellbeing - Adult health and looking after yourself
Lesson 1	Personal hygiene to include dental hygiene	Health and wellbeing	Sexual consent and the law	Common types of mental health	Testicular and prostate cancer
Lesson 2	Growing up	Positive body image	FGM and the law	Self-harm and suicidal thoughts	Breast cancer, cervical cancer and screening
Lesson 3	Self-esteem	Child abuse	Relationships and partners	Promoting emotional wellbeing	Love and abuse
Term 3	Relationships and sex education - Friendships, respect and relationships	Staying safe online and offline	Staying safe online and offline - Legal and illegal drugs	Staying safe online and offline - Violence, crimes and seeking safety	Life beyond school - You future and beyond
Lesson 1	Consent and boundaries	County lines - who is at risk?	What is a drug?	Online gambling and gaming	Post 16 options - Theatre
Lesson 2	Respect and relationships	Substance misuse	Cannabis products	Keeping your data safe	Online presence
Lesson 3	What makes a good friend	Online grooming	Drug classifications	Causes of knife crime	Social media V real life
Term 4	Staying safe online and offline	Life beyond school - Proud to be me	Life beyond school - Essential life skills	Life beyond school - Rights and responsibilities	REVISION
Lesson 1	Online gaming and grooming	Proud to be me	From failure to success	Employment rights	
Lesson 2	Smoking/vaping	Careers and aspirations	First aid	Work experience - Proactive	
Lesson 3	Knife crime and safety	Exploring careers	Saving and managing money	Instagram & Tik Tok generation	
Term 5	Celebrating equality and diversity - Celebrating differences	Celebrating equality and diversity - Celebrating differences	Rights, responsibilities and British values - Combatting extremism and terrorism	Rights, responsibilities and British values - Exploring British Values	
Lesson 1	What is your identity	Equality Act 2010	Conspiracy theories	Critical thinking and fake news	
Lesson 2	Breaking down stereotypes	LGBTQ+ What is it?	Forms of extremism	Hate crime UK	
Lesson 3	Challenging islamophobia	Ableism and disability discrimination	The radicalisation process	Honour based violence and forced marriage	
Term 6	Relationships and sex education - Friends respect and relationships	Health and wellbeing - Physical health and mental wellbeing	Relationships and sex education - contraception and STI's	Health and wellbeing - Looking after yourself	
Lesson 1	Friendships and Online relationships	Types of bullying	What are STI's	Teenage pregnancy choices and Abortion Laws	
Lesson 2	Being positive	Healthy eating and cholesterol	Contraception explored	Parenthood for teenagers	
Lesson 3	Pressure influence and friends	Stress management	Sexual harassment and stalking	Sexualisation in the media	