

RSHE 09/2026

Relationships, Sex (RSE) and Health Education PROGRAMME (Years 7–11)

❖ Relationships and Healthcare Education – cross reference with the PSHCE overview 2026-27

❖ Sex Education, as defined by the school policy, delivered by trained staff during drop down sessions.

YEAR 7

Term 1

- Consider the need for self-care and learning to respect our bodies whilst understanding natural development through puberty and menstruation.
- Introduction to healthy friendships, boundaries, and respect.
- Introduction to emotional wellbeing: recognising feelings, early signs of stress, and how to seek help.
- Understanding sleep, healthy routines, and their impact on wellbeing.
- Understanding body image and how media/social media can influence self-esteem.

Term 2

- Discuss what is meant when referring to online safety and warn against the viewing of sexually explicit materials e.g. pornography.
- Understanding online risks including scams, fraud, phishing, and manipulative online behaviour.

Term 3

- Consider the benefits and importance that physical activity has on contributing to having a healthy mind and body.

- The physical and psychological risks associated with alcohol consumption and what constitutes low-risk alcohol consumption in adulthood.
- Basic personal safety: roads, water, rail, and safe travel.

YEAR 8

Term 1

- You, Me, North Yorkshire Vape Free – Vape, Nicotine and Tobacco Education
- Considering what makes healthy, respectful friendships, leading to all relationships, including discussions around the LGBT community.
- Discuss the law and the meaning of the term consent.
- **Recognising unhealthy relationship behaviours, including controlling behaviour, and early signs of coercion.**
- **Understanding sexual harassment and how to report concerns safely.**

Term 2

- Discuss the need in society for respect for others, the term “grooming” and how this may come about, considering case study evidence.
- **Understanding misogyny, sexism, and harmful gender stereotypes.**
- **Exploring online influences, including algorithms, echo chambers, and harmful content.**

Term 3

- Maintaining physical health and fitness.
- How contributions to society can be made through blood, organ and stem cell donations and the laws surrounding this.
- Understanding mental health: stress, anxiety, coping strategies, and how to access support.
- Media literacy: recognising misinformation and unrealistic portrayals of bodies and relationships.

YEAR 9

Term 1

- Discuss the availability of sexually explicit materials online and through social media, including pornography and the sharing and viewing of indecent images of children.
- Being SAFE when searching online.
- **Understanding the impact of pornography on expectations, relationships, and attitudes (including links to misogyny).**
- **Recognising harmful sexual behaviours and peer-on-peer abuse.**

Term 2

- A scientific approach to sexual health and contraception, considering the laws surrounding underage sex, consent and abortion.
- Understanding financial exploitation, online scams, and digital fraud.
- **Introduction to STIs, transmission, prevention, testing, and treatment.**
- **Understanding fertility, conception, miscarriage, and pregnancy choices.**
- **How to access sexual health services confidentially.**

Term 3

- How poor diet can affect health and life expectancy.
- Have a knowledge of how tooth decay can be reduced.
- Become aware of what cancer is and how treatments have developed over the years.
- How cancer charities fund research.
- Understanding self-examination (breast/testicular) and early detection.
- Healthy sleep, screen time, and digital balance.

YEAR 10

Term 1

- What constitutes a marriage, considering the roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting.
- Understand the laws associated with consensual sex and rape - discuss the concepts of and laws relating to rape, forced marriage, honour-based violence and FGM.
- **Healthy intimate relationships: communication, boundaries, expectations, and emotional readiness.**
- **Understanding break-ups, rejection, and managing relationship conflict safely.**
- **Recognising coercive control and gaslighting.**

Term 2

- Consider what may constitute an unhealthy relationship and the effects of stalking and harassment.
- Discuss the importance of online safety when considering gambling and debt accumulation.

Term 3

- Discuss menstruation, considering hormone balance and how these can affect behaviour.
- To include in extreme cases intersex athletes and the evolution of sporting rules and the appeals process.
- **Understanding gender identity, sexual orientation, and inclusive language (in line with statutory guidance).**
- **Mental health: depression, self-harm awareness, and how to seek help safely.**

YEAR 11

Term 1

- Understanding grief, loss, bereavement, and coping strategies. Being SAFE in relation to how we are protected by the law.
- Discuss the concepts of and laws relating to rape, forced marriage, honour-based violence and FGM.
- Personal safety in public spaces, travel safety, and emergency first aid basics.
- **Understanding violence against women and girls (VAWG), misogyny, and societal attitudes.**
- **Recognising and responding to sexual harassment in public spaces.**

Term 2

- Managing exam stress, pressure, and transitions into adulthood.

- Consider the need for self-care and learning to respect our bodies, the need for a healthy diet and the effects of eating disorders for all genders, using case study evidence.

Term 3

- Consider drug abuse and discuss case study evidence showing how substance abuse could affect mental health, in the short, medium and long term.
- Understanding addiction (including gaming and online behaviours).

To meet the 2026 statutory guidance **depth**, topics expanded from the 2025 provision include:

Relationships & Sex Education

- Sexual harassment
- Misogyny & VAWG
- Harmful sexual behaviours
- Healthy intimate relationships
- Fertility, pregnancy, miscarriage
- STIs and sexual health services
- LGBTQ+ inclusion across all years
- Pornography impact

Health & Wellbeing

- Mental health (stress, anxiety, depression, self-harm, grief)
- Sleep, routines, digital balance
- Body image & media literacy
- Online financial harms (scams, fraud, monetisation)
- Personal safety (roads, rail, water, public spaces)
- Addiction (including gaming)

Curriculum Structure has been adapted to provide:

- Clearer progression
- Broader safeguarding coverage
- Alignment with 2026 statutory expectations