

RSHE/Period 1 Package Years 7-11 (Academic Year 2021/22)

Themes:

- **New Year, New Start**
- **Health & Wellbeing**
- **Living in the Wider World (inc. Careers/Skills)**
- **Relationships & Safety**

Week (Week beginning)	Year 7	Year 8	Year 9	Year 10	Year 11
1 (6 September)	The Name Game	Goal Setting	Approaching your GCSEs with the correct mindset	Continuing your GCSEs with the correct mindset	Approaching the final year with the correct mindset
2 (13 September)	Creating a successful team	Transferable Organisation Skills	School/Life Balance (Balancing between school work, leisure, exercise, community participation and volunteering)	School/Life Balance (Balancing between school work, leisure, exercise, community participation and volunteering)	Coping with exam stress/anxiety
3 (20 September)	What's school all about/What does good learning look like/Behaviour for learning	Listening Skills	Resilience and good mental health	Stress Triggers	Breaking down mental health stigma

4 (4 October)	Goals for life/Memory mapping/The brain	Being a good school citizen	Self Harm	Depression, Stress & Anxiety	Panic disorder/Panic attacks
5 (11 October)	Managing emotions (Anger, Stress, Calming)	Basic First Aid (Restart a Heart Day - 15 October)	Healthy Lifestyle - The benefits	Violence and Aggression	Stressors & Triggers in adult life
6 (18 October)	Empathy/Bullying & Teasing/Everyday life around school	School/Life Balance (Balancing between school work, leisure, exercise, community participation and volunteering)	Healthy Lifestyle - Poor diet and health risks (inc. eating disorders)	Resilience and Coping Strategies	Suicidal thoughts
7 (1 November)	Coping with feelings/Emotional changes/Resilience	Early signs and symptoms of mental wellbeing issues	Allergy Awareness	Healthy Lifestyle - Healthy weight, inactive lifestyle and ill health & cardiovascular ill health	SAD
8 (8 November)	Meditation & Mindfulness (SSI)	Mental Ill Health	Cancer and Cancer prevention	Sleep	Maintaining positive mental health into adulthood
9 (15 November)	Meditation & Mindfulness (SSI)	Obstacles	Local health services	Looking after your own health (Screening;	Physical activity and positive mental wellbeing

				Immunisation; Self-Examination)	
10 (22 November)	Meditation & Mindfulness	Resilience	Meditation and Mindfulness	Blood and Organ donation	Keeping yourself healthy (inc. Screening, smear tests & self-examination)
11 (30 November)	Puberty/Puberty Kit/Personal Hygiene	Meditation & Mindfulness	Meditation & Mindfulness	Meditation & Mindfulness	Meditation & Mindfulness
12 (6 December)	Healthy eating/Feed your body-feed your brain/Allergy Awareness	Meditation & Mindfulness	Empathy and Understanding	Empathy and Understanding	Understanding gambling & resilience towards gambling
13 (13 December)	Christmas	Christmas	Christmas	Christmas	Christmas
14 (4 January)	Staggered return to school	Staggered return to school	Staggered return to school	Staggered return to school	Staggered return to school
15 (10 January)	Fit for Life	Vaccination/ Immunisation -	All Different All Equal - Disability	Body Shape & the Media	Recognising problem gambling
16 (17 January)	All Different All Equal - Sexism/Equality/LGBTQ	All Different All Equal - Sexism/Equality/LGBTQ	All Different All Equal - Sexism/Equality/LGBTQ	All Different All Equal - Sexism/Equality/LGBTQ	All Different All Equal - Sexism/Equality/LGBTQ

17 (24 January)	All Different All Equal - Racism	All Different All Equal - Racism	All Different All Equal - Racism	All Different All Equal - Racism	All Different All Equal - Racism
18 (30 January)	All Different All Equal - Disability	All Different All Equal - Disability	Being an active citizen	Addiction and its effects	All Different All Equal - Disability
19 (7 February)	Hate Crime & National Apprenticeship Week	Happy with you & National Apprenticeship Week	Good and bad role models in society & National Apprenticeship Week	Addiction to drugs & National Apprenticeship Week	Targeted advertising & Influencer endorsements & National Apprenticeship Week
20 (14 February)	Making healthy choices/Sleep	Moving from KS3 to KS4 - Thinking about your future	Britain's relationship with the EU	Alcohol dependency	Risks of online financial lending
21 (28 February)	Body Image/I am what I am	Moving from KS3 to KS4 (choosing your options)	Being a global citizen in the 21st century	Seeking help for addiction	Moving from KS4 to KS5 and beyond (Preparation for moving on)
22 (7 March)	Careers Week	Careers Week	Careers Week	Careers Week	Careers Week
23 (14 March)	Learn a new skill: BSL	Learn a new skill: BSL	Learn a new skill: BSL	Learn a new skill: BSL	Learn a new skill: BSL
24 (21 March)	Learn a new skill: Basic First Aid	The UK government - Parliament and the Monarch	Fair Trade	Types of government	Moving from KS4 to KS5 and beyond (CVs)

25 (28 March)	Hopes and aspirations for the future	The UK government - The Voting System	Terrorism and Extremism	Free press	Recreational drug use
26 (4 April)	Democracy	The English Legal System	Recognising own values and beliefs	Anti social behaviour	Cannabis, marijuana & ecstasy
27 (25 April)	A modern child...Britain and the developing world	The power of the police and breaking the law	Different types of healthy relationships (families, friendships and romance)	Viewing explicit material - stereotypes & damaging relationships	Cocaine & Heroin
28 (3 May)	How to revise (in preparation for Yr7 exams w/c 16 May)	How to revise (in preparation for Year 8 exams w/c 16 May)	When a relationship breaks down	Exploitation	Pregnancy signs & testing
29 (9 May)	Risk...What is it?	Qualities and features of a positive relationship (inc. Trust, Respect, Boundaries)	Successfully managing sexual attraction	Spiral of addiction	Abortion
30 (16 May)	Risk in the journey to/from school	Qualities and features of a positive relationship (inc. Privacy & Consent)	How to revise (in preparation for Year 9 Mastery exams w/c 6 June)	Study Skills (in preparation for PPE1 w/c 13 June)	Pregnancy, Miscarriage & Stillbirth
31 (23 May)	Risk from legal/illegal substances (Tobacco)	Disrespect nobody (inc. peer pressure, delaying	Consent in relation to sexual intercourse	Pornography and the Law	Alternative ways of having a baby

		sexual relationships, YPSI)			(opposite & same-sex couples)
32 (6 June)	Positive relationships through a positive attitude	Acting positively when a relationship becomes unhealthy	Personal boundaries	Sexual consent and capacity to consent	
33 (13 June)	Peer Pressure	Personal safety & County Lines	Contraception	Reporting issues of consent	
34 (20 June)	Unacceptable and acceptable physical contact	Gang Culture & Knife Crime	Substance misuse (inc. their impact on risky behaviour, e.g. sexual behaviour)	Reporting issues of consent	
35 (27 June)	E-safety: Staying safe and responsible on social media/Using my smartphone responsibly	The risks of alcohol consumption	E-safety: Staying safe - Meeting people online	Fertility & Reproduction (Dispelling Myths, Fertility & Infertility)	
36 (4 July)	Digital Footprint & Youth produced sexual imagery	E-safety: Staying safe - Online grooming & Radicalisation (limited)	E-safety: Staying safe - Grooming & Radicalisation (Full)	Obsessive online behaviours	
37 (11 July)	Run, Hide, Tell - Evacuation and Invacuation	Run, Hide, Tell - Evacuation and Invacuation	Run, Hide, Tell - Evacuation and Invacuation	Catfishing	

38 (18 July)	End of year celebrations	End of year celebrations	End of year celebrations	End of year celebrations	
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