

TERM	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
THEME	Health & Wellbeing	Health & Wellbeing	RSHE	RSHE	Living in the Wider World	Living in the Wider World
Year 7 Weekly sessions delivered outside of PSHE timetable	Understand how and when to use the SHARP reporting tool & signpost to support services	Remembrance –	Understand how and when to use the SHARP reporting tool & signpost to support services	NHS RSHE Workshop x 3 Meeting students' needs	Understand how and when to use the SHARP reporting tool & signpost to support services	Diversity, Equality, Prejudice and Discrimination – Intro to the nine protected characteristics of the Equality Act 2010
Careers & aspirations – Nadine/Kate/Lucy	Self-Awareness & how we communicate	Anti-Bullying week Recognise how to use your 'POWER FOR GOOD'	Healthy / Unhealthy Relationships – Friends /acquaintances /family	International Women's Day 8th March 2026	Online safety – security and keeping safe online	Drugs Ed – intro CGL Change Grow Live workshops x 3 Alcohol/Vaping Cannabis
Healthy lifestyles – choices, balance & exercise HE - Healthy Eating – WM – KS3 PE - Sport – JK- KS3 / KS – EAST	Self-esteem – Strengths & weaknesses	Values – Who influences us?	Consent – Everyday	Healthy puberty, changing body (image) feelings & personal hygiene	Exploitation – What is grooming? How can it present?	*PREVENT workshop x 1
	Resilience (From Sept 2026 to include bereavement)	*White Ribbon Day - raising awareness to prevent violence towards women and girls	National Apprenticeship Week Feb 9–15th	Conception – revisit as necessary to meet students' needs (Science?)	VE Day – Victory in Europe Day	Intro - Honour Based Violence/ Female Genital Cutting Any prior knowledge?
	Black History Month – Theme – Standing firm in power and pride	British Values - Intro – What does being British mean to you?	Intro to Peer-on-peer abuse / sexual harassment (*White Ribbon)	Contraception- What it is	Mental Health Awareness Week - Rachael School Nurse Signposting - Who to talk with	Personal Safety/basic First Aid skills (Recovery position/No mouth CPR) *YOUR STANCE – bleed control
KEY – Hi-lighted GREEN topic delivered outside of planned lessons	Mental Health & Emotional Wellbeing – WMH Day – intro Sign posting Self help strategies		CGL Drugs workshop delivered at each provision to address safe-guarding concerns W/C 26.01.26	Online Student voice surveys		Online Student voice surveys

THEME	Health & Wellbeing	Health & Wellbeing	RSHE	RSHE	Living in the Wider World	Living in the Wider World
Year 8 Weekly sessions delivered outside of PSHE timetable	Understand how and when to use the SHARP reporting tool & signpost to support services	Remembrance	Understand how and when to use the SHARP reporting tool & signpost to support services	NHS RSHE Workshop x 3 Meeting students' needs	Understand how and when to use the SHARP reporting tool & signpost to support services	Diversity, Equality, Prejudice and Discrimination- identify connections with protected characteristics of the Equality Act 2010
Careers & aspirations – Nadine/Kate/Lucy	Self-Awareness & what we communicate to others	Anti-Bullying week Recognise how to use your 'POWER FOR GOOD'	Healthy / Unhealthy Relationships – inc online/ dating	International Women's Day 8th March 2026	Online safety – intro to the risks – catfishing	Drugs Ed – CGL Change Grow Live workshops x 3 Alcohol/Vaping Cannabis
Healthy lifestyles – choices, balance & exercise HE - Healthy Eating – WM- KS3 PE - Sport – JK – KS3 /KS -EAST	Self-esteem – Asking for help	Values – Where do our values come from?	Consent – Intro to romantic relationships	Healthy puberty, changing body (image) feelings & personal hygiene	Exploitation Intro to the grooming process of CSE/CCE	*PREVENT workshop x 1
	Resilience (From 2026 to include bereavement)	*White Ribbon Day - raising awareness to prevent violence towards women and girls	National Apprenticeship Week Feb 9–15th	Conception – revisit as necessary (Science)	VE Day – Victory in Europe Day	Honour Based Violence Female Genital Cutting Intro & signposting
	Black History Month – Standing firm in power and pride	British Values- Understanding the 5 British Values	Intro to Peer-on-peer abuse / sexual harassment (*White Ribbon)	Contraception-How to prevent pregnancy	Mental Health Awareness Week - Racheal School Nurse Signposting - Who to talk with (from Sept 2026 to include suicide prevention)	Personal Safety/basic First Aid skills (Recovery position/No mouth CPR) *YOUR STANCE – bleed control
KEY – Hi-lighted GREEN topic delivered outside of planned lessons	Mental Health & Emotional Wellbeing – WMH Day Sign posting Self-help strategies	Online Student voice surveys	CGL Drugs workshop delivered at each provision to address safe-guarding concerns W/C 26.01.26	Online Student voice surveys		Online Student voice surveys

THEME	Health & Wellbeing	Health & Wellbeing	RSHE	RSHE	Living in the Wider World	Living in the Wider World
Year 9 Weekly sessions delivered outside of PSHE timetable	Understand how and when to use the SHARP reporting tool & signpost to support services	Remembrance	Understand how and when to use the SHARP reporting tool & signpost to support services	NHS RSHE Workshop x 3 Meeting students' needs	Understand how and when to use the SHARP reporting tool & signpost to support services	Diversity, Equality, Prejudice and Discrimination nine protected characteristics of the Equality Act 2010
Careers & aspirations – Nadine/Kate/Lucy	Self-Awareness & Communication Body language	Anti-Bullying week Recognise how to use your 'POWER FOR GOOD'	Healthy / Unhealthy romantic relationships Recognising unhealthy behaviours /stay or leave?	International Women's Day 8th March 2026	Online safety – intro to the risks – fake news Safer Internet Day 10.02.26	Drugs Ed – understanding risks Change Grow Live workshops x 3 Alcohol/Vaping Cannabis
Healthy lifestyles – choices, balance & exercise HE - Healthy Eating – WM – KS3 PE - Sport – JK - KS3 /KS – EAST	Self-esteem – How to build your self esteem	Values – Developing your own values	Consent – 3 aspects of the law	Welcome to your healthy puberty, changing body (image) feelings & personal hygiene	Exploitation Recognise the grooming process of CSE/CCE	*PREVENT workshop x 1
	Resilience (From 2026 to include bereavement)	*White Ribbon Day - raising awareness to prevent violence towards women and girls	National Apprenticeship Week Feb 9–15th	Conception – revisit as necessary (Science)	VE Day – Victory in Europe Day	Honour Based Violence Female Genital Cutting Refresh & signposting
	Black History Month – Standing firm in power and pride	British Values – How they impact our lives in the UK	Intro to Peer-on-peer abuse / sexual harassment (*White Ribbon)	Contraception – Options available - intro to c.card	Mental Health Awareness Week Signposting - Who to talk with (from Sept 2026 to include suicide prevention)	Personal Safety/basic First Aid skills (Recovery position/No mouth CPR) *YOUR STANCE – bleed control
KEY – Hi-lighted GREEN topic delivered outside of planned lessons	Mental Health & Emotional Wellbeing – WMH Day Sign posting Self-help strategies	Online Student voice surveys	CGL Drugs workshop delivered at each provision to address safe-guarding concerns W/C 26.01.26	Online Student voice surveys		Online Student voice surveys