PSHE and RSE Long-Term Plan

Years 7-11 |

The Kassia Academy
Part of KINGS ACADEMY TRUST

Year Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Year 7	**Life Beyond School** **Belonging** • Building positive relationships • Understanding community and responsibilities • Managing transition and change • Sleep and wellbeing routines • Introduction to money and financial awareness • Early career thinking and goal setting						**Health & Wellbeing** **Puberty** • Physical and emotional changes in puberty • Menstruation and male puberty changes • Personal hygiene and body care • Self-esteem and body image • Bodily autonomy and consent • Harmful practices and seeking support • Dental health and healthy routines									**Relationships & Sex Education** **Relationships** • Respectful relationships • Qualities of healthy friendships • Consent and personal boundaries • Online friendships and digital safety • Positive thinking and self-confidence • Peer pressure and assertive communication					**Staying Safe, Online & Offline** **Staying Safe** • Recognising risk and unsafe situations • Trusted adults and help-seeking • Online safety and grooming • Substances and risk awareness • Knife safety and personal safety strategies • Gangs and criminal exploitation					**Rights, Responsibilities & British Values** **Politics** • Why politics matters in everyday life • How the UK is governed • Role of the Prime Minister and government • The constitutional monarchy • Parliamentary debate and decision making • Elections and democratic participation					**Celebrating Diversity & Equality** **Celebrating Difference** • Identity and diversity in modern Britain • Stereotypes, prejudice and discrimination • Learning disabilities and ableism • Religious discrimination and Islamophobia • Equality, inclusion and community responsibility					**Contextual Safeguarding Local area risks**
Year 8	**Life Beyond School** **Proud to Be Me** • Identity and self-worth • Building confidence and resilience • Recognising personal strengths • Setting personal goals • Managing challenges and setbacks						**Health & Wellbeing** **Physical & Mental Health** • Understanding mental health and wellbeing • Body image and media influence • Recognising abuse and safeguarding concerns • Bullying and support strategies • Healthy eating and lifestyle choices • Stress and coping strategies						**Relationships & Sex Education** **Relationships & RSE** • Healthy and respectful relationships • Consent and personal boundaries • Communication and respect in relationships • Online relationships and digital behaviour • Managing relationship pressures						**Staying Safe, Online & Offline** **Staying Safe** • Recognising exploitation and county lines • Online grooming and manipulation • Cyberbullying and online harm • Child exploitation and protection strategies • Substance misuse and risk • Alcohol awareness and safety • Identifying support and safety strategies						**Celebrating Diversity & Equality** **Equality, Rights & Discrimination** • Equality and the Equality Act • LGBTQ+ identity and inclusion • LGBTQ+ rights globally • Gender equality • Disability discrimination and ableism • Removing barriers to equality • Racism and discrimination						**Rights, Responsibilities & British Values** **Law & Justice** • Why laws exist in society • Criminal responsibility • The youth justice system • Rights and responsibilities under the law • Justice, fairness and consequences					**Contextual Safeguarding**
Year 9	**Life Beyond School** **Essential Life Skills** • Developing resilience and learning from failure • Assertive communication and personal boundaries • Basic first aid and emergency response • Budgeting, debt and financial responsibility • Labour market information and careers awareness • Social media use and protecting mental wellbeing						**Health & Wellbeing** **Body Confidence** • Understanding self-esteem and confidence • Media influence and unrealistic body standards • Recognising bullying and prejudice-based bullying • Understanding body development and variation • Grief, loss and emotional support • Healthy lifestyles and long-term health choices						**Relationships & Sex Education** **Sex, the Law & Consent** • Legal definition of consent and age of consent • Female genital mutilation (FGM) and the law • Characteristics of healthy relationships • Domestic abuse and controlling behaviour • Decision-making around sex and readiness • Managing pressure and delaying sexual activity • Sexual harassment and stalking						**Staying Safe, Online & Offline** **Drugs, Substances & Risk** • Understanding what drugs are and how they affect the body • Cannabis and mental health risks • Drug classification and the law • Party drugs and exploitation risks • Volatile substance abuse and hidden dangers • Global drug trade and harm reduction						**Relationships & Sex Education** **Contraception & STIs** • Understanding STIs and how they spread • Sexual health testing and clinics • Types of contraception and how they work • Condoms and dual protection • Evaluating contraceptive choices • HIV transmission, treatment and stigma						**Rights, Responsibilities & British Values** **Extremism & Radicalisation** • Recognising conspiracy theories and misinformation • Understanding extremism and terrorism • The radicalisation process • UK counter-terrorism strategy and Prevent • Antisemitism and challenging prejudice • Global conflict and international responses					**Contextual Safeguarding**
Year 10	**Life Beyond School** **Rights & Responsibilities** • Understanding legal rights, responsibilities and moral duties • Civil law and criminal law distinctions • Marriage, relationships and legal responsibilities • Consumer rights and ethical business practices • Employment rights and workplace protections • Equality law, discrimination and the gender pay gap						**Health & Wellbeing** **Mental Health & Well-being** • Screen use, social media and digital wellbeing • Mental health and mental illness • Strategies for emotional wellbeing and resilience • Understanding self-harm and recognising distress • Recognising warning signs of suicidal thoughts • Child sexual abuse awareness and safeguarding						**Relationships & Sex Education** **Risk, Relationships & RSE** • Sexual decision-making and delaying sexual activity • Female genital mutilation (FGM) and safeguarding • Sexual image sharing and the law • Pornography and unrealistic relationship expectations • Media influence on attitudes towards sex and relationships • Sexual abuse, coercion and sexual violence • Setting boundaries and seeking help in relationships						**Staying Safe, Online & Offline** **Power, Control & Safeguarding** • Social media validation and online identity • Online gaming, gambling and digital risks • Protecting personal data and privacy • Coercion, honour-based abuse and forced marriage • Modern slavery and exploitation • Knife crime, pressure and legal consequences						**Celebrating Diversity** **Exploring World Issues** • International organisations and protection of human rights • Causes and impacts of war and conflict • Aid, fair trade and global development • Trade unions, strikes and workers' rights • Women's rights and global gender equality • HIV, transmission and stigma						**Rights, Responsibilities & British Values** **Democracy, Human Rights & British Values** • Critical thinking, misinformation and fake news • Hate crime and discrimination in the UK • British values and identity in modern society • Mutual respect and tolerance in diverse communities • Individual liberty and responsibility under the law • Human rights and global protections • UK democracy and systems of government					**Contextual Safeguarding**
Year 11	**Life Beyond School** **Health & Looking After Yourself** • Organ and blood donation and the UK opt-out system • Pregnancy choices including adoption and termination • Realities and responsibilities of teenage parenthood • Cancer awareness and national screening programmes • Recognising abusive relationships • Safeguarding, support networks and help-seeking						**Health & Wellbeing** **Health & Well-being** • Organ donation and ethical considerations • Pregnancy options and decision-making • Abortion law and ethical viewpoints • Responsibilities of parenthood • Cancer awareness and screening • Healthy and abusive relationships						**Relationships & Sex Education** **Sexual Health** • Peer-on-peer abuse and safeguarding • Fertility and reproductive health • Alcohol and increased risk in social situations • Sexual health services and support • Sexually transmitted infections • Contraception methods and effectiveness • Respectful and healthy relationships						**Staying Safe, Online & Offline** **Online Risk, Body Image & Substance Use** • Risks in live streaming and immersive online spaces • Digital footprints and reputation • Cyberbullying and group chat dynamics • Cosmetic procedures and body image pressure • New psychoactive substances • Nitrous oxide and festival risks • Understanding addiction and support					**Contextual Safeguarding**																	

Contextual safeguarding remains responsive to emerging local and cohort needs.