

Year 7 Relationships Sex and Health Education (RSHE)						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content (Links to Specification KS4 and National Curriculum KS3)	<p>Wadebridge School</p> <p>Introduction to RSHE SAFE Sheets and CARE Values</p> <p>Online support and support in school</p> <p>Principle of Self Care and Wellbeing – how to care for your physical and mental health.</p> <p>Local charity research and fundraising – Wadebridge Food Bank</p> <p>Movember – mens mental health and c</p> <p>H6, H7, H10, H12, H13</p>	<p>Transition & Safety</p> <p>Transition to Secondary School – reflection and feelings, managing the challenges, establishing and managing friendships.</p> <p>Self esteem and exploring identity</p> <p>Personal Safety in and outside school – basic First Aid and responding to emergency situations.</p> <p>H1, H2, H30, H33, R13, L1, L2</p>	<p>School Wellbeing Project</p> <p>Complete a creative piece of work based on a previously taught topic. E.g. Wellbeing</p> <p>UNICEF Rights of a Child</p> <p>Introducing Rights and Conflict – understanding when Rights are denied, empathising with young people around the world.</p> <p>H9, R15, R37, R41, R3, R4, R42, R43, L9, L1, L2, L3</p>	<p>Identity & Discrimination</p> <p>Bullying & Discrimination Awareness – know and recognise discrimination, be able to recognise and report bullying.</p> <p>Prejudice – British Values and Protected characteristics.</p> <p>Disability Awareness – increased awareness of hidden disabilities</p> <p>Self Esteem & Identity – reflecting on self perception.</p> <p>H9, R15, R37, R41, R3, R4, R42, R43, L9, L1, L2, L3</p>	<p>Health & Puberty</p> <p>Healthy routines - influences on health, puberty, consent and unwanted contact</p> <p>FGM – Access to help and support.</p> <p>Period products – period poverty and use of PLAN B lockers.</p> <p>H5, H13, H14, H15, H16, H17, H18, H20, H22, H34</p>	<p>Building Relationships</p> <p>Relationships – Self-worth, romance and friendships (including online) and relationship boundaries</p> <p>Celebrating PRIDE Month</p> <p>H1, R2, R9, R11, R13, R14, R16, R24, R25, R26</p>
Key questions	<p>-How do I care for my own emotional and physical health?</p> <p>-What is a community?</p>	<p>-How can I cope with change?</p> <p>-How should I respond in an emergency?</p>	<p>-What is self care?</p> <p>-How do I develop and show resilience?</p>	<p>-What is discrimination?</p>	<p>-How does consent link to all types of relationships?</p> <p>-How can we prepare ourselves or support others with their periods?</p>	<p>-What make a positive relationship?</p> <p>-Why do we celebrate PRIDE month?</p>
Skills	-Caring for their emotional and physical wellbeing.	-How to make good decisions in emergency situations.	-Understanding the difference between rights and wants.	- Caring for their emotional wellbeing and self-esteem. -Calling out any bullying or discrimination	-Looking after themselves and others during puberty.	--Knowing what healthy relationships look like and how to access support if needed.
Assessments		Pupil Assessment 1		Pupil Assessment 2		Pupil Assessment 3
NEA including submission and resubmission deadlines						
Homework	<p>My RSHE – Completion of RSHE Safe Sheet 1</p> <p>Movember competition entry</p>		RSHE Safe Sheet 2		RSHE Safe Sheet 3	Diversity Week Competitions