

RSHE YEARLY OVERVIEW

Date	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Who am I (Celebrating our uniqueness: we are loved and created by God)	Created and Chosen (Recognising our uniqueness and opening up to God)	The Search for Love (The desire to love, and be loved, links to God's plan for love and intimacy)	Authentic Freedom (Peer pressure - holding on to the gift of you)	Self-Worth (Self-respect and how God helps us with this)
Autumn 2	Changing Bodies (Puberty)	Appreciating Differences (Male/female differences, gender stereotypes, gender dysphoria, transgenderism, equality)	Love Others Don't Use Them (Sexual intimacy, desire, causal, pornography, and masturbation)	Self-Image (Body image, shame, feeling attractive, confidence, dignity, respect)	Addiction (Unhealthy coping strategies, self-worth, human dignity)
Spring 1	Healthy Inside and Out (Self-Esteem)	Feelings (Managing sexual feelings, self-control and patience)	In Control of my Choices (Love, lust, delaying sex, making informed choices)	Beliefs, Values and Attitudes (How to interrogate 'beliefs', 'values' and attitude's)	Eating Disorders (Unhealthy coping strategies, self-worth, human dignity)
Spring 2	Where We Come From (Identity; sexual intercourse)	Before I Was Born (Conception to birth, pre-natal care, miscarriage, abortion and attitudes)	Fertility and Contraception (Natural and artificial, church's teaching and value of life)	Parenthood (Meaning of parenthood and the importance of marriage within family life)	Birth Control (The Church-teachings on procreation and how life is the most precious gift from God)
Summer 1	Family and Friends (Features of positive and stable relationships)	Tough Relationships (Equality, prejudice, protected characteristics, tolerance, Equality Act 2010)	Marriage (Committed relationships)	Pregnancy & Abortion (Stages of life in the womb, abortion myths, Church's teaching,)	Pornography (Self-worth, objectification, human dignity)
Summer 1	My Life on Screen (Online relationships and safety)	Think Before You Share (Online relationships and safety)	One Hundred Percent (Consent) (Non-physical consent - honouring and respecting each other; online consent – coercion and pressure)	Abuse (Physical, emotional, domestic abuse; neglect)	STIs (The factors leading to unhealthy behaviour and living with choices)
Summer 2	Living Responsibility (Social responsibility to others)	Wider World (Love and respect regardless of race, culture, sex-orientation)	Knowing My Rights and Responsibilities (Physical Consent –control, manipulation, exploitation; human rights cultural expectations)	Solidarity (Catholic Social Teaching – small acts of charity and their impact)	Coercive Control (Unhealthy relationships)

Cinema in Education Session

Year 7	Year 8	Year 9	Year 10	Year 11
Facts of Life	The Trouble with Max	Love, Honour, Cherish	Babies	Truth and Lies
Autumn 2	Autumn 2	Summer 1	Spring 1	Autumn 1