

Week	Week Number	Week Beginning	Session No.	Topic	Detail
1	1	2nd September			Unique person, created and loved by God
2	2	9th September	RSE 1	Who am I?	
1	3	16th September			Puberty- emotional, physical and sexual development
2	4	23rd September	RSE 2	Changing Bodies	
1	5	30th September			how to nurture self esteem
2	6	7th October	RSE 3	Healthy Inside and Out	
1	7	14th October			Sex as an expression of love and gift from God.
2	8	21st October	RSE 4	Where we come from	
HALF TERM		28th October			
1	9	4th November			Recognising different types of relationships and managing behaviour
2	10	11th November	RSE 5	Family and Friends	
1	11	18th November			Online Safeguarding
2	12	25th November	RSE 6	My life on Screen	
1	13	2nd December			The effect our actions have on others and concept of social responsibility
2	14	9th December	RSE 7	Living Responsibly	
1	15	16th December	RSE 8	7G FH Apropriate Vulnerability	What is appropriate to share with others and who you can share what with- mention of online safety
CHRISTMAS		23rd December			
CHRISTMAS		30th December			
1	16	6th January	RSE 8	7G FH Apropriate Vulnerability	
2	17	13th January			Focus on bullying and where a bully comes from- anxiety, self esteem
1	18	20th January	RSE 9	7C FH Tolerance	
2	19	27th January	Catch up week		
1	20	3rd February			
2	21	10th February			Learn to label emotions, see the importance in feeling different emotions and generate coping strategies to help deal with them.
1	22	17th February	PSHE 1	Dealing with Emotions	
HALF TERM		24th February			
2	23	3rd March			Introducing various strategies for confidence building that can help build resilience. Students will look at using confidence boosters at appropriate times and tips for maintaining a positive attitude when things are stressful.
1	24	10th March	PSHE 2	Confidence and Achievement	
2	25	17th March			Recognising the characteristics of healthy friendships. Understanding how to maintain these and notice if healthy boundaries are not being kept. Starting to think about when friendships become coercive and how to deal with difficult relationships such as these.
1	26	24th March	PSHE 3	Healthy Friendships	
2	27	31st March			Students will be able to identify the difference between teasing and bullying, identify the different kinds of bullying and will start to think about why a bully might behave in this
1	28	7th April	PSHE 4	Teasing and Bullying	

EASTER		14th April			
EASTER		21st April			
2	29	28th April			
1	30	5th May	PSHE 5	The Positives and Negatives of Social Media	Understanding how social media can be used for good and thinking about the consequences it can have when used improperly. Links to DCF and cyberbullying. Students will discuss how to use social media in a positive way and consider how to reduce incidences of cyberbullying.
2	31	12th May	PSHE 6	Inclusivity	Reflecting on the importance of diversity and having an inclusive culture in our community. Suggesting strategies for being more inclusive and identifying/overcoming barriers to inclusivity in a range of situations.
HALF TERM		26th May			
1	32	2nd June	PSHE 6	Inclusivity	Reflecting on the importance of diversity and having an inclusive culture in our community. Suggesting strategies for being more inclusive and identifying/overcoming barriers to inclusivity in a range of situations.
2	33	9th June			
1	34	16th June	PSHE 7	What is Racism and how can we prevent it?	Students will look at the difference between being 'non-racist' and 'anti-racist', the harm caused by unconscious bias and what we can do to actively prevent racism, giving rise
2	35	23rd June			
1	36	30th June	PSHE 8	What are Politics?	Looking at the structure of the British parliament, the basics of how an election works and the qualities a good leader might have, using historical figures as examples for both good and bad.
2	37	7th July			
1	38	14th July	PSHE 9	Equal Opportunities for Health	Discussing barriers to people accessing healthcare fairly. Students will look at how to overcome such barriers and will explore what can be done by different authorities (e.g. the government) to address these.
2	39	21st July	Enrichment Week		