

# LIFE SKILLS: Relationships & Sex Education (RSE) 2023/2024

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1	What is Life	Actions have consequences	Friendship Challenges	Dealing with Change	Income & Tax
2	What do you believe	P&D – Religion	Gangs & Violent Crime	Managing Change	Income & Pensions
3	What are your skills	P&D – Disability	County Lines	Reframing negative thinking	Somewhere to Live (ICT)
4	Whose rights	P&D – Racism & Sexuality	Drugs & effects	Depression, Anxiety & Misconceptions	Getting to work (ICT)
5	Water safety	Being an active bystander	Drugs & the law	Managing Mental Health	Just until pay day
6	How do I manage my time?	Police & Emergency Services	Drugs & Risk	Alcohol & Mental health	Risk & Reward
7	How do I manage my sleep?	Courts	Sexuality Timeline	Substances & Risk-taking behaviour	Risk & reward
8	How do I manage my diet?	Prisons	Consent & Assumptions	Drugs & Safety	Digital Footprints
9	How do I manage diet & exercise?	Online safety	Consent & Consequences	Prescription Drugs	Making Applications & Careers
10	How do I manage my feelings?	Online Propaganda	Sexting	Tattoos & Piercings	Dealing with Exam Stress
11	How do I manage my money?	Should I watch that	Healthy & Unhealthy Relationships	Cosmetic & Aesthetic Procedures	Personal Safety
12	How do I manage my relationships?	Live Streaming & Gaming	Public Sexual Harassment	First Aid – Chest Pain	Drugs – Managing Influences
13	Online safety	Drugs & Caffeine	Managing Unwanted Attention	Talking about sex	Drugs – Help Seeking
14	Bullying or Banter?	Drugs & Nicotine	Managing relationship breakdowns	Enthusiastic Consent	Online Sexual Harassment
15	Cyberbullying	Saving	Bullying or Banter?	Consent: Pressure, Persuasion & Coercion	Responding to Sexual Harassment
16	Peer Pressure	What's it worth	Managing my Money	Impact of Pornography	Reporting Online Sexual Harassment
17	Good Friendships	Fraud	Gambling & Addiction	Consent – Pornography	Self-examination
18	Online relationships	Budgeting	Avoiding Debt	Revenge Pornography	Grief & Bereavement
19	Online Bullying	Consent – reading NV signals in the context of relationships	Financial Exploitation (fraud)	Sexual Harassment	Expectations around sex
20	Peer on Peer Abuse	Safe Relationships	Identity Fraud	Reporting sexual harassment	Consent: responsibilities & consequences
21	Puberty	Comparisons	Mental Health & Anxiety	Relationship Abuse	Consent: Communicating wants & needs
22	Puberty & me	Body Shaming	Positive Mental Health	Marriages	Contraception
23	Puberty & periods	Body Confidence	Unhealthy vs Healthy coping strategies	Conflict Management	Safe sex
24	Identity & Diversity	Sexting & Nudes	Mental health & alcohol	Career Opportunities (online) & digital footprint	Fertility & options
25	Immigration	Dangers of pornography	Careers	Skills for employment	STI's
26	Diversity & Extremism	Puberty (wellbeing & MH)	Skills for Employment	Understanding behaviours for work	Pregnancy – add in unwanted pregnancy
27	Relationships – starting with me	Age appropriate relationships & intimacy	Employability	Understanding the workplace	Abortion – add in emergency contraception
28	Consent	Sexual Attraction & strong feelings	Jobs & Occupations	Employment rights & responsibilities	Having a baby – add in reasons to adopt/foster
29	Human Reproduction & sex	Choices & timings	Workplace relationships & employer expectations	Careers – workplace relationships	Parenting
30	Attraction & crushes	Contraception	Extremism & Diversity	Making applications & careers	Coercive control – include laws
31	Sexuality	STI's	Extremism & Radicalisation	Trade Unions	
32	FGM & forced marriage	Sepsis	The History of UK Democracy	Budgeting	
33	Smoking & Vaping	First Aid - bleeding	Politics & Me	Privilege	
34	Alcohol	My personal & academic strengths	Our Political Party 1	Racism	
35	Cannabis	Different Careers (ICT)	Our Political Party 2	Extremism	
36	Nitrous Oxide	My Career Ladder (ICT)	Local Democracy	Homelessness	
Cover	My Club	Better Things to do	How laws are made (cover?)	20's plenty	
		What is an MP?	Antisocial behaviour	Social Media	
	Vaping	Cigarette Packaging	Screen Time	The Real Mo Farah	
	Everyone is Awesome	The Right to Protest		Dating Apps & Relationships	
	Managing my Mental Health Smartphones	Airbrushing		Is honesty overrated?	
	Sleep	The work of the UN			