

Year group	Unit	Topic/theme learning outcome	DfE statutory guidance
7	Friendships and Bullying (1)	Bullying • What is it? • Motives and reasons • Cyberbullying and online footprint • Anti-bullying • Healthy friendships • Respect • Discriminatory language	• Respectful relationships • Online safety and awareness
7	Being British	British values • What are British values? • Identity and British values Free to be me • Protected characteristics	• Respectful relationships
7	Online Safety	Media literacy • Threat awareness • Image sharing • Interpreting information/bias	• Online safety and awareness • Wellbeing online
7	Growing Up	The changing body (KS2 recap) • Puberty • Menstruation Mental health • Managing mental health • Self-esteem • Resilience • Aspiration • Happiness • Identifying ill mental health	• Developing bodies • Mental wellbeing
7	Safe Summer	Water safety • Hazard scenarios • Taking risks Road and rail • Road safety • Rail safety Save a life • Water Smart with the RNLI	• Personal safety
7	Careers Education	• Who am I? • Dream jobs • What is a career? • What is an entrepreneur?	• Gatsby Benchmark 2: Learning from career and labour market information • Gatsby Benchmark 3: Addressing the needs of each young person
8	Relationships and Diversity	Identity • Gender identity • Sexual orientation Understanding relationships • Relationship issues Keeping safe and vigilant in relationships • Consent	• Respectful relationships • Being safe • Online safety and awareness

		• Sexting • Sexual exploitation • Online grooming and keeping safe • Honour-based violence • Female genital mutilation	
8	Personal Safety	• Save a life • CPR and defibrillator training (external)	• Basic first aid
8	Vigilance, Respect and Tolerance	Vigilance • Radicalisation • Prevent Respect and tolerance • Asylum • Being a refugee	• Respectful relationships • Personal safety
8	Being Healthy	• Diet and nutrition • Exercise • Sleep	• Healthy eating • Physical health and fitness • Health protection and prevention, and understanding the healthcare system
8	The Age of AI	• Understanding AI • Using AI responsibly • Deepfakes and the law	• Online safety and awareness • Wellbeing online
8	Celebrating Pride	• What is Pride? • Exmouth Pride	• Respectful relationships
8	Careers Education	• What are my interests? • Writing a CV • My future • What does success mean to me? • Careers and climate	• Gatsby Benchmark 2: Learning from career and labour market information • Gatsby Benchmark 3: Addressing the needs of each young person • Gatsby Benchmark 4: Linking curriculum learning to careers
9	Unhealthy Habits	Smoking • Dangers of smoking • Addiction issues • Vaping Alcohol • Binge drinking • Underage drinking Drugs • Classification • Drugs and the law • County lines Gambling • Gambling and the law • Gambling and addiction • Online gambling and gaming	• Drugs, alcohol, tobacco and vaping • Personal safety • Mental wellbeing • Wellbeing online

		• Gambling, debt and financial harm • Gambling and mental health	
9	Equality and the Law	Equality • Race in the media • Black Lives Matter The law • Knife crime	• Respectful relationships • Personal safety
9	Understanding Relationships and Families	Healthy vs. unhealthy relationships • Characteristics of a healthy relationship • The positive effects and benefits of a healthy relationship • Reflection and evaluation of relationships • Identifying unhealthy behaviour in relationships • Control, coercion and abuse Families • Types of committed, stable relationships • Committed relationships and raising children • Marriage • Other types of long-term relationships • Parenting: roles and responsibilities	• Respectful relationships • Being safe • Families
9	Sex Education	Sexual Behaviour Responsible Sexual Behaviour • Judging readiness for sex • Sexual health and STIs • Contraception Dangerous and criminal sexual behaviour • Sexual harassment • Sexual violence Evolving relationships • Healthy relationships (recap) • The role and purpose of sex Sexual relationships • Healthy sexual relationships • Sexual consent and the law • Managing sexual pressures • Chemical influences and safety • STIs (development) • Contraception (development) Sex and the media • Understanding pornography and the sex industry • Media desensitisation Managing pregnancy • Fertility • Understanding pregnancy	• Intimate and sexual relationships, including sexual health • Being safe • Respectful relationships • Online safety and awareness • Health protection and prevention, and understanding the healthcare system • Developing bodies

		• Abortion: choices and legal issues	
9	Monitoring Health	Keeping healthy • Hygiene, including dental health • Infection and antibiotics • Screening and self-examination • Vaccination • Medical consent	• Health protection and prevention, and understanding the healthcare system
9	Careers Education	• What are my skills? • Decision making • GCSE options • My career journey • The labour market	• Gatsby Benchmark 2: Learning from career and labour market information • Gatsby Benchmark 3: Addressing the needs of each young person
10	Respect in Relationships	Diversity in healthy relationships • Avoiding microaggressions • Respecting protected characteristics Gender issues in relationships • Equality in relationships • The manosphere and misogyny	• Respectful relationships • Online safety and awareness
10	Friendships and Bullying (2)	Crossing the line • The line between banter and bullying • Cyberbullying and consequences (mental health focus)	• Respectful relationships • Online safety and awareness • Wellbeing online
10	Managing Money	Personal finance • Credit vs. debit • Budgeting • Controlling spending • Tax and National Insurance	• No direct RSHE statutory strand
10	Being British: A Recap	British values • Understanding British values • In focus: tolerance and respect • Celebrating British values	• Respectful relationships
10	Love Your Body	Body image • What is body image? • Body positivity • Body shaming	• Wellbeing online • Mental wellbeing • Physical health and fitness
10	Careers Education	• My career journey • Employer profiles • What type of career is best for me? • Preparing for work experience • Wellbeing in the workplace • Remote, in-person and hybrid work	• Gatsby Benchmark 2: Learning from career and labour market information • Gatsby Benchmark 3: Addressing the needs of each young person • Gatsby Benchmark 6: Experiences of workplaces

11	Managing Exam Season	Effective revision • Planning revision and organisation • Revision techniques • Revision time • Managing stress	• Mental wellbeing
11	Careers Education	• Personal • Writing a CV • Post-16 choices • Taking the next step • Volunteering and paid work	• Gatsby Benchmark 2: Learning from career and labour market information • Gatsby Benchmark 3: Addressing the needs of each young person • Gatsby Benchmark 7: Encounters with further and higher education