

RSHE Form time 2024 - 2025

| Wk | Year 7 <i>1 tutorial a week</i> | Year 8 <i>1 tutorial a week</i> | Year 9 <i>1 tutorial a week</i> | Year 10 <i>1 tutorial a week</i> | Year 11 <i>1 tutorial a week</i> | Year 12 <i>1 tutorial a week</i> | Year 13 <i>1 tutorial a week</i> |
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| 1 | Self-reflection and target setting | Self-reflection and target setting | Self-reflection and target setting | Goal Setting | Post 16 options | VESPA Mindset Booklet Goal Setting | Researching Career Options - Where are you now? |
| 2 | Healthy choices: Dental Hygiene | Risks of Vaping | Positive Thinking | Promoting emotional Wellbeing | Making choices: Planning for the future | VESPA 5 elements to success | Researching Career Options - (1) Where do you want to get to? (2) What matters to you most in life? |
| 3 | Healthy Choices: Diet | Risks of Energy drinks | Healthy and unhealthy relationship | Exploring Mental Health | Personal Branding | VESPA: Vision | Researching Career Options - How are you going to get there? |
| 4 | Rail Safety | Health HVP | Gaslighting | What is depression? | Making Applications | VESPA: Effort: The three R's of Habit | Researching Career Options - University life – what is important to you? |
| 5 | Black History Month | Managing Mental health | Risks of carrying a knife | Assembly - Black History Month History | How to write a CV | VESPA: Systems: Eisenhower Matrix | Writing an Effective Personal Statement - (1) What is an Admissions Tutor? (2) What must you do to get an offer from an Admissions Tutor? (3) What does a reasonable personal statement look like? |
| 6 | Mental Health - Stress | Assembly - Black History Month History | Assembly - Black History Month History | Mens Mental health | Writing your own CV | VESPA: Practice The Leitner Box Blooms Taxonomy | Writing an Effective Personal Statement - (1) What can go wrong with a personal statement? (2) Advice from Admissions tutors |
| 7 | Urban Modern-day slavery | Modern Day Slavery in the UK | Modern Day Slavery around the world | Men's Mental Health | Interview Prep | VESPA: Attitude: Kill your critic and falling forwards | Writing an Effective Personal Statement - Personal Statement Action Plan |
| 8 | Firework safety | Organ Donation | Firework safety | Mental health: PMS and PMDD | Amnesty Int: Taking action | VESPA: Reaching the Summit | Writing an Effective Personal Statement - Personal Statement Action Plan |
| Half term | | | | | | | |
| 9 | Social Media Kindness | Stress | Stress | Stress | Stress | Forced Marriage | Payment methods used in the UK |

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| 10 | Anti Bullying | Anti-Bullying | Anti Bullying | Online safety, Cyber bullying and trolling | Bullying in the work place | Honour-Based Violence | Managing a household budget game |
| 11 | Anti-Bullying Banter vs Bullying | Prejudice bullying | Anti- bullying Peer on peer abuse | Alcohol Awareness | The Sleep Factor | Healthy Relationships | Borrowing money and the risks |
| 12 | Changing faces – A world of difference | Equality in opportunity in the work place | Misogyny | HIV: The facts | Exam stress | Consent | Value for money and Making more of it |
| 13 | Movember – Mens mental health | Movember – Mens mental health | Movember – Mens mental health | Movember – Mens mental health | Movember – Mens mental health | STIs & Contraception | Going abroad and understanding foreign currency |
| 14 | Road Safety | Road Safety | Road Safety | Road Safety | Road Safety | Pregnancy | Inflation and our pockets |
| 15 | End of term quiz & feedback | End of term quiz & feedback | End of term quiz & feedback | End of term quiz & feedback | Career progression | Alcohol, parties and choices | Calculating foreign exchange rates |
| Christmas Holidays | | | | | | | |
| 16 | Diversity British Values | What is your identity | <i>Run Hide Tell Personal Safety</i> | Identifying unhealthy relationships | Family Conflicts | How is cancer diagnosed? HVP and cervical cancer | Equality in Relationships |
| 17 | Healthy lifestyles | Effects of Obesity – Eat the rainbow | Body Positivity | Managing unwanted attention | Long term Commitments | Human trafficking | Long Term Relationships |
| 18 | Martin Luther King Assembly | Martin Luther King Assembly | Body Image – Male focus | Reducing inappropriate behaviours | Assertive communication | <i>Martin Luther King</i> | Perceptions |
| 19 | Bullying | Discrimination: Racism | Relationships: Consent | Holocaust Assembly | Holocaust Assembly | Consent | Diversity |
| 20 | Tackling Homophobic Language | LGBT –What is it? | Careers – Options and Post 16 | Cancer Myths and Facts | Assertive communication (contraception and sexual health) | Eating disorders | Prejudice |
| 21 | Safer Internet day ZA | - Safer Internet day ZA | Safer Internet day ZA | Safer Internet day ZA | Relationship challenges | Safer Internet day ZA | FGM |

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| 22 | School Values, British values and Kindness | School mission, British values and Kindness Mission | Careers – Options and post 16 A Wright | Types of extremism | <i>NaCTSO Run Hide Tell</i> | Social Media Benefits | Sexual Colonialism |
| Half term Spring | | | | | | | |
| 23 | International Women's Week | | | | | | |
| | Gender Bias - What is women's International day? | Gender Equality - Are we equal? | Careers week: Engineering career & opportunity | Careers week: Engineering career & opportunity | CoppaFeel – Breast cancer awareness | Self Harm – Dealing with difficult feeling and how to support a friend Guide for parents | Medical Ethics / RE |
| 24 | Careers and stereotypes | Who are we? Careers conversations | Gender stereotypes | International Womens Day – Womens Rights | Testicular torsion | Shamima's Story Part 1 Radicalisation | Sanctity of Life |
| 25 | Life without Sleep | What is Child Sexual Exploitation? | World oral health day - Dental Hygiene/health | The future of work | Testicular cancer | Shamima's Story Part 2 Radicalisation | Organ Donation |
| 26 | Disability awareness | Learning Disabilities | Drugs discussion Nitrous oxide | Borrowing money Debt awareness week | Influences and risks of cosmetic and aesthetic body alterations | Human Rights | IVF |
| 27 | Self regulation and me – Managing stress | Managing the impact of Social media on Mental health | Sexual Assault Upskirting and the law | Changing anxiety into excitement | Registering and accessing NHS services | Sexual harassment and the law Signposting for support | Abortion |
| Easter Break | | | | | | | |
| 28 | Facing Challenges | LGBTQAI+ History | Foreign Aid | Drugs | Teenage Pregnancy | Ways to revise | Revision – Mind maps |
| 29 | Sleep | Alcohol Awareness | Acid Attacks | Marriage | Adoption & Fostering | Ways to revise continued | Revision Techniques |
| 30 | Sun Awareness | What is love? | Drugs – Cannabis etc. | Conflict management | Fertility Treatment | Active revision Booklet | Active Revision |
| 31 | Self esteem/Vaping | Body Positivity | Conflict at home | Tattoos | Relaxation | Relaxation | Revision Tips |
| 32 | Online stress | Cancer Awareness | Conflict management | Piercings | Importance of sleep | Sexual Health | Revision & Memory |
| 33 | British Citizens | Grooming | Payday Loans | STEM Industries | Unplanned pregnancy options | Sexual Health | |
| Summer half term Break | | | | | | | |
| 34 | Brexit Britian | Passive Smoking | Selfie Safety | CV Writing | | UCAS booklet | |
| 35 | Discrimination LGBTQ | Organ donation | HIV & AIDS | County Lines | | Universities | |
| 36 | Personal Development | Seeking Asylum | Payday loans | Image-Based Abuse | | Application Forms | |

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| 37 | Budgeting | Right wing extremism | Foreign Aid | Terrorism | | Personal Statements | |
| 38 | Ethical Shopping | Religious Tolerance | Human Rights | Modern Day Slavery | | Offer process | |
| 39 | Immigration | Disability Discrimination | Human Trafficking | Mental Illness- Bipolar | | References | |
| 40 | End of term Quiz | End of term Quiz | End of term Quiz | End of term Quiz | | End of term Quiz | |