

RSHE Autumn Term Schedule

	W/C	Y7
A Tutor time	31-Aug	How does it feel to start secondary school?
B Thurs B1	07-Sep	What are my emotions telling me?
A Tutor time	14-Sep	How can we make healthy choices for our mental wellbeing?
B Thurs B1	21-Sep	How can we build a positive relationship with ourselves?
A Tutor time	28-Sep	How can we build our resilience to challenges?
B Thurs B1	05-Oct	How do exercise and sleep impact our physical health?
A Tutor time	12-Oct	How do I keep my body and teeth clean?
	Half-term	
B Thurs B1	02-Nov	What are the facts about smoking and vaping?
A Tutor time	09-Nov	How can we stay safe in different environments?
B Thurs B1	16-Nov	How can we perform first aid?
A Tutor time	23-Nov	How do our bodies change during puberty?
B Thurs B1	30-Nov	How does it feel to go through puberty?
A Tutor time	07-Dec	Genitals and reproductive systems
B Thurs B1	14-Dec	How do our genitals change during puberty?

RSHE Autumn Term Schedule

	W/C	Y8
A Tutor time	31-Aug	How can we talk about our mental health?
B Thurs B1	07-Sep	How can we develop a positive mindset?
A Tutor time	14-Sep	Who am I?
B Thurs B1	21-Sep	How does our diet affect our physical health?
A Tutor time	28-Sep	How can we overcome barriers to physical exercise?
B Thurs B1	05-Oct	What are the facts about alcohol?
A Tutor time	12-Oct	What are the facts about legal and illegal drugs?
	Half-term	
B Thurs B1	02-Nov	How can we manage risks while trying new things?
A Tutor time	09-Nov	How can people understand their sexual desires?
B Thurs B1	16-Nov	How can we all love the body we have?
A Tutor time	23-Nov	The importance of genitals (including FGM)
B Thurs B1	30-Nov	The importance of vaccination and healthcare
A Tutor time	07-Dec	What happens during sexual intercourse?
B Thurs B1	14-Dec	What choices do people make around using condoms?

RSHE Autumn Term Schedule

	W/C	Y9
A Tutor time	31-Aug	Self-regulation techniques
B Thurs B1	07-Sep	Experiencing complex emotions (including mental ill-health)
A Tutor time	14-Sep	Why can it be hard to talk about our feelings?
B Thurs B1	21-Sep	How could someone respond to drug-related emergencies?
A Tutor time	28-Sep	How can people stay safe around alcohol?
B Thurs B1	05-Oct	How can we stay safe in public spaces?
A Tutor time	12-Oct	How can we avoid criminal exploitation?
	Half-term	
B Thurs B1	02-Nov	How can we support everyone to have positive body image?
A Tutor time	09-Nov	How are people affected by hormonal and mood cycles?
B Thurs B1	16-Nov	How can we check our own health?
A Tutor time	23-Nov	How can blood, organ and stem cell donation save lives?
B Thurs B1	30-Nov	How can people protect themselves and others from STIs?
A Tutor time	07-Dec	How can we avoid pressuring other people?
B Thurs B1	14-Dec	How can we manage peer influence?

RSHE Autumn Term Schedule

	W/C	Y10
A Tutor time	31-Aug	Healthy and unhealthy coping strategies
B Thurs B1	07-Sep	Techniques for improving mental health and reducing low-mood
A Tutor time	14-Sep	How can we improve our self-esteem?
B Thurs B1	21-Sep	How can we overcome barriers to a healthy lifestyle?
A Tutor time	28-Sep	How can someone stop smoking or vaping?
B Thurs B1	05-Oct	What are the effects of drugs on the body and mind?
A Tutor time	12-Oct	How can we manage powerful influence?
	Half-term	
B Thurs B1	02-Nov	What life saving skills and first aid skills do I need?
A Tutor time	09-Nov	How does the media affect body image and the way we relate?
B Thurs B1	16-Nov	Pregnancy and healthy foetal development
A Tutor time	23-Nov	How can people make healthy choices around contraception?
B Thurs B1	30-Nov	When does showing vulnerability in a relationship make you stronger?
A Tutor time	07-Dec	How can we manage conflict healthily?
B Thurs B1	14-Dec	How can we help our friends to have healthy boundaries?

RSHE Autumn Term Schedule

	W/C	Y11
A Tutor time	31-Aug	Balancing everyday pressures and opportunities
B Thurs B1	07-Sep	How can we build resilience and overcome challenges?
A Tutor time	14-Sep	How does addiction impact mental health?
B Thurs B1	21-Sep	How can we avoid exploitation and radicalisation?
A Tutor time	28-Sep	How can I feel confident and safe when meeting new people ?
B Thurs B1	05-Oct	How can people make healthy choices about cosmetic procedures?
A Tutor time	12-Oct	What health issues can affect people with female bodies?
	Half-term	
B Thurs B1	02-Nov	What does it mean to become a parent?
A Tutor time	09-Nov	Fertility, infertility and miscarriage
B Thurs B1	16-Nov	The choice to continue or end a pregnancy
A Tutor time	23-Nov	How can we access the healthcare we need?
B Thurs B1	30-Nov	How can we test for, and protect each other from, STIs?
A Tutor time	07-Dec	How can you tell if a friendship is positive?
B Thurs B1	14-Dec	What affects our ability to connect to others?

Schedules are subject to change. This is particularly the case for year 11 throughout the Mock Exams.