

RSHE Post 16

RSHE at Post 16 is delivered as part of Preparation for Adulthood, Personal Social Development, Citizenship and E-Safety. Each campus has their own programme of study tailored to students' needs and designed to increase self-advocacy.

The Skills Centre

| Term | Pathway 1 | Pathway 2 | Pathway 3 |
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| Autumn 1 Self-Awareness | <ul style="list-style-type: none"> • Things we are good at • Kind and unkind behaviours • Playing and working together • People who are special to us • Getting on with others | <ul style="list-style-type: none"> • Things we are good at • Kind and unkind behaviours • Playing and working together • People who are special to us • Getting on with others | <ul style="list-style-type: none"> • Things we are good at • Kind and unkind behaviours • Playing and working together • People who are special to us • Getting on with others |
| Autumn 2 Managing Feelings | <ul style="list-style-type: none"> • Identifying and expressing feelings • Managing strong feelings | <ul style="list-style-type: none"> • Identifying and expressing feelings • Self-esteem and unkind comments • Strong feelings • Romantic feelings and sexual attraction • Expectations of relationships/abuse | <ul style="list-style-type: none"> • Identifying and expressing feelings • Self-esteem and unkind comments • Strong feelings • Romantic feelings and sexual attraction • Expectations of relationships/abuse |
| Spring 1 Changing and Growing | <p>This can include naming body parts/ keeping clean and changes to bodies. Period management</p> | <ul style="list-style-type: none"> • Changes at puberty • Dealing with touch • Different types of relationships • Friendship • Intimate relationships • Healthy and unhealthy relationships, consent • Long-term relationships /parenthood | <ul style="list-style-type: none"> • Different types of relationships • Friendship • Healthy and unhealthy relationship behaviour • Intimate relationships, consent • Long-term relationships /parenthood |

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| <p>Spring 2</p> <p>Self-care and Safety</p> | <ul style="list-style-type: none"> • Taking care of ourselves • Keeping safe • Trust • Public and Private • Feeling unwell | <ul style="list-style-type: none"> • Feeling unwell • Feeling frightened/worried • Accidents and risk Keeping safe online Emergency situations • Public and private Gambling | <ul style="list-style-type: none"> • Feeling unwell • Feeling frightened/worried • Accidents and risk Keeping safe online Emergency situations • Public and private Gambling |
| <p>Summer 1</p> <p>Healthy Lifestyle</p> | <ul style="list-style-type: none"> • Healthy Eating • Taking care of physical health • Keeping well | <ul style="list-style-type: none"> • Elements of a healthy lifestyles • Mental wellbeing • Physical activity • Healthy eating • Body image • Medicinal drugs • Drugs, alcohol & tobacco | <ul style="list-style-type: none"> • Elements of a healthy lifestyles • Mental wellbeing • Physical activity • Healthy eating • Body image • Medicinal drugs • Drugs, alcohol & tobacco |
| <p>Summer 2</p> <p>The World we Live in</p> | <ul style="list-style-type: none"> • Respecting differences between people • Jobs people do • Rules and laws • Taking care of the environment • Belonging to a community | <ul style="list-style-type: none"> • Diversity/rights and responsibilities • Managing online information • Taking care of the environment • Respecting differences between people • Jobs people do • Rules and laws • Taking care of the environment • Belonging to a community | <ul style="list-style-type: none"> • Diversity/rights and responsibilities • Managing online information • Taking care of the environment • Respecting differences between people • Jobs people do • Rules and laws • Taking care of the environment • Belonging to a community |

CHI (Classroom in the Heart of Industry)

| Term | Personal Social Development | Health and Wellbeing | Citizenship | Relationships | E-Safety |
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| Autumn 1 | <p>YEAR 1 Developing Self</p> <p>YEAR 2 Identity and Cultural Diversity Using Technology in the home and community</p> | <p>Support to settle into new routines- Preparation for Work</p> <p>timekeeping, personal presentation & hygiene, manual handling, travel training, hierachy in organisation, work life balance, body language customer service, motivation and teamwork</p> | <p>Introduction to British Values</p> <p>Rule of Law What can I do? Laws regarding age limits (alcohol/marriage/ Driving/gambling etc) Leadership & accountability – How is the UK governed? Democracy in the UK British electoral system (national/local)</p> | <p>Getting to know each other</p> <p>Developing different types of relationships Trust – who can you trust and why? Respect – who to respect and why? Characteristics of a positive/healthy relationship</p> | <p>Using log-ins, emails, saving work etc; Plagiarism; Legal principles and vocabulary relating to copyright Identify websites that are safe to visit and how to avoid ones that are not appropriate AI – altered digital images Keeping personal details safe. Reasons for use of privacy settings.</p> |
| Autumn 2 | <p>Year 3 Managing Social Relationships</p> <p>First Aid – Emergency First Aid at work qualification</p> | <p>Wellbeing physical wellbeing Emotional wellbeing Mental health-support & attitudes Social wellbeing Spiritual wellbeing</p> | <p>Remembrance Sunday Anti-Bullying Week Who is your MP? What do they do? Main British political parties Right to protest and petition</p> | <p>Characteristics of a healthy / unhealthy relationship</p> <p>Appropriate and inappropriate topics of conversation-why they may cause offence Conflict resolution and avoidance Support for unsafe or difficult relationships Understanding that some relationships are abusive/recognising signs of domestic abuse Grooming and Coercion</p> | <p>Keeping personal information and images private. The impact of a range of online content. Does online life reflect real life? Online reputation checklist to help manage & maintain online reputation Uploading photos to social media Respect for others Reporting when things go wrong</p> |

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| <p>Spring 1</p> | <p>YEAR 1 Healthy Eating Personal safety in the home and community</p> <p>YEAR 2 Preparation for Work</p> | <p>Drugs- inc. associated risks Drug- laws & county lines Alcohol- physical/psychological risks Addiction- inc alcohol dependency Prescription drugs</p> | <p>Rights and responsibilities Human rights and responsibilities Universal declaration of human rights Diversity (Race/Sexuality) Equality (and Equality Act) Sexuality and Homophobia</p> | <p>Stereotypes and why they are dangerous Different family structures Successful parenting Legal status of marriage and civil partnerships</p> | <p>Peer pressure and competition What is cyberbullying and understanding when it's gone too far What is peer pressure and how it manifests itself on line Being smart with your smartphone - spending money online Keeping safe whilst using interactive technology Friendships on social media – the risks and ways to socialise safely online</p> |
| <p>Spring 2</p> | <p>Year 3 Managing Own Money</p> <p>First Aid – Emergency First Aid at work qualification</p> | <p>Smoking and Vaping (risks, benefits of quitting and how to access support) Personal hygiene and infection control (germs, bacteria, viruses) Dental health Benefits of regular self-examination and screening Immunisation and vaccination</p> | <p>Types of Pollution Environmental Issues Mutual respect Tolerance of different cultures and religions</p> | <p>Forced marriage, honour-based violence, FGM Characteristics of healthy intimate relationships- differences between a friendship & a sexual relationship Characteristics of healthy intimate relationships (mutual respect, consent, loyalty, trust, sex, shared interests, friendship) How sex and relationship choices can affect health</p> | <p>Uploading photos to social media Online body image – myth v reality Sexting Naked Selfies Social networking/ video chat and web cams</p> |

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| <p>Summer 1</p> | <p>Year 1 Healthy Living</p> <p>Year 2 Individual Rights and Responsibilities</p> | <p>Emotions</p> <p>Happiness Confidence Hurt and Disappointment Pride/Success Resilience</p> | <p>Individual liberty Moving out of home/mortgages/rent/expenses / wages</p> | <p>To understand and recognise sexual pressure Reproduction and contraception Choices in relation to pregnancy inc. adoption and abortion STI's – types, prevention and help, impacts</p> | <p>Risks and dangers of making friends online Identifying that online contacts may not be who they say they are Online coercion and decision making Awareness of typical grooming behaviours Online grooming and deception</p> |
| <p>Summer 2</p> | | <p>Road safety Anxiety Coping with common minor illnesses Going to hospital Blood, organ, stem cell donation Depression</p> <p>Benefits of community participation / volunteering for wellbeing</p> | <p>Pride month</p> | <p>Consequences of different behaviours focus.</p> <p>1-Rumours and gossiping 2- Lying 3- Fake messages 4 - Sexting 5 & 6 – Workplace behaviour and behaviour with friends.</p> | <p>Stay safe on screen; How to webchat with confidence Live streaming The role the media plays in shaping our ideas about male and female stereotypes Your digital tattoo/ footprint and the ways to manage it Online privacy Maintain the security of personal information and the computer system Reporting problems to CEOP</p> |

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Summerwood

Students at Summerwood following a RSHE curriculum which covers the following areas. Teachers will revisit these areas to support student needs. This is a rolling programme covered over a two-year period.

| | Emotional and Mental Health | Future Choices & Money | Health and Fitness | Keeping Safe | Online Life and Media | Personal Development Skills | Relationships | Sexual Health | Values, Rights & Responsibilities |
|------|---|--|--|--|--|--|---------------|---------------|-----------------------------------|
| | Year 1 (23-24, 25-26) | | | | | | | | |
| | Aut 1 | Aut 2 | Spr 1 | Spr 2 | Sum 1 | Sum 2 | | | |
| Wk 1 | Goal setting and contingency planning | Being a resilient student | Is this love or lust? | Personal safety in relationships | Marketing yourself | Understanding politics & political influences | | | |
| Wk 2 | Common mental health issues and strategies to help | Understanding sexuality & sexual orientation | Managing study/ exam stress | Keeping physically healthy while studying | Understanding gender diversity | What is extremist behaviour? | | | |
| Wk 3 | Prioritising my mental health | Coming out as LGBTQ+ | Setting my priorities for after school / college | The Law & You | Staying motivated | Influence of faith and cultural views on relationships | | | |
| Wk 4 | Monitoring my health | My career ambitions | Are human rights balanced in society? | Managing emergency situations | Money matters | Sexual exploitation & abuse | | | |
| Wk 5 | Building a positive online profile | Contraception and choices | Online dating pros and cons | Differences in societal values - current issues (includes microaggressions in society) | Substance misuse | Respectful & assertive communication in relationships | | | |
| Wk 6 | Budgeting & finance | Sexual health and STIs | Body image & social media | Ending an intimate relationship respectfully | Alcohol misuse: personal & social consequences | Community impact of organised crime | | | |
| Wk 7 | Revisit themes required by individual groups of students. | | | | | | | | |

| | Year 2 (24-25, 26-27) | | | | | |
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| | Aut 1 | Aut 2 | Spr 1 | Spr 2 | Sum 1 | Sum 2 |
| Wk 1 | Goal setting and contingency planning | Positives & negatives of gaming and gambling | Managing strong emotions in relationships | Young adult illnesses | Environmental issues, community & action | Building a positive online profile |
| Wk 2 | Common mental health issues and strategies to help | De-escalating aggressive situations | Pregnancy & young parenthood | Rape & sexual assault | Menopause and women's health | Body image & social media |
| Wk 3 | Prioritising my mental health | Customer service and consumer rights | Healthy eating on a budget | Managing mental health when starting college, University or work | My career ambitions | Understanding gender diversity |
| Wk 4 | Monitoring my health | Suicide prevention | Workplace legislation | Managing changes in relationships when starting College, Uni or work | Ages 11-14 : Misogyny, causes and consequences | Understanding sexuality & sexual orientation |
| Wk 5 | Contraception and choices | Young men and suicide | Being a resilient student | Preparing to live independently | Gangs and organised crime | Money matters |
| Wk 6 | Sexual health and STIs | Managing challenging relationships at work | Managing study/ exam stress | Travel safety including abroad | Personal safety in relationships | Preparing to drive & driving safety |
| Wk 7 | Revisit themes required by individual groups of students. | | | | | |