Year 7

Lesson Title		Content	When	How
1	Friendship and Bullying	• Friendships and their characteristics • Defining bullying and stereotypes • Bully, Bystander, Victim • Verbal, Physical, Emotional, Cyber	RSE is taught to all Key Stage 3 groups during the Autumn 2 half term. At this point relationships between pupils and class teacher have been established and pupils should at this point feel comfortable to contribute, ask questions, answer questions and respond maturely to their peers and the topics covered. 2 hours per fortnight.	All RSE is taught in-line with the RPSE Curriculum at Holmfirth High School. We use a range of teaching techniques, including: • Group work • Independent Work • Paired Work • A range of work-sheets • Evaluation and analysis activities • Case Studies (real life) • Demonstrations • Visual Aids (contraception) • Creative activities • Age appropriate video resources • Occasional Documentaries (age and content appropriate) • Quizzes and Progress Indicators • Independent research • Where necessary online teaching via appropriate platforms will take place
2	Effects of Bullying	• Long-term and short-term consequences • Physical and Mental Effects • How to deal with bullying – in school, in the community • Trolling and online behaviour		
3	Types of Relationships	• Difference between platonic and intimate relationships • Long-term relationships and marriage • Responsibilities within a relationship		
4	Healthy and Unhealthy Relationships	• Characteristics of healthy and unhealthy relationships and friendships including; trust, respect, honesty, boundaries, kindness, generosity, privacy, consent and managing conflict • Who do we trust and why? • CSE		
5	Puberty	• Defining puberty • Male and Female changes (physical and emotional) • How to deal with the changing body • Menstruation and Periods		
6	Appropriate Sexual Behaviour	• Online behaviour – Dangers of social media and video chat • Up-skirting • Respectful relationships including sexual harassment and sexually inappropriate language and behaviour		
7	Looking After Yourself – Mentally and Physically	• The difference between mental health and mental well-being and the identification of these • Healthy diet • The link between physical activity, happiness and mental health		

		• Other strategies for keeping good mental health – link back to achievement and success, as well as strong relationships • Personal hygiene including germs and bacteria • Self-examination (breasts and testicles)		