



Holy Trinity

RSHE Long Term Plan - Secondary

RSHE is taught within RE lessons

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y7		<ul style="list-style-type: none"> • Session 1 - Who am I? 	<ul style="list-style-type: none"> • Session 2 - Changing bodies • Session 3 - Healthy inside and out. 	<ul style="list-style-type: none"> • Session 4 - Where we come from 	<ul style="list-style-type: none"> • Session 5 - Family and friends 	<ul style="list-style-type: none"> • Session 6 - My life on screen • Session 7 - Living in the wider world
Y8		<ul style="list-style-type: none"> • Introductory session - revisiting principles from Y7. • Session 1 - Created and chosen 	<ul style="list-style-type: none"> • Session 2 - Appreciating differences • Session 3 - Feelings 	<ul style="list-style-type: none"> • Session 4 - Before I was born 	<ul style="list-style-type: none"> • Session 5 - Tough relationships 	<ul style="list-style-type: none"> • Session 6 - Think before you share • Session 7 - Wider world
Y9		<ul style="list-style-type: none"> • Session 1 - The search for love 	<ul style="list-style-type: none"> • Session 2 - Love people, use things • Session 3 - In control of my choices 	<ul style="list-style-type: none"> • Session 4 - Fertility and contraception 	<ul style="list-style-type: none"> • Session 5 - Marriage 	<ul style="list-style-type: none"> • Session 6 - One hundred percent • Session 7 - Knowing my rights and responsibilities
Y10		<ul style="list-style-type: none"> • Introductory session - revisiting principles from KS3. • Session 1 - Authentic Freedom 	<ul style="list-style-type: none"> • Session 2 - Self image • Session 3 - Values, attitudes and beliefs 	<ul style="list-style-type: none"> • Session 4 - Parenthood (personal relationships) 	<ul style="list-style-type: none"> • Session 5 - Pregnancy and abortion (life cycles) 	<ul style="list-style-type: none"> • Session 6 - Abuse • Session 7 - Solidarity
Y11		<ul style="list-style-type: none"> • Session 1 - Coercive control • Session 2 - Eating disorders. 				