

# RSHE includes RSE and PSHE as well as aspects of Social Moral Spiritual and Cultural development. 2024-2025



The curriculum supports the whole school approach, increasing understanding and development of PERSONAL SAFETY, CITIZENSHIP & COMMUNITY.

West Coventry Academy

Respectful | Responsible | Resilient | Ready to Learn



# RSHE



***During your RSHE lessons you will explore topics and themes linked to- Personal and Economic wellbeing, Health as well as Relationships and Sexual health(RSE),***

***During tutor sessions you will learn about many aspects of Citizenship and awareness of the wider world including, the rule of law, rights and responsibilities.***

***Though out these lessons and across the wider school we aim to help you develop greater spiritual, moral, cultural and social awareness and understanding (SMSC ) alongside skills and knowledge to help you, not just to understand, but to thrive in the wider world.***

You will explore cultural diversity, global concerns, justice and the law, equality including your rights and responsibilities, promoting and supporting physical and mental health, awareness of local and global issues, how to participate in politics, careers, relationships, finance and personal safety. To support the needs of our students and the wider community we also encourage students to participate in enacting positive change, supporting their community as well as local and national charities and events.

Our curriculum promotes the spiritual, moral, cultural, social, mental and physical development of our students and of society, and prepares our students for the opportunities, responsibilities and experiences of later life.

Your personal development though RSHE and Citizenships will also be support by and in turn help you with your academic progress. It will empower you to aspire to and plan for, a positive future. Through the application of our 4R's we hope you will love celebrating diversity and learning about life in the wider world here at WCA.

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Across all year groups the academic year is divided into 3 terms each with a clear theme

TERM	Summary	Link to school 4 R's
Term 1 Community	Learning about those around us, promoting respect for and an appreciation of diversity and inclusion	RESPECT – for self and others RESILIENCE- learning for life, and coping with the challenges that life brings. RESPONSIBILITY – to self and wider community to make a positive contribution. READY TO LEARN- exploration of our diverse and wonderful world and how we can live well within it.
Term 2 Governance and Justice	Learning about the rules of law, rights and values in the UK and the wider world and how they are formed/applied.	RESPECT for humanity, the planet, democracy, authority and the rule of law RESPONSIBILITY for self, others and the planet RESILIENCE- the information and skills to make sense of challenging situations and how to access support READY TO LEARN – assess your own understanding , identify how you can participate and consider global differences.
Term 3 Skills for life	Preparing our students for the wider world , helping them to understand and have the skills they need to lead happy productive lives.	RESPECT for self and for those around you. Developing skills and understanding of the wider world in preparation for independence. RESILIENCE – building skills, confidence and understanding to support resilience and self awareness. RESPONSIBILITY – for your choices and the impact you have on the world. READY TO LEARN- all about the world and how to achieve independence.



## RSHE LESSONS-Year 7

Term 1		Theme – Part of our Community	
Introduction	Welcome		
1	Who am I?	Getting to know your class	
2	Friends and family	Exploring our values	
3	Relationships and tolerance	How to navigate relationships ?	
4	Our school community	Celebrating diversity and cohesion	
5	Upstander impact	Helping to stop bullying	
6	Mental health	Self care and support	
7	Stereotypes and prejudice	Acceptance inclusion and freedom of speech	
Term 2		Theme – Governance and Justice	
1	Who Runs the world?		
2	How are laws made?		
3	Protected characteristics	Understand the law	
4	Discrimination, prejudice the law	Direct and indirect	
5	Child exploitation and criminal gangs		
6	Knife crime and the laws		
7	CSI	Role of services	
Term 3		Theme – Skills for life	
1	Internet safety	Reporting and removing	
2	Digital footprint	Online responsibility	
3	Road and rail safety		
4	Coping with puberty and changes	Emotional challenges and changing appearance	
5	Mental ill health common signs	Symptoms and support for anxiety , low mood	
6	Benefits of Exercise diet and self care on mental health	Self care, building resilience	

# Citizenship & Whole School themes – Year 7

YEAR 7	Citizenship (tutor) fortnightly themes	Whole school themes
<b>TERM 1</b> Welcome to the WCA community	Getting to know you	Welcome
	4 r's – West Coventry Way	4rs and values 25 <sup>th</sup> sept – cycle to school week
	Charitable/volunteering	McMillan coffee -27/9 10 <sup>th</sup> October – Hello Yellow
	Student leadership	7 <sup>th</sup> 13 <sup>th</sup> oct hygiene week Oct- Black History Month
	British Values	18 <sup>th</sup> Oct aids awareness 21 <sup>st</sup> -27 <sup>th</sup> recycle week
	Upstander anti bullying Safe travelling advice- be seen!	11 <sup>th</sup> -15 <sup>th</sup> Nov Antibullying week 18 <sup>th</sup> - 24 <sup>th</sup> Nov road safety week
	Protected characteristics what are they?	Foodbank appeal Dec 13 <sup>th</sup> Christmas jumper day
<b>TERM 2</b> Governance and Justice	Liberties and values	Energy saving week Jan 16th Safer internet day 6 <sup>th</sup> Feb
	Voting and democracy British law and governance explained	Feb LGBT history month Children's mental health week -6 FEB
	Careers in governance	1 <sup>st</sup> March World Book day Careers week - 6 <sup>th</sup> March
	Police and justice, Mock trials	April – stress awareness month
<b>Term 3</b> Preparation for life	Relationships of all kinds	Resetting standards
	Managing emotions	April – stress awareness month
	First aid	May – mental health awareness week -15 <sup>th</sup>
	Mental health and lifestyle	June Pride & inclusion June Mens mental health month
	Money management	June – refugee awareness
	Enacting change Celebrating success Accessing help and support	Achievements Multicultural festival

# RSHE LESSONS - Year 8

Term 1		Theme – Community Diversity and Culture	
1	Upstanders		
2	Respectful relationships		
3	Harassment and pressure		
4	Gender equality & roles		
5	Fake news – deep fakes	Assessing the truth?	
6	Human Rights		
7	False reality & pressure	Online airbrushed perfection	
Term 2		Theme – Governance and Justice	
1	Parliament= power?		
2	Protected characteristics inc LGBTQ+ rights	Understand the law	
3	Grooming – sexualised and extremist - Prevent	Awareness and support	
4	Child exploitation recruitment into criminal gangs /county lines	Law, support, warning signs.	
5	FGM – laws and protection	Laws and uk support	
6	The role of the courts		
7	Sentencing and punishment		
Term 3		Theme – Skills for life	
1	Social media skills – report remove	Staying safe online –	
2	Fact checking and deep fakes –	Critical thinking	
3	Addiction and drugs		
4	Healthy lifestyles- peer and media pressure /Exercise for health		
5	Managing conflict		
6	Skills for work /life		



<b>YEAR 8</b>	<b>Citizenship (tutor) fortnightly themes</b>	<b>Whole school themes</b>
<b>TERM 1</b> Welcome to the WCA community	Resetting standards – what it means to be part of the school community	Welcome
	4 r's	4rs and values
	Charitable/volunteering – wider community student leaderships	McMillan coffee -26/9
	Peer pressure, identity and body image – coping with change	2-8 <sup>th</sup> oct hygiene week
	Human rights	Oct- Black History Month
	Anti bullying upstanders enact change Safety on the streets	11 <sup>th</sup> -15 <sup>th</sup> Nov Antbullying week 16 <sup>th</sup> Nov Road safety week
	Protected characteristics BU group – sources of support	Foodbank appeal
<b>TERM 2</b> Governance and Justice	Liberties and values – childhood past and present – Un convention	Safer internet day Feb 7 <sup>th</sup> World Book day – Mar 1st
	Child exploitation globally Treatment of children in war	Holocaust memorial day 27 <sup>th</sup> Jan Childrens mental health week -6 march
	Careers – science and stem in CSI	careers
	Police and justice, - Courts, sentencing	April – stress awareness month
<b>Term 3 Preparation for life</b>	Relationships – conflict resolution and warning signs Role models	Resetting standards
	Media -peer pressure- pursuit of perfection. Digitally enhanced flawless unobtainable standards?	April – stress awareness month
	lifestyle – sleep, gaming, exercise Sun Safety	May – mental health awareness week - 15 <sup>th</sup>
	First aid inc CPR	June Pride
	Budgeting and travel Enterprise , communication skills	June – refugee awareness
	Enacting change - people power Celebrating success Accessing help and support	Achievements Multi Cultural day ?

# RSHE LESSONS Year 9

Term 1	Theme – Community Diversity and Culture	
1	stereo types and their benefits	Safety, Assessing risk
2	Media - Gender and Stereotypes	Influence on roles and expectations
3	Consent	
4	Grooming	Online / face to face
5	Infections and health risks	Includes STIs virus and bacterial infections
6	contraception	Options and rights
7	Positive relationships	Respect and trust
Term 2	Theme – Governance and Justice	
1	Human trafficking	
2	Rights of the Child	
3	Child Sexual exploitation	
4	Hate crimes	Discrimination and the law
5	FGM HBV	UK law and global differences
6	Pregnancy and choices	Consent – pro life etc
7	Life in prison	
Term 3	Theme – Skills for life	
1	Internet security	Staying safe online – passwords and data theft
2	Digital resilience	Positive online presence and balance
3	Road and rail safety	Accidents injuries risks
4	Addiction	Understanding the illness
5	Healthy lifestyles – vaping smoking and drugs	Dangers to mental and physical health and reasons for legal restriction
6	Healthy lifestyles – exercise and diet for mental health Mental health & Suicide	Benefits of positive self care. Support for young people and carers



YEAR 9	Citizenship (tutor) fortnightly themes	Whole school themes
<b>TERM 1</b> Welcome to the WCA community	Resetting standards – wider responsibilities - 4R's	welcome
	Online community safety	4rs and values
	Charitable/volunteering – wider community student leaderships	McMillan coffee -26/9
	Peer pressure, identity and body image – coping with change	2-8 <sup>th</sup> oct hygiene week
	Human rights	Oct- Black History Month
	Right to family/ marriage/religion	10 <sup>th</sup> October – sexual health week
	Anti bullying upstanders enact change	11 <sup>th</sup> -15 <sup>th</sup> Nov Antibullying week
	Resisting peer pressure – road safety	16 <sup>th</sup> Nov Road safety week
<b>TERM 2</b> Governance and Justice	Protected characteristics BU group – sources of support	Foodbank appeal
	Liberties and values – right to safety	Energy saving week – 16 <sup>th</sup> Jan
	Who runs the world? Parliament V the Monarchy – how times have changed? /global picture	27 <sup>th</sup> Jan International Holocaust memorial day
	Report / Remove online safety	7 <sup>th</sup> Feb safer internet day
	Sexting - Discrimination	International women's day 8 <sup>th</sup> march
	Careers – search Emerging / amazing careers	Careers Week – 6 <sup>th</sup> March
	Substance use and the law – Vaping alcohol drugs (prescription and illegal)	Children's mental health week -6 <sup>th</sup> march
	Police and justice, - prison life Joint enterprise - Hate crimes	
<b>Term 3</b> Preparation for life	Relationships – conflict resolution and warning signs	Resetting standards April Stress awareness month
	Media -peer pressure- pursuit of perfection.	May 15 <sup>th</sup> Mental health awareness week June – refugee awareness week
	lifestyle – sleep, gaming, exercise Sun Safety	June pride month
	First aid inc CPR	First aid focus
	Budgeting and travel Enterprise , communication skills	June – refugee awareness
	Enacting change Celebrating success Accessing help and support	Achievements/celebrations Multicultural day ?

## RSHE LESSONS -Year 10

<b>Term 1</b>	<b>Theme – Community Diversity and Culture</b>	
1	Radicalisation	PREVENT and report-
2	Extremists– global	Grooming /recruitment
3	Addiction	Inc support
4	Porn – reality v fantasy	Laws & Intimacy/respect
5	HBV and FGM	Not legal
6	Global differences	rights and expectations inc marriage and work
7	Enacting change	Community participation
<b>Term 2</b>	<b>Theme – Governance and Justice</b>	
1	International differences	
2	Pregnancy	Choices and expectations
3	Ending a life v Hippocratic oath (do no harm)	Euthanasia v death penalty -Dignitas etc
4	Consent to share	images and revenge porn
5	Marriage	Laws, rights and forced marriage
6	Types of courts	The role of the Jury
7	Non custodial sentences	The impact on others
<b>Term 3</b>	<b>Theme – Skills for life</b>	
1	Social media – body image	Harm and pressure
2	Sexual health screening	
3	Gambling	
4	Suicide, self care and access to support	Mens mental health week
5	Resisting peer pressure	
6	Critical thinking	Fallacies and thinking errors

YEAR 10	Citizenship (tutor) themes	Whole school themes
TERM 1 Welcome to the WCA community	Resetting standards – wider responsibilities -4R's	welcome 4rs and values
	Charitable/volunteering – wider community /student leaderships –leading change	McMillan coffee -26/9 Oct- Black History Month
	Human rights -Sexuality gender, Civil partnerships & marriage, Education- freedom of movement looking at reported violations- the global picture	10 <sup>th</sup> – 16 <sup>th</sup> October – sexual health week, Remembrance
	Anti bullying upstanders enact change inclusion and acceptance of disabilities	11 <sup>th</sup> -15 <sup>th</sup> Nov Antibullying week 16 <sup>th</sup> Nov Road safety week
	Protected characteristics Culture Ethnicity and race sources of support	Foodbank appeal celebrations
	Liberties and values – right to safety and the law- link to 4r's and school policies – behaviour, reporting , anti bullying, racism etc	Resetting standards /welcome back Energy saving week – 16 <sup>th</sup> Jan
	EU , UN , NATO and UNICEF?	27 <sup>th</sup> Jan International Holocaust memorial day
TERM 2 Governance and Justice	Report / Remove online safety	7 <sup>th</sup> Feb safer internet day
	Careers and workplace gender pay gap Equality- rights at work	International women's day 8 <sup>th</sup> march
	Careers – search Local career market	Careers Week – 6 <sup>th</sup> March
	Accessing services – Confidentiality , Rights to make decisions	Children's mental health week -6 <sup>th</sup> march
	Restorative justice V prison , Corporal /capital punishment, global laws	April – stress awareness month
	Issues and debates	Resetting standards April Stress awareness month
	Blood and stem cell donation CV writing	May15th mental health awareness week June – refugee awareness week
Term 3 Preparation for life	Role of Unions	June pride month
	First aid inc CPR Defib and heart attacks/strokes	First aid focus
	Budgeting Taxes , pensions and savings	June – refugee awareness
	Enacting change Celebrating success	Achievements/celebrations Multicultural day ?

## RSHE LESSONS - Year 11

Term 1	Theme – Community Diversity and Culture	
1	Science of attraction	
2	Personal health screening	
3	Sex and relationships Coercive control and abuse	Sex and dating
4	Gender roles and expectations	
5	Pregnancy and fertility	Diverse family types
6	Living with/caring for others	Rights and support for carers
7	Work life balance -	Global opportunities
Term 2	Theme – Governance and Justice/ prep for life	
1	Police powers –	stop and search reasonable cause
2	Substance use	Laws and risk
3	Supply v possession	Images, drugs, weapons etc
4	Family planning	Abortion & laws
5	Harassment and victim shaming	Laws to protect victims
6	Prison does it really work	Rehabilitation debate
7	Out about + first aid for friends	Night life - festivals - holidays
	Employment laws and rights	

<b>YEAR 11</b>	<b>Citizenship (tutor) fortnightly themes</b>	<b>Whole school themes</b>
<b>TERM 1</b> <b>Welcome to the WCA community</b>	Resetting standards – wider responsibilities – power and influence 4R's	Welcome to the final lap 4rs and values
	Charitable/volunteering – wider community agencies student leaderships –leading change – AFI –	McMillan coffee -26/9 Oct- Black History Month
	Human rights – global discrimination Work life balance	10 <sup>th</sup> October – sexual health week
	Anti bullying upstanders enact change Coercive control -Peer support	11 <sup>th</sup> -15 <sup>th</sup> Nov Antibullying week 16 <sup>th</sup> Nov road safety week
	Protected characteristics -Age- ethnicity and religion, tolerance, breaking down barriers/ reducing radicalisation	Foodbank appeal celebrations
	Liberties and values – right to safety and the law- link to 4r's and school policies – behaviour, reporting , anti bullying, racism The free press – Fake news /deep fakes	Resetting standards /welcome back Energy saving week – 16 <sup>th</sup> Jan
<b>TERM 2</b> <b>Governance and Justice</b>	Debates/ issues – current and historic Global non democratic rule	27 <sup>th</sup> Jan International Holocaust memorial day
	AI and online footprint – link to jobs/ career profiling and back ground checks	7 <sup>th</sup> Feb safer internet day
	Careers and workplace – gender roles and expectations in the work place	International women's day 8 <sup>th</sup> march
	Careers – search -Emerging industries – the role and potential of AI?	Careers Week – 4 <sup>th</sup> March
	Accessing services – Confidentiality, Rights to make decisions	Children's mental health week -4 <sup>th</sup> march
	Police and justice, -Weapons and premeditation Hate crimes re visited	April – stress awareness month
<b>Term 3 Preparation for life</b>	Interview skills CV writing	Resetting standards April Stress awareness month
	Drug use – risk to mental health Exam stress	May – mental health awareness week - 15 <sup>th</sup>
	Govt spending and taxes Employment laws	June – refugee awareness week
	Coping with change and loss	June pride month Celebrations !

## **Sources of further information, advice and support that may be referred to in lessons**

Coventry city council – information service

School Nursing Service

Child Line 0800 1111

NSPCC

Debt advice

Gambling

Young carers

Young minds-

Young Samaritans

111 – NHS advice

True Tube

BBC Bitesize

Positive Choices – part of CGL

Like us - LGBT+ resources for schools

Government – parliament elections and democracy

DfE

Think (<https://www.think.gov.uk>)

Brake road safety charity

Barclay life skills

<https://extremedialogue.org>

BBC TEACH

Educate Against Hate  
([www.educateagainsthate.com](http://www.educateagainsthate.com))

DoJ – justice laws and courts

United Nations – Human Rights

ISHS – Coventry integrated sexual health service

Brook – Pregnancy and sexual health advice service

BBC teach – information on money, rights, working life

West midlands police

Shelter

Crisis homeless charity

Terrence Higgins trust

Stonewall

Crime Stoppers and FEARLESS

Duke of Edinburgh awards

Local charities and support groups

Help for Hallie

Roman

Coventry carers

Feeding Coventry

Trussell Trust food banks