

RSHE : MEDIUM -TERM PLAN

Year 7

	Core Theme	Session Title	Description
Session 1	Religious Understanding	Who Am I?	Our core identity is that each of us is a completely unique person, a unity of body and soul, created and loved by God.
Session 2	My Body	Changing Bodies	Puberty involves physical, emotional and sexual development. Daunting though it can be, it is part of God's plan for us.
Session 3	Emotional Well-Being	Healthy Inside And Out	Thinking about self-esteem helps us consider its impact and how to nurture it.
Session 4	Life Cycles	Where We Come From	Sexual intercourse is revealed as more than just a physical act, but a gift from God for married couples, an expression of love and His plan for how babies are made.
Session 5	Personal Relationships	Family and Friends	Reflecting on different types of friendship and family structure opens up strategies for managing behaviour through consideration of thoughts, feelings and actions.
Session 6	Keeping Safe	My Life on Screen	Online lives need safeguarding, just like in real life.
Session 7	Wider World	Living Responsibly	Becoming aware of the effects of actions on others helps us understand the concept of social responsibility.

Year 8

	Core Theme	Session Title	Description
Session 1	Religious Understanding	Created and Chosen	Becoming aware of our uniqueness can help us open up to God who is the ground of our being and the One who loves us.
Session 2	My Body	Appreciating Differences	Understanding our identity means appreciating male/female differences and learning to accept the invitation from God to root our identity in who he created us to be.
Session 3	Emotional Well-Being	Feelings	Managing sexual feelings requires self-control, self-respect and patience.
Session 4	Life Cycles	Before I Was Born	Contemplating life in the womb reveals that it is both beautiful and fragile.
Session 5	Personal Relationships	Tough Relationships	In the real world of relationships, we can always be better at living with tolerance, kindness and forgiveness.
Session 6	Keeping Safe	Think Before You Share	Image sharing and anything in word, speech or action that reduces people to objects dishonours their God-given dignity.
Session 7	Wider World	Wider World	Recognizing the sin of unjust discrimination in our world helps us challenge and change our own behaviour in school and in our everyday life.

Year 9

	Core Theme	Session Title	Description
Session 1	Religious Understanding	The Search for Love	The desire to love and be loved links to God's plan for romantic love, sexual attraction and intimacy.
Session 2	My Body	Love People, Use Things	Objectification has a negative impact whether it occurs in casual sex, pornography or masturbation.
Session 3	Emotional Well-Being	In Control of My Choices	Love and lust, shame and regret are the key issues when thinking about choosing to delay sexual intimacy.
Session 4	Life Cycles	Fertility and Contraception	Knowing about methods for managing conception aids reflection on why they uphold or contravene God's plan for sex.
Session 5	Personal Relationships	Marriage	Learning about different types of committed relationships leads to consideration of what relationships are desired in the future.
Session 6	Keeping Safe	One Hundred Percent	Consent is not just gaining permission for something but involves choosing to honour and respect one another as persons with innate dignity.
Session 7	Wider World	Knowing My Rights and Responsibilities	The reality of sexual exploitation brings to light our human rights and responsibilities.

Year 10

	Core Theme	Session Title	Description
Session 1	Religious Understanding	Authentic Freedom	Making a loving gift of self is an ideal worth holding out for, one which leads to real freedom.
Session 2	My Body	Self-Image	Understanding our dignity allows us to appreciate our bodies in the right way.
Session 3	Emotional Well-Being	Beliefs, Values, Attitudes	Making good moral choices depends on building confidence, integrity and understanding.
Session 4	Life Cycles	Parenthood	While we sometimes take parents for granted, parenthood impacts us in so many ways. It is the responsibility of a lifetime.
Session 5	Personal Relationships	Pregnancy and Abortion	Pregnancy is an invitation to discover the challenge of responding with love to the gift of life.
Session 6	Keeping Safe	Abuse	Abuse in relationships is incompatible with our dignity and calls for vigilance and compassion.
Session 7	Wider World	Solidarity	Love means building peace and living in solidarity with all of God's creation, in particular the poor, marginalised and oppressed.

Year 11

	Core Theme	Session Title	Description
Session 1	Religious Understanding	Self-Worth	How to respect yourself and others.
Session 2	My Body	Addiction	Appreciating life as a gift and learning to share that gift with others.
Session 3	Emotional Well-Being	Eating Disorders	By an insight and understanding of ourselves is a key to wellbeing.
Session 4	Life Cycles	Birth Control	This session holds fertility up as a precious gift to be protected, nurtured and valued.
Session 5	Personal Relationships	Pornography	Sexual desire is powerful: making it a part of authentic love is a lifelong challenge and responsibility, but one that leads to maturity and fulfilment.
Session 6	Keeping Safe	STIs	How the reality of STIs connects to deeper questions about sexual choices and consequences, and how to rethink behaviour that causes harm.
Session 7	Wider World	Coercive Control	Consider what is meant by coercive control and how this type of abusive relationship can develop.

Scheme of Work

Life to the Full Secondary