

PSHE and RSE Long Term Overview 2026-2027

The Ramsey Academy

Terms	Year 7		Year 8		Year 9		Year 10		Year 11		
	Area	Lesson	Area	Lesson	Area	Lesson	Area	Lesson	Area	Lesson	
Autumn Term 1	Relationships and Sex Education	Growing, Belonging and Staying Safe Building positive relationships, forming healthy friendships, understanding bullying and cyberbullying, promoting equality and inclusion, and staying safe and informed online.	Relationships and Sex Education	Relationships and Personal Wellbeing Understanding different types of relationships, recognising and managing unhealthy relationships, repairing relationships when problems arise, resisting peer pressure, tackling bullying, and staying safe in online relationships.	Health and Wellbeing	Emotional Wellbeing and Resilience Understanding how thoughts and habits can affect happiness, developing strategies to manage anxiety, and building confidence by challenging negative self-talk.	Living in the Wider World	Future Choices and Personal Safety Exploring career pathways, planning for the future, understanding labour market trends, making informed decisions, and staying safe in everyday situations and emergencies.	Living in the Wider World	Preparing for Success Exploring post-school pathways, applications, interview skills, effective study strategies, career research, digital reputation, and managing exam stress.	
Autumn Term 2	Living in the Wider World	Careers, Money and Future Planning Exploring future career opportunities, understanding the world of work, building positive professional relationships, and developing essential money management and budgeting skills.	Health and Wellbeing	Digital Safety, Equality and Healthy Choices Using the internet safely and responsibly, recognising harmful online content, understanding discrimination and prejudice, promoting equality and inclusion, making healthy decisions, and learning essential first aid skills.	Living in the Wider World	Careers and Future Success Exploring different career pathways, understanding the journey from education to employment, recognising career challenges and rewards, preparing for a first job, and building confidence for future success.	Relationships and Sex Education	Healthy Relationships and Respect Exploring respectful relationships, consent, coercive control, online behaviours, media influences, and the importance of health awareness and self-care.	Relationships and Sex Education	Equality, Respect and Personal Wellbeing Exploring equality, discrimination, human rights, healthy attitudes towards gender, personal safety, and making informed choices about relationships and health.	

Spring Term 1	Health and Wellbeing	Health, Wellbeing and Self-Care Managing stress, worry and anxiety, understanding the importance of sleep, developing healthy habits, and making positive choices to support physical and emotional wellbeing.			Health and Wellbeing	Health, Risk and Personal Wellbeing Understanding addiction and gambling-related harms, making informed choices about drugs and alcohol, recognising the dangers of county lines exploitation, developing healthy eating habits, and learning essential first aid skills.	Living in the Wider World	Citizenship, Technology and your Future Exploring the impact of AI, online safety, democracy, the UK's role in the world, and making informed financial decisions for the future.	Relationships and Sex Education	Safe Relationships/Informed Choices Exploring healthy relationships, online safety, consent, the risks of substance use, recognising abuse, understanding deepfakes, and managing relationship challenges respectfully and safely.
Spring Term 2	Health and Wellbeing	Digital Awareness and Online Safety Understanding how algorithms and social media influence online experiences, recognising the risks of social media addiction, managing privacy online, and using AI and digital technology safely and responsibly.	Health and Wellbeing	Health, Wellbeing and Risk Awareness Understanding the risks of vaping, developing good health and hygiene habits, maintaining oral health, recognising the effects of alcohol on behaviour and decision-making, and increasing awareness of drugs and their impact on wellbeing.	Living in the Wider World	Citizenship, Community and AI Understanding financial risk, contributing positively to the community through volunteering, learning how laws are made, respecting and celebrating religious diversity, and exploring the fundamentals of artificial intelligence.	Relationships and Sex Education	Consent, Identity and Staying Safe Exploring sexual consent, healthy relationships, sexual orientation, safeguarding issues such as FGM and illegal image sharing, and making safe, respectful choices.	Health and Wellbeing	Safety, Respect and Healthy Lives Exploring domestic abuse, sexual harassment, sextortion, positive masculinity, and health conditions to promote safety, respect, and personal wellbeing.
Summer Term 1	Relationships and Sex Education	Relationships, Families and Growing Up Understanding different family structures, recognising positive parenting, learning about physical and emotional changes during puberty, understanding the menstrual cycle and consent, and building healthy, respectful relationships.	Relationships and Sex Education	Relationships, Respect and Personal Safety Building self-respect and healthy relationships, understanding trust, consent and power dynamics, learning about contraception and FGM, and developing the skills to manage relationship changes safely and respectfully.	Health and Wellbeing	Staying Safe and Healthy Exploring key issues affecting young people, including online safety, knife crime, social media, digital footprints, eating disorders, and organ donation.	Health and Wellbeing	Online Safety, Society and the Law Exploring the impact of the online world, mental health, misinformation, radicalisation, personal safety, the consequences of knife crime, and the importance of the rule of law.	Living in the Wider World	Money Matters Exploring insurance, credit, debt, and financial responsibility to help young people make informed decisions and manage money confidently.
									Health and Wellbeing	Mental Health and Wellbeing Exploring stress, overthinking, and practical ways to support positive mental health, resilience, and emotional wellbeing.
Summer Term 2	Health and Wellbeing	Health, Safety and Wellbeing Making informed choices about vaping, alcohol, nutrition and healthy lifestyles, while understanding the	Health and Wellbeing	Digital Influence, Consent and Personal Wellbeing Understanding the impact of AI and deepfakes, recognising the risks of explicit online content, exploring online influences	Relationships and Sex Education	Respect, Relationships and Online Safety Exploring positive masculinity, healthy relationships, harassment prevention, online grooming, cyberbullying,	Health and Wellbeing	Healthy Choices Exploring healthcare, menstrual health, vaccinations, the risks of drugs and medication misuse, and the importance of sleep,		

		importance of personal safety at home, in public, and around fire and water.		and gender narratives, managing changing emotions, and developing awareness of drug laws and personal responsibility.		and respecting transgender identities.		exercise, and a healthy diet for overall wellbeing.	
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