



10th September 2025

Dear Year 11 Parent/Carer,

As part of the school's continued development of the RSHE programme across all year groups, we are committed to working in collaboration with parents and carers. We would therefore like to share with you details of the Year 11 programme which will be delivered in lessons this academic year.

The topics scheduled to be covered this year will be:

Autumn Term

- Revision Skills
- Drugs and alcohol - Assessing Risk
- Drugs and Alcohol Addiction & Help-seeking
- Lifestyles & Well-being
- Managing our health: services and support
- First Aid - CPR
- First Aid – Chest Pains and Defibrillators
- First Aid – Bleeding
- Preventing and treating STIs
- Understanding consent and intimacy - offline and online
- Staying safe online: misinformation and extremism
- Careers – Post-16 Options
- Careers – choosing your post-16 pathway
- Unhealthy Relationships
- Managing conflict in relationships
- Domestic Abuse

Spring Term

- Know Your Rights – The Equality Act 2010
- Online Reputation & Digital Footprints
- Cosmetic & Aesthetic Procedures
- Stalking
- Researching volunteering and paid work
- Understanding payslips
- Financial choice: managing finances in the world of work
- Festival Safety

Please note that an overview of this information is also available in the Learning Ladders in the curriculum pages on our website. We may sometimes need to make slight changes to our

Programme of Study during the academic year, for example, if we feel that a certain topic has become more urgent. We will however ensure that all pre-listed topics are covered.

Parents and carers have the right to see the resources that are used in their child's RSHE sessions. Should you wish to do so, these are currently stored in the Student Share area.

Some of these topics can be hard-hitting or resonate with individuals if there are sensitive or upsetting circumstances in the background. We would ask you to please contact the school either via your child's Director of Learning or form tutor if you feel we need to be made aware of anything so that we can provide any support that may be necessary.

Best wishes,

Dave Chapman,
Lead for RSHE