



10th September 2025

Dear Year 7 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 RSHE programme which will be delivered in lessons this academic year.

The Year 7 topics scheduled to be covered will be:

Autumn Term

- Ready for change
- Changing friendships
- Managing friendships + consent & boundaries incl. peer-pressure
- What makes a healthy r/ship? (friends, family & romantic)
- What is Mental Health?
- Social Media and Mental Health
- Coping with change: bereavement, divorce, and separation

Spring Term

- Energy drinks & caffeine
- Vaping
- Knife crime & safety
- Avoiding Gangs
- FGM and the law

Summer Term

- What is diversity?
- Growing Up
- Personal hygiene
- Puberty
- Online Safety – Digital footprints & sharing images
- Online safety incl. over-sharing online, images + online friendships
- Online safety -- online gaming, grooming & addiction

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.

If you have any concerns or feel that support may be needed for your child during these sessions, please do get in touch with the relevant Director of Learning.

Best wishes,

Dave Chapman,
Lead for RSHE