

PSHEe at Shoreham Academy 2026

- The PSHE Curriculum at Shoreham Academy is being redeveloped to ensure we meet the statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education, or RSHE.
- The detail provided below for the next PSHE Day on Tuesday 3rd November 2026 gives reference to the PSHE Association Programme of Study content being covered and how this meets the content from the DfE Guidance for RSHE.

An example of this from the Year 7 content below is:

- Personal Safety, Risk & Influence: 3 → PS2, PS3, BS2

This means that content covered is from the *Personal Safety, Risk & Influence* section of the Programme of study. 3 is for the third point within that section. The PS2, PS3, BS2 are content from the Statutory Guidance.

Key

There are references at the end of each learning opportunity to show which RSHE guidance content is addressed by that learning opportunity. For example, the learning opportunity in key stage 3: 'the importance of loving family relationships for bringing up children and roles and responsibilities within families' **F2 F7** addresses bullets 2 and 7 of the 'Families' section of the statutory guidance. The letters in the icons correspond to the statutory RSHE guidance sections as follows:

Relationships Education

- F** Families
- RR** Respectful Relationships
- OSA** Online safety and awareness
- BS** Being safe
- ISR** Intimate and sexual relationships, including sexual health

Health Education (Health and wellbeing)

- MW** Mental wellbeing
- WO** Wellbeing online
- PHF** Physical health and fitness
- HE** Healthy eating
- DATV** Drugs, alcohol, tobacco and vaping
- HPP** Health protection and prevention, and understanding the healthcare system
- PS** Personal safety
- BFA** Basic first aid
- DB** Developing bodies

Link to DfE Statutory Guidance:

https://assets.publishing.service.gov.uk/media/6970e7e67e827090d02d42e0/Relationships_education_relationships_and_sex_education_RSE_and_health_education_for_intro_1_September_2026.pdf

Year 7

Year 8

Year 9

Year 10

Year 11

PSHE Day 1 at Shoreham Academy – Tuesday 3rd November 2026

Autumn 2 (Nov Full Day)

Friendship & Bullying

This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.

Your lessons:

- Friendship and empathy
- Friendship challenges
- Bullying and bystanders
- Similarities, differences and peer influence
- Coercive Relationships
- CEOP – Internet Safety c
lick & Pay, Phones & Financial Risk

Programme of Study & Statutory Content:

- Healthy Positive Relationships:

- 1 → RR3
- 2 → RR1, RR3, ISR3
- 7 → RR2, RR5
- 10 → RR5, RR6, BS16, ISR 11

- Inclusion, bullying and discrimination

- 1 → RR4, RR5
- 5 → RR6

- Personal Safety, Risk & Influence:

- 6 → PS3
- 7 → PS6, BS11

- Harmful relationship behaviours:

- 7 → WO3, BS8, OSA10

Autumn 2 (Nov Full Day)

Managing Risk & The Online World

This unit is an opportunity for students to assess risk in a range of contexts, in relation to alcohol and other drugs.

This unit also helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.

Your lessons:

- **The Online World** – Gaming, coding, social media, and algorithms: The pressure to spend online.
- **Understanding Drugs**
- **Tobacco and nicotine**
- **Alcohol and risk**
- **CSE – Being Safe**

Programme of Study & Statutory Content:

Personal safety, risk and

- Influence: 2, 3, 4, 5
- BS2, 4
- PS1, 2, 3
- WO4
- MW8, 9
- DATV3

Drug education: 2, 4, 5, 6, 7

- DATV1, 3, 4, 7
- MW9

Keeping well, health services and first aid: 5, 7, 8

- BFA1, 2, 3
- HPP3

Economic well-being: 2, 3, 4

- Online life: 3, 4, 5, 6, 7, 8, 9, 10
- OSA2, 3, 4, 12, 13, 14
- WO1, 2, 5

Autumn 2 (Nov Full Day)

Intimate sexual relationships

In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.

Your lessons:

- **Contraception & STI Protection**
- **Sexual Health**
- **HIV** Terrence Higgins Trust
- **CSE – Grooming & Exploitation** Consent & Avoiding Assumptions
- **Managing the Ending of Relationships**

Programme of Study & Statutory Content:

- Sex education: 1, 2, 3, 4, 5, 6, 7, 8

- ISR – 1, 2, 4, 6, 7, 8, 9, 12
- RR – 8

- Boundaries and consent: 1, 2, 4, 5, 6

- RR – 8, 10
- BS – 1, 2
- ISR – 2, 3

- Healthy, positive relationships: 3, 6, 7, 9

- RR – 1, 2, 3, 5, 8, 10,
- F – 8

- Keeping well, health services and first aid: 8

- BFA – 3

Autumn 2 (Nov Full Day)

Navigating the Online World

This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.

Your lessons:

- **AI – affects and limitations**
- **How do chatbots affect relationships?**
- **Deepfakes – what's the harm, what can be done?**
- **Social attitudes to sending nudes**
- **Digital Footprint**

Programme of Study & Statutory Content:

- Online Life: 11, 13, 15, 16

- WO – 1, 5
- OSA – 33, 12, 15

- Online Harms: 8

- OSA = 4, 5, 6, 7

- Mental Health & Well-being: 13

- MW – 1, 3

- Careers Education: aspirations, learning & work: 14

Autumn 2 (Nov Full Day)

Lifelong Well-being and Careers

This unit revisits and builds prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.

Your lessons:

- **Life in the 6th Form**
- **Seeking Help & Support**
- **Managing Stress & Tension**
- **The Importance of Sleep & Managing Distractions**
- **Mental Health & Well-being**

Programme of Study & Statutory Content:

- Healthy Lifestyles:

- 9 → HPP6, MW2

- Mental Health & Well-being:

- 11 → MW4, MW6, MW7
- 12 → MW2, MW6
- 13 → MW1, MW3
- 14 → MW4, MW6, MW7
- 15 → MW4, MW6, MW7
- 16 → MW5
- 18 → MW6, MW9
- 19 → MW6, WO7