

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 first PSHE Morning on Thursday 24th Sept 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 Morning 1 at Shoreham Academy – Thurs 24th Sept 2026

Autumn 1 (Sept Half Day)

Influences on relationships

This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.

Your lessons:

- CSE - Healthy Relationships and Consent
- Managing Conflict

Programme of Study & Statutory Content:

- Healthy Positive Relationships:

- 2 → RR1, RR3, ISR3
- 6 → RR8, RR10
- 7 → RR2, RR5
- 8 → RR7
- 9 → RR5, F8
- 10 → RR5, RR6, BS16, ISR11

- Boundaries and Consent:

- 1 → RR8, RR10, BS1
- 3 → RR8, BS1
- Online Harms:
- 1 → OSA8, OSA11
- 2 → WO7, OSA8
- 3 → RR11, RR12, BS15, OSA11
- 7 → OSA6

- Personal Safety, Risk & Influence:

- 3 → PS2, PS3, BS2

Autumn 1 (Sept Half Day)

Families and Changing Relationships

This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.

Your lessons:

- **Committed relationships and family life –**
Understanding changing relationships, Roles in the family
- **Change, loss and grief –** Managing change, loss and grief, Family Courts

Programme of Study & Statutory Content:

- Healthy Positive Relationships:

- 2 → RR1, RR3, ISR3
- 4 → F4, F7
- 5 → F8
- 8 → RR7
- 9 → RR5, F8
- 10 → RR5, RR6, BS16, ISR112

- Mental Health and Well-being:

- 5 → F6

Autumn 1 (Sept Half Day)

Managing risk in relation to the law

This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.

Your lessons:

- Serious Organised Crime
- Causes and Effects of Cybercrime

Programme of Study & Statutory Content:

- Personal Safety, Risk and Influence:

- 1 → PS1
- 7 → PS6, BS11
- 8 → PS5
- 9 → PS4

- Online Life:

- 1 → OSA81 OSA4
- 3 → OSA2, OSA4
- 7 → OSA12, OSA13

- Keeping well, Health Services and First Aid:

- 6 → BFA2

Autumn 1 (Sept Half Day)

Exploring consent and recognising abuse

This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.

Your lessons:

- Consent – The role of intimacy and pleasure, The impact of pornography, and Pressure, persuasion and coercion
- 'Honour'-based abuse - including FGM, Relationship rights & Reporting abuse

Programme of Study & Statutory Content:

- Healthy Positive Relationships:

- 16 → F8

- Boundaries and Consent:

- 7 → ISR2, ISR3
- 8 → ISR3
- 9 → RR8
- 10 → BS2
- 11 → RR8, RR10

- Online Harms:

- 11 → RR11
- 12 → OSA8, OSA11

- Harmful Relationship Behaviours:

- 13 → BS7, BS8, BS9, BS16
- 17 → BS12, BS13

Autumn 1 (Sept Half Day)

Friendship, diversity and challenging extremism

This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.

Your lessons:

- Valuing Diversity
- Understanding & Preventing Extremism (why people get drawn into gangs)

Programme of Study & Statutory Content:

- Healthy Positive Relationships:

- 11 → RR3
- 12 → BS1, RR1, RR8

- Inclusion, Bullying and Discrimination:

- 6 → RR2, RR9
- 7 → RR4
- 8 → OSA1, OSA3, OSA8
- 9 → RR4, RR9, RR12
- 15 → RR6, WO3
- 16 → OSA9, OSA10