





RSHE COVERAGE OVERVIEW 2026-27







This document is written to compliment the Moorlands Learning Trust's RSE policy and outlines the curriculum delivery for relationships and sex education (RSE) and health education at The Skipton Academy within the Personal Development Time curriculum. Further information relating to the implementation of RSHE at The Skipton Academy can be found in the RSHE Implementation Handbook.

RSHE Delivery

As stated in the TSA RSHE Implementation Handbook, RSHE topics are delivered in a range of formats to ensure coverage of statutory guidance whilst also ensuring that students are best prepared for life in and out of school.

RSHE is delivered through a combination of:



This document is designed to provide all stakeholders with a transparent overview of RSHE content within the Personal Development Time (PDT) curriculum which is timetabled for students. The document maps the content delivered in each year group against the Department for Education's statutory guidance on Relationships and sex education (RSE) and health education[1].

Compliance with Statutory Guidance

The Skipton Academy's RSHE curriculum has been designed with reference to the Department for Education's statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education. Curriculum content is

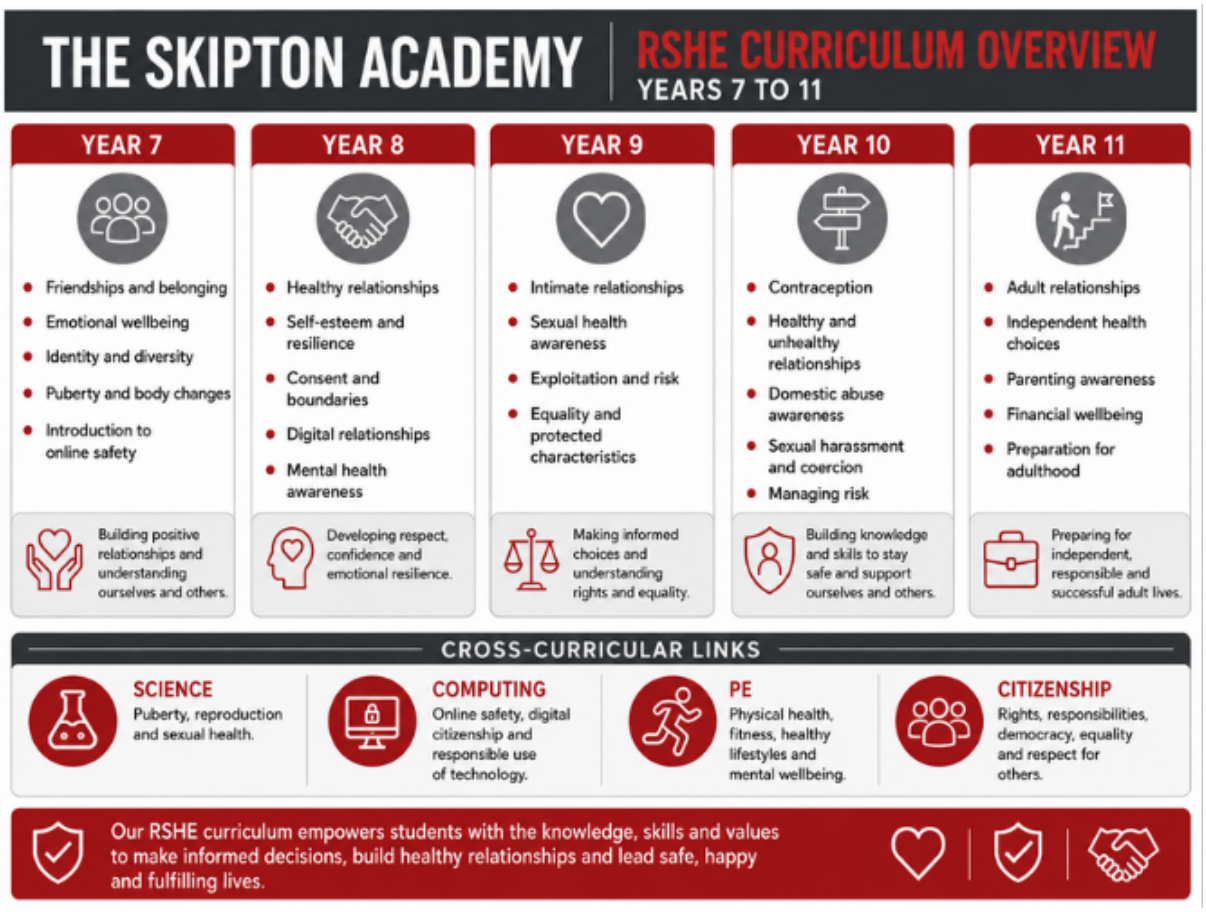
[1] Department for Education (2025) - https://tinyurl.com/n4388t26

regularly reviewed to ensure that all statutory requirements are fully addressed through a planned, age-appropriate and progressive programme of learning

Curriculum Overview

RSHE is embedded within the broader Personal Development Time (PDT) curriculum which is delivered to students every two weeks. The curriculum has a spiral design which is tailored to ensure that it is age appropriate whilst remaining compliant with the DfE's statutory guidance. An audit of The Skipton Academy's RSHE compliance against the statutory guidance can be requested.

Below is a brief overview of the content which is delivered to all students in each year group. On the following pages there is a more detailed overview of specific information which is covered.



Year 7

Pupils are taught:

- The characteristics of positive relationships of all kinds, online and offline, including romantic relationships.
- How to evaluate their impact on other people and treat others with kindness and respect, including in public spaces and including strangers. Pupils should understand the legal rights and responsibilities regarding equality, and that everyone is unique and equal.
- The different types of bullying (including online bullying), the impact of bullying, the responsibilities of bystanders to report bullying and how and where to get help.
- How families and relationships change over time, including through birth, death, separation and new relationships.
- How to talk about their emotions accurately and sensitively, using appropriate vocabulary.
- That happiness is linked to being connected to others.
- The main changes which take place in males and females, and the implications for emotional and physical health.
- The facts about puberty, the changing adolescent body, including brain development.
- About menstrual and gynaecological health.
- Personal hygiene, germs and how they are spread, including bacteria and viruses, treatment and prevention of infection, and about antibiotics.
- How to maintain healthy eating and the links between a poor diet and health risks.
- The facts about vaping, including the harms posed to young people.
- How and when to self-care for minor ailments, and the role of pharmacists as knowledgeable healthcare professionals
- Basic treatment for common injuries and ailments
- Life-saving skills, including how to administer CPR
- The purpose of defibrillators, when one might be needed and who can use them
- Rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online.
- Online risks, including the importance of being cautious about sharing personal information online.
- About the benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to identify risk and manage personal safety in increasingly independent situations.

Year 8

Pupils are taught:

- How stereotypes, in particular stereotypes based on sex, gender reassignment, race, religion, sexual orientation or disability, can cause damage.
- What tolerance requires, including the importance of tolerance of other people's beliefs.
- The role of consent, including in romantic and sexual relationships.
- How to recognise, respect and communicate consent and boundaries in relationships.
- That there are different types of stable, committed relationships.
- That 'common-law marriage' is a myth and cohabitants do not obtain marriage-like status or rights from living together or by having children.
- The concepts and laws relating to forced marriage.
- That forced marriage and marrying before the age of 18 are illegal.
- How to judge when a relationship is unsafe and where to seek help when needed.
- How inequalities of power can impact behaviour within relationships.
- Understanding how to overcome anxiety or other barriers to participating in fun, enjoyable or rewarding activities.
- The importance of self-esteem, independence and having a positive relationship with oneself.
- Skills for ending relationships or friendships with kindness and managing the difficult feelings that endings might bring.
- The practical steps pupils can take and skills they can develop to support respectful and kind relationships, including situations of conflict with strangers.
- That gambling can lead to serious mental health harms, including anxiety, depression, and suicide.
- The physical and psychological risks associated with alcohol consumption.
- The physical and emotional damage which can be caused by female genital mutilation (FGM), virginity testing and hymenoplasty, where to find support, and the law around these areas.
- How advertising and information is targeted at them and how to be a discerning consumer of information online.
- The characteristics of social media, including that some social media accounts are fake, and/or may post things which aren't real or have been created with AI.

Year 9

Pupils are taught:

- The importance of taking responsibility for their own health, and the benefits of regular self-examination and screening.
- The facts and scientific evidence relating to vaccination, immunisation and antimicrobial resistance.
- The facts about which drugs are illegal, the risks of taking illegal drugs and the potential health harms.
- Understanding which trusted adults they can talk to if pupils are worried about violence and/or knife crime.
- The law as it relates to knives and violence.
- The practical steps pupils can take and skills they can develop to support respectful and kind relationships.
- How families and relationships change over time, including through birth, death, separation and new relationships.
- The roles and responsibilities of parents with respect to raising children, including the characteristics of successful parenting and the importance of the early years of a child's life for brain development.
- That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively.
- How the use of alcohol and drugs can lead people to take risks in their sexual behaviour.
- The facts about the full range of contraceptive choices, efficacy and options available.
- How to counter misinformation, including signposting towards medically accurate information and where to access confidential sexual and reproductive health advice and treatment.
- That criminals can operate online scams, including risks of sextortion and how to seek support if they have been scammed or involved in sextortion.
- Pupils should have an opportunity to discuss how some sub-cultures might influence our understanding of sexual ethics, including the sexual norms endorsed by so-called "incels" or online influencers.
- Not to provide material to others that they would not want to be distributed further and not to pass on personal material which is sent to them.
- That keeping or forwarding indecent or sexual images of someone under 18 is a crime.
- How to critically evaluate which activities will contribute to their overall wellbeing.

Year 10

Pupils are taught:

- That there are a range of strategies for identifying, resisting and understanding pressure in relationships from peers or others.
- How to increase their personal safety in public spaces, including when socialising with friends, family, the wider community or strangers.
- The physical and psychological risks associated with alcohol consumption.
- Online risks, including the importance of being cautious about sharing personal information online.
- About the prevalence of deepfakes including videos and photos, how deepfakes can be used maliciously as well as for entertainment, the harms that can be caused by deepfakes and how to identify them.
- That AI chatbots are an example of how AI is rapidly developing, and that these can pose risks by creating fake intimacy or offering harmful advice.
- Factual information about the prevalence and characteristics of more serious health conditions.
- The science relating to blood, organ and stem cell donation.
- The concept of Gillick competence and the legal age of medical consent
- How stereotypes can cause damage and that pupils should be equipped to recognise misogyny and other forms of prejudice.
- What constitutes sexual harassment or sexual violence, and that such behaviour is unacceptable.
- The concepts and laws relating to domestic abuse, including controlling or coercive behaviour, emotional, sexual, economic or physical abuse, and violent or threatening behaviour.
- That strangulation and suffocation are criminal offences, and that any activity involving pressure to the neck or covering the mouth and nose is dangerous.
- That there are choices in relation to pregnancy. Pupils should be given medically and legally accurate and impartial information on all options.
- The facts about the full range of contraceptive choices, efficacy and options available.
- The similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online.
- About menstrual and gynaecological health.
- The characteristics of a healthy lifestyle, including physical activity and maintaining a healthy weight.

Year 11

Pupils are taught:

- What tolerance requires, including the importance of tolerance of other people's beliefs.
- How advertising and information is targeted at them and how to be a discerning consumer of information online, understanding the prevalence of misinformation and disinformation online.
- The risks of illegal behaviours online, including drug and knife supply or the sale or purchasing of illicit drugs online.
- How to recognise, respect and communicate consent and boundaries in relationships, including in early romantic relationships and early sexual relationships.
- That pornography can negatively influence sexual attitudes and behaviours.
- That pornography presents some activities as normal which many people do not and will never engage in, some of which can be emotionally and/or physically harmful.
- That there are different types of stable, committed relationships.
- How these relationships might contribute to wellbeing, and their importance for bringing up children.
- The facts about reproductive health, including fertility and menopause, and the potential impact of lifestyle on fertility for men and women.
- The importance of healthy behaviours before and during pregnancy, including the importance of pre-conception health. Information on miscarriage and pregnancy loss, and how to access care and support.
- How the different sexually transmitted infections (STIs), including HIV, are transmitted. How risk can be reduced through safer sex.
- The prevalence of STIs, the short and long term impact they can have on those who contract them and key facts about treatment.
- How to navigate their local healthcare system and how to seek help via local services and healthcare professionals.