

Appendix 1 - Localised Procedures

RSHE POLICY	
Localised School Based Procedures	
School Name:	Aspire Academy
Principal:	Stacey Ward
Designated Safeguarding Lead:	Claire Boyton
RSHE Lead	Steff Stephenson
Implementation Date:	September 2026

Introduction

In conjunction with our Trust wide RSHE policy, localised procedures have been established to ensure that systems and procedures reflect the school/academy setting.

The localised procedures for the school/academy setting focus on the following key areas: -

- RSE Programmes of Study
- Health Education Programmes of Study
- Assessment

Should you have any concerns or questions relating to the localised procedure, in the first instance, please contact hello@asp.hlt.academy

RSHE Programmes of Study	
Relates to item 5.1 within the RSHE Policy	
Year 7	Being Me in My World: Important People in my Life. Peers and Friendship Groups. Puberty and physical changes. Puberty and Changes to the Brain. Menstruation. Understanding Diversity: Disabilities and stereotypes. Sexuality. LGBTQ+, homophobia and transphobia. Prejudice and Discrimination, Protected Characteristics and Legal Rights. Bullying. Respectful relationships. Healthy Relationships: Different types of relationships. Features of a healthy relationship including consent. Marriage and different forms including legalities. Parents and Caregiving. Relationships and Change. Responsible Me: Online world vs the Real World. Benefits/ Problems of the Internet and Computers. Data Protection and Legal Rights. Online Safety Act. Risks of sharing Data Online. Ownership and Copyright. Online Bullying. Peer Pressure. Image Sharing, the Law and AI. Harassment and Stalking. Grooming and Child Sexual Abuse. Gaming - benefits and Risks. Gangs, Violence and CCE.

RSHE Programmes of Study	
Relates to item 5.1 within the RSHE Policy	
Year 8	Being Me in My World: Respect and Tolerance, Trust, Social Media and Influencers, Peer and Family Influences Understanding Diversity: Protected Characteristics and Legal Rights. Discrimination - Sexism, Ageism, Racism, Homophobia and Equal Rights. Bullying, Self Esteem and the Law. Hate Crimes Being Me in My World: Respect and Tolerance, Trust, Social Media and Influencers, Peer and Family Influences Understanding Diversity: Protected Characteristics and Legal Rights. Discrimination - Sexism, Ageism, Racism, Homophobia and Equal Rights. Bullying, Self Esteem and the Law. Hate Crimes
Year 9	Being Me in My World: Prejudice, stereotyping, discrimination. Risk taking behaviours, peer pressure and approval. Radicalisation and legal framework. Violent Crime, Gangs and Legal Framework. Sexual and Economic Exploitation - Coercion, Human Trafficking, Modern Slavery. Culture-based abuse - HBV, Breast Flattening / Ironing, Forced Marriage, FGM, Child Soldiers Understanding Diversity: Protected Characteristics and the Equality Act Healthy Relationships: Different types of adult relationships. Respectful relationships and features of them. Consent - power and control, delaying intimacy, sex and the law, sexual assault. Assertive relationships - peer pressure, coercion, domestic abuse, the law. Intimate relationships - pregnancy, contraceptive choices, teenage pregnancy, abortion, STIs, sources of support. Pornography, the impact on intimate relationships and self-esteem.
Year 10	Being Me in My World: Modern Day Slavery and CCE. Rights and responsibilities of different groups. Healthy Me: Online Risks and Data Safety. Social Media and Self-Esteem. Targeted Advertising. Sexualisation in the Media. Online Gambling. Fake News and Critical Thinking. Online and real life influencers. Healthy Relationships: Real life relationships vs Online relationships. Online pornography and the impact on society and relationships. Healthy relationships including marriage. Unhealthy relationships - sexual assault, abuse, coercion. Different cultural relationships and legal status in the UK Responsible Me: Evaluating news and sources of information.
Year 11	Understanding Diversity: Responsibilities in relationships - consent, boundaries, unhealthy and healthy relationships Healthy Relationships: Respectful Relationships - Trust, Space, Communication. Disrespectful Relationships - Financial Abuse, Coercion, Physical Abuse, Sexual Abuse, Emotional Abuse. Impact of unhealthy relationships - self esteem, physical harm, low mood, PTSD. Sources of support in unhealthy relationships. Child on Child Abuse and Child on Parent Abuse. Bullying. Abuse in different types of relationships

Assessment
Relates to item 15.2 within the RSHE Policy
The curriculum covers similar themes each year to ensure all students gain a breadth of knowledge on key issues that affect them, regardless of when they enter our Academy. We have emphasised coverage of mental health as this is consistently the most reported issue within our Safeguarding records. In lessons, students will be assessed in a variety of ways. This includes: • Mini-quizzes / tests at the start of different topics to establish prior knowledge • Ongoing formative assessment - student Q&A, verbal feedback on classwork during lessons • Summative assessments - project work, marked work There is no formal assessment of PSHE that leads to a qualification. However, student understanding will be tracked in terms of engagement with, and attendance to, lessons. Student verbal understanding of some topics may be significantly higher than their cognitive ability in other subjects, depending on their own life experiences. Student understanding will also be assessed on a wider level, for example through responses to situations that happen in school including subsequent pastoral and restorative conversations. When regulated, our students should be able to demonstrate application of things they have learned to their own experiences and actions, both past, present and future

Health Education Programmes of Study	
Relates to item 7.1 within the RSHE Policy	
Year 7	Healthy Mindset: Emotional Literacy. Growth Mindset. Stress. Anxiety. Strategies for managing emotional changes, stress and anxiety. Self-image and self-esteem Healthy Me: What is Mental Health? What is Health? Exercise and physical / mental health. Nutrition. Hygiene. Sleep. Impact of Alcohol and Drugs on the body and mind
Year 8	Healthy Mindset: Positive and Negative Mental Health. Types of Mental Health Illness including self-harm. Money and Mental Health. Gambling and Mental Health. Stress, Anxiety and Depression. Healthy Me: Maintaining good health - nutrition, exercise, hygiene. Physical Health linked to Mental Health. Health Problems - diet, disease, substances, dental health). Mental Health disorders. Vaccinations and immunisation.
Year 9	Healthy Mindset: Mental Health and emotional changes. Combatting Stigma around Mental Health. Anxiety and Depression and strategies to manage. Link between body image and mental health. Positive and negative self-identity. Eating Disorders. Impact of the internet on self-image. Sleep. Self-harm and destructive behaviours.

Health Education Programmes of Study	
Relates to item 7.1 within the RSHE Policy	
	Healthy Me: Healthy Lifestyles - nutrition, exercise, healthy choices. Unhealthy lifestyles - drugs, alcohol, smoking, vaping, energy drinks. Addiction and risks. Legal and Physical Risks of substances, Mental Health Disorders. Promoting positive mental health. Mental Health and Work. First Aid and life saving skills.
Year 10	Healthy Mindset: Mental Health and common types of mental health problems. Mobile Phones, Screen Time and the Impact on Mental Health. Self-harm and Coping Strategies. Suicidal thoughts. Managing Stress and Anxiety.
Year 11	Being Me in My World: Drugs - classifications, legal framework. Addiction - causes / consequences and impact on the brain. Drugs and the impact on the body and brain. Drugs and festivals - Nitrous Oxide, MDMA, Risk Planning. Tackling Drug Abuse, locally and globally. Drug Trafficking. CCE. Online and Offline reputation - Data Protection, Social Media, AI. Understanding Diversity: Contraception - male and female forms, risk factors and myth-busting. STIs - types, causes, signs and symptoms, myth-busting. Fertility - factors that affect, sources of support and help. Teenage Pregnancy and young parenthood - pros and cons, legal position, sources of support and advice. Alternative paths to parenthood - IVF, Adoption, Fostering Healthy Mindset: Stress, Anxiety and exam pressure. Tips for positive wellbeing. Anxiety and depression. Managing time effectively. Healthy Me: Good and bad physical health - nutrition, exercise, lifestyle. Male Cancers - Prostate, Testicular. Female Cancers - Breast, Ovarian, Cervical. Organ and blood donation. Cosmetic and Aesthetic Procedures. Body image and body dysphoria.