

PSHE curriculum overview



	Autumn Term 1 Health & Wellbeing	Autumn Term 2 Living in the wider world	Spring Term 1 Relationships (RSE)	Spring 2 Health & Wellbeing	Summer Term 1 Living in the wider world	Summer Term 2 Relationship
Year 7	Transition to secondary school Friendship, personal safety inside and outside school	Enterprise skills, team work and introduction to careers Challenging career stereotypes and raising aspirations	Self-esteem, family, romance and friendships Understanding boundaries and consent (students only learn about relationships in Year 7)	Diet and exercise and how to make healthy choice Understanding physical and emotional changes	Making ethical financial decisions Saving, spending and budgeting our money	Diversity, prejudice and bullying including cyber bullying British values, identity and personal values
Year 8	Misuse and managing peer influence Assessing the risks of drug and alcohol abuse and addiction	Rights and responsibilities in the community Tackling age and disability discrimination Digital literacy, online safety	Introduction to sexuality and consent Sexting, sexual orientation and transgenderism	Mental Health and emotional wellbeing including body image Managing change and loss Digital resilience	Careers and life choices Evaluating value for money in services Risks and consequences making financial decisions	Tackling racism and religious discrimination, promoting human rights Sexism & gender based discrimination
Year 9	Peer pressure, assertiveness and gang crime	Understanding careers and future aspirations Identifying learning strengths and setting goals as part of the GCSE option process	Healthy relationships and consent Contraception, risks of STIs, sexting and inappropriate images, teenage pregnancy	Mental health and illness, tackling stigma – Anna Freud lessons Understanding different mental illnesses, OCD, Bipolar	Employability skills, e.g. interviews, confidence, interpersonal skills	Managing conflict at home and the dangers of running away from home Conflict resolution & changes, e.g. divorce Tackling homophobia, transphobia and sexism
Year 10	Transition to KS4 Mental health and ill health, tackling stigma	Understanding the causes and effect of debt Understanding the risks associated with gambling	Tackling relationship myths and expectations Managing romantic relationships challenges including break ups Consent, victim blaming, sexual harassment/assault, impacts of pornography	Exploring the influences of role models Evaluating social and emotional risks of drug use	Preparation for work experience Evaluation of work experience and readiness for work	British values, human rights and community cohesions Challenging extremism and radicalisation, hate crime
Year 11	Promoting self-esteem and coping with stress, importance of sleep Learning and revision skills to maximise potential	Understanding the college and application process and plans beyond school Skills for employment and career progression	Personal values and assertive communication in relationship Unwanted attention, sexual harassment and stalking	Understanding different families and parenting Managing change and grief, bereavement Tackling domestic abuse and forced marriages, FGM	Taking responsibility of health choices	Exam period starts

Jesus said, "I have come in order that you have life – life in all its fullness"