

Autumn	Y7	Y8	Y9	Y10	Y11	Y12
Wk 1	7.1.1 What's new and different?	8.1.1 What's a drug?		10.1.1 How can I build resilience?	11.1.1 How can I manage stress?	
Wk 2	7.1.2 Who are you online?	8.1.2 What are the risks of tobacco & e-cigarette use?	9.1.1 How can I deal with peer pressure?		11.1.3 How can I promote my mental health & well-being?	12.1.1 How to be an independent learner
Wk 3	7.1.3 Why are friends important?	8.1.3 Why do people drink alcohol?	9.1.2 How can I resist peer pressure and social influence?	10.1.2 How can I recognise stress or anxiety?	11.1.4 What are my employability skills?	12.1.2 Goal setting
Wk 4	7.1.4 What do I want to achieve?					12.1.3 Time management
Wk 5	7.1.5 How can I stay safe?	8.1.3 Why do people drink alcohol? 2	9.1.3 What are the risks and consequences of smoking and vaping?	10.1.3 How can body image affect my well-being?	11.1.5 How can I research volunteering & paid work?	12.1.4 VESPA
Wk 6	7.1.6 How can I look after myself? Emergency Services	8.1.4 What are the risks/laws about drugs & substance abuse?			11.1.6 What is the BLM movement?	12.1.5 How to respond to feedback
Wk 7	7.1.6 How can I look after myself? Basic 1st Aid		9.1.4 What are the risks associated with alcohol consumption?	10.1.5 How can I promote my emotional well-being?		12.1.6 Practice
Wk 8	7.2.1 What are protected characteristics?	8.2.1 How aware am I of discrimination?			11.2.1 What are healthy & unhealthy relationship behaviours?	12.2.1 How can I respond to bullying behaviour?
Wk 9	7.2.3 What is bullying?	8.2.2 What is meant by sexual orientation and gender identity?	9.2.1 What are my skills?	10.2.1 Why should I save?	11.2.2 What is stalking & harassment?	12.2.2 What constitutes a healthy relationship?
Wk 10	7.2.2 How do I feel about difference?					12.2.3 What is harassment (Part 1)?
Wk 11	7.2.4 How can we de-escalate digital drama?	8.2.3 How can we challenge disablist language & bullying?	9.2.2 What comes after school?	10.2.3 What happens when you borrow money 1?	11.2.3 How can I recognise inappropriate behaviour & seek support?	12.2.4 What is harassment (Part 2)?
Wk 12	7.2.5 Why do people become refugees and asylum seekers 1?	8.2.4 How discrimination can be an unfair, knee-jerk reaction.			11.2.4 What is online blackmail?	12.2.5 What is harassment (Part 3) and Stand up to harassment - how to stay safe out and about.
Wk 13	7.2.6 Why do people become refugees and asylum seekers 2?		9.2.4 How do I choose my GCSEs?	10.2.6 How can I avoid being fooled by fake videos and other information online?		12.2.6 What do I understand about Equality, Diversity and Inclusion?
Christmas holidays						

Spring	Y7	Y8	Y9	Y10	Y11	Y12
Wk 14		8.3.1 What is fraud?			Trial exams	
Wk 15	7.3.1 How much screen time is too much?	8.3.2 What is identity fraud and Data Protection?	9.3 What factors affect reproduction and fertility?	10.3.1 What does consent look and feel like?	11.3.1 What are the risks of substance use?	12.3.1 How to get a good night's sleep
Wk 16	7.3.3 How to manage screen time					12.3.2 Understanding mental health condition
Wk 17	Tbc	8.3.3 How can we keep our online identity safe?	9.3.2 Why do people get married?	10.3.3 What impact can pornography have?	11.3.1 How can I manage influence and stay safe?	12.3.3 How are drugs classified?
Wk 18	7.3.5 What are careers?	8.3.5 What stereotypes need to be challenged?				12.3.4 What effects can drugs have?
Wk 19	7.3.6 Where can I find careers information? Treasure Hunt		9.3.3 What does parenting involve?	10.3.5 How to make good choices and enjoy a party		12.3.5 How can I look after my general health?
Wk 20	7.4.2 What happens at puberty? Changes	8.4.1 What is body confidence?			11.4.1 How can I look after my sexual health?	12.4.1 Revising revision
Wk 21	7.4.3 What happens at puberty? Personal hygiene	8.4.2 What is mental health?	9.4.2 How can I make healthy eating choices?	10.4.1 Why do people gamble?	11.4.2 What methods of contraception are available?	12.4.2 What do I need to budget for?
Wk 22	7.4.3a Why do women menstruate?					12.4.3 How can I manage student finances?
Wk 23	7.4.4 How can I make healthy choices? Diets etc	8.4.3 What are unhealthy coping strategies?	9.4.3 How to be responsible for my physical health?	10.4.4 Pregnancy choices	11.4.3 How can I build positive relationships?	12.4.4 How to eat a healthy diet on a budget
Wk 24	7.4.5 How can I make healthy choices?					12.4.5 Is breakfast important?
Easter holidays						

PSHE Programme of Study 2024 - 2025 - please note lessons are subject to change so that we can respond flexibly to pupils' needs

Summer	Y7	Y8	Y9	Y10	Y11	Y12
Wk 25	7.5.1 What is a healthy relationship?	8.5.1 What are healthy /unhealthy relationship behaviours?		10.5.1 How can we value diversity?	Revision	
Wk 26	7.5.2 How can I manage family relationships?	8.5.2 What is commitment?	9.5.1 What is vaping?		Revision	12.5.1 How can I recognise prejudice & discrimination? Pt1
Wk 27	7.5.3 What is abuse?	8.5.3 What is consent?		10.5.2 What is extremism?		12.5.2 How can I recognise prejudice & discrimination? Pt2
Wk 28	7.5.4 What do we mean by consent?	8.5.4 How and why are different contraceptives used?	9.5.2 What is organ donation?		Revision	12.5.3 What are FBV?
Wk 29	7.6.1 What influences my decisions?			10.5.3 How are people drawn into extremism?		12.5.4 What is a democracy and can I participate?
Wk 30	Exams	8.5.5 Send me a pic?	Exams	Exams		Exams
Wk 31	7.6.3 How can I manage financial risk?			10.6.1 What are aesthetic procedures?		12.5.5 What happens in a general election?
Wk 32	7.6.4 What do I think of PSHE?	8.6.2 How can I identify scams and find support?	9.5.3 What is sexual health?			12.5.6 What do I need to plan and prepare for leaving home?
Wk 33	Off TT	Off TT	Off TT	Off TT		Off TT