



PSHE Education

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Introduction of PSHE Overcoming challenges and organisation. Teamwork. Personal growth. Resilience	Developing skills and aspirations Leadership. Career skills Personal qualities in the workplace. Career choices. Aspiration. Life transitions	Diversity Rights and responsibilities Diversity. Stereotypes and discrimination. Bullying Banter vs Bullying Cyber bullying	Health and puberty Physical activity Healthy diet. Puberty. Personal hygiene. Menstrual cycle. FGM	Building relationships Self esteem Social media and self esteem Healthy relationships Personal boundaries / inappropriate touching	Financial decision making Money management Budgeting (personal) Budgeting (household) Influential spending Social enterprise summer project
Year 8	Emotional wellbeing Reframing the mind Internet 'famous' Eating disorders Healthy coping strategies	Community and careers Personal growth employment Employee rights and responsibilities Discrimination in the workplace (gender) Planning for future careers Setting meaningful goals Communication skills	Discrimination Character development Healthy relationships Human identity / uniqueness Discrimination (LGBT+ people) Discrimination (Racism / BLM) Discrimination (Islamophobia)	Drugs and alcohol Prescription drugs Energy drinks Types of classified drugs UK laws alcohol consumption Smoking / Vaping Impact / risky situations and support surrounding drugs	Identity and relationships Different types of relationships Healthy relationship Effective communication skills. Relationship commitment Forced marriages Different types of abusive relationships	Finance decision making Saving money Create budget plan Current accounts and Tax-Free Savings Credit and debit cards Cash and cheque Pin numbers and avoiding bank fraud
Year 9	Healthy lifestyle Reframing negative thinking Healthy sleeping patterns Dental hygiene Challenging Mental Health misconceptions Different types of Mental Health and illnesses	Setting goals Organisation of S/M/L term goals Overcoming obstacles Personal strengths Decision making GCSE options A Levels, BTEC and apprenticeships Employable skills	Relationships Different types of family Contribution to family life Conflict in families and how to solve it Homelessness Effective communication	Peer influence, substance use and gangs Listening and being assertive. Gangs- social, physical, and legal Gangs - risks and consequences Knife crime. County lines. Criminal exploitation	Intimate relationships Sex and choices. Pornography. The law and consent. The choices around pregnancy. Contraception. STI's and STD's.	Finance decision making Advantages of having a bank account. Debt and borrowing money Income tax. Better financial planning.



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Year 10	Mental health Managing negative emotions Reframing negative emotions Organisation strategies Mental energy and burnout Signs of mental health	Work experience Leadership and employability skills. Identify different research careers. The law, rights, and responsibilities. Payslips, P45 and P60 CV Work experience. Positive social media presence.	Healthy relationships Physical abuse. Emotional abuse. Sexual coercion. The impact of porn. Love Vs Lust. Distributing sexual images online.	Exploring influence Social media and gang culture. Public perception and gang culture. Why do people join gangs? Vaping. Risks associated with drugs. Risks associated with alcohol. Addiction support.	Addressing extremism and radicalisation Being British / Living in the UK. Equality act. The prejudice of invisibility. (LGBTQ+) Extremism and radicalism. Democracy and the UK.	Financial decision making Tax and National insurance Mortgage, Savings and Pensions. Consumerism and advertising Ethical consumerism. Credit, debt, bankruptcy, and insolvency. Solutions to financial problems.
Year 11	Mental health Types of Mental health. Myths and facts of Mental health. Signs of poor mental health. Importance of sleep. Goals / system setting. Growth mindset.	Next steps Personal statement Post 16 pathways Core values Career pathways Post 18 CV Interviews – Do’s and Don’ts’s	Communication in relationships Contraception STI’s Underage sex Teen parenting Honour based killings and forced marriages	Health and wellbeing Medical emergencies. Risky situation case studies. What causes cancer? Risks associated with drugs. Risks associated with alcohol Addiction support	Relationships Grief / bereavement How to cope with grief (strategies) The first time (sex) The anatomy of pleasure Masturbation Good sex vs Bad sex Motivational assemblies Revision booklet skills Exam literacy	