



PSHE Curriculum Overview

	Autumn	Spring	Summer
Year 7	<p>Starting in secondary school</p> <p>Becoming independent at school</p> <p>Becoming independent outside of school</p> <p>Making new friends</p> <p>Respectful behaviours</p> <p>Employability - Goals and skills</p> <p>Career and life goals- What influences my decisions</p> <p>Green careers - Skills</p> <p>Careers</p>	<p>Exploring Identities and similarities</p> <p>Exploring identities and differences</p> <p>What is a community?</p> <p>Identifying and understanding bullying</p> <p>Challenging bullying - the bystander effect</p> <p>Knowing Your Body - reproductive systems</p> <p>Knowing your body - reproductive systems and sex</p> <p>Body Image and self care</p> <p>Period positivity</p>	<p>Bodily Changes Through Puberty</p> <p>Introduction to Periods</p> <p>Privacy and Consent</p> <p>Forced marriage</p> <p>Developing sexual awareness</p> <p>Introduction to Fire Safety</p> <p>Personal safety in everyday life</p> <p>Healthy phone use and communication online</p> <p>Introduction to First Aid</p>
Year 8	<p>Alcohol and smoking/vaping</p> <p>Drug (mis)use</p> <p>Drugs</p> <p>Know your rights</p> <p>Workplace preparation.</p>	<p>Introduction to family relationships</p> <p>Healthy friendships</p> <p>Introduction to relationships</p> <p>Maintaining healthy family relationships</p>	<p>Romantic relationships</p> <p>Physical intimacy</p> <p>Unhealthy relationships, boundaries, and consent</p> <p>Relationships and intimacy online</p> <p>Introduction to contraception</p>

	<p>Careers in private sector.</p> <p>Careers in public sector.</p> <p>Careers in leisure and tourism.</p>	<p>Making healthy choices - personal hygiene</p> <p>Making healthy choices - eating and sleep</p> <p>Physical and mental wellbeing</p>	<p>Online wellbeing - Fake news and echo chambers</p> <p>Online wellbeing - Online safety, grooming and self-esteem</p> <p>Media influence</p>
Year 9	<p>Dealing with change in life</p> <p>Study skills, resilience and managing stress</p> <p>Peer pressure, exploitation and knife crime</p> <p>Managing peer pressure</p> <p>Futuristic careers.</p> <p>Positive work ethic.</p> <p>Careers.</p> <p>Careers in finance and banking.</p> <p>Cultivating a positive relationship with your body</p>	<p>Forms of discrimination and allyship</p> <p>Discrimination and prejudice</p> <p>Anti-Racism</p> <p>Understanding racism</p> <p>Body changes through puberty</p> <p>Cycle Awareness and Period Poverty</p> <p>Contraceptive Methods</p> <p>Consent - Part 1</p>	<p>Sexual Health and STIs</p> <p>FGM - Female Genital Mutilation</p> <p>Sexual harassment</p> <p>Drugs and drug related emergencies</p> <p>Alcohol and alcohol related emergencies</p> <p>Online safety- scams and gambling</p> <p>Making healthy choices - Preventing cancer and heart disease</p>
Year 10 & 11	<p>Basics of mental health</p> <p>Managing mental health including self-harm</p> <p>Mental wellbeing</p> <p>Know your rights</p> <p>The art of standing out</p>	<p>Marriage and civil partnerships</p> <p>Becoming a parent</p> <p>Family relationships and value conflicts</p> <p>Communication and vulnerability in relationships</p> <p>Online wellbeing</p>	<p>Abusive relationships</p> <p>Sexual Violence</p> <p>Sexual Violence - Gender Stereotypes</p> <p>Making decisions about sex</p> <p>Foetal development, pregnancy and abortion</p>

	<p>Careers in the NHS</p> <p>Careers in the city Parliament</p>	<p>Media influence and gangs</p> <p>Media influence, radicalisation and extremism</p> <p>Extremism</p>	<p>First Aid - CPR, AEDs, wounds and choking</p> <p>Alcohol and Drug Misuse - Addiction and responsibility for others</p> <p>Making healthy choices - cosmetic and plastic surgery</p> <p>Creating influence</p>
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