

Year 7 PSHE

Core theme 1: health and wellbeing		Core theme 2: Relationships	Core theme 3: Living in the wider world	Careers education
Term	Topic	Content		
Autumn Term 1	Me, Myself and I	<ul style="list-style-type: none"> • Identity • Emotional well-being • Self- esteem • Body Language • Handling conflict • Friendships 		
Autumn Term 2	Democracy	<ul style="list-style-type: none"> • What is Democracy • Political parties • Rights and Responsibilities • Human Rights • Young people and the law • How are laws made 		
Spring Term 1	Personal Health and Wellbeing	<ul style="list-style-type: none"> • Healthy eating • Personal hygiene • The importance of rest • Smoking and drugs • Road safety 		
Spring Term 2	Community	<ul style="list-style-type: none"> • Your community • Charity • Fairtrade 		
Summer Term 1	Careers	<ul style="list-style-type: none"> • Competencies: problem solving, teamwork, independence, success, leadership, speaking. 		
Summer Term 2	Relationship, Health and Sex education	<ul style="list-style-type: none"> • Relationships • LGBT • Grooming • Puberty • FGM 		

Year 8 PSHE

Year 8 PSHE			
Core theme 1: health and wellbeing	Core theme 2: Relationships	Core theme 3: Living in the wider world	Careers education
Term	Topic	Content	
Autumn Term 1	Emotional health and wellbeing	<ul style="list-style-type: none"> • Emotional Health • Self- esteem • Resilience • Self- harm • Eating disorders 	
Autumn Term 2	Democracy	<ul style="list-style-type: none"> • Student council • Youth crime • Anti-social Behaviour • Knife crime • Gangs 	
Spring Term 1	Staying safe	<ul style="list-style-type: none"> • Internet safety • Grooming • Chelsea’s Story 	
Spring Term 2	Drugs awareness	<ul style="list-style-type: none"> • Legal and illegal drugs • Effect on mental health • Smoking and the law 	
Summer Term 1	Relationships	<ul style="list-style-type: none"> • Types of relationships • Communication • Biology • Conception • Contraception 	
Summer Term 2	Careers	<ul style="list-style-type: none"> • Competencies; Reading & writing, listening, Creativity, Numeracy, Building a business 	

Year 9 PSHE

Year 9 PSHE				
Core theme 1: health and wellbeing		Core theme 2: Relationships	Core theme 3: Living in the wider world	Careers education
Term	Topic	Content		
Autumn Term 1	Drugs awareness	<ul style="list-style-type: none"> • Drug misuse • impacts of cannabis • impacts of energy drinks • Impacts of alcohol • Impacts of smoking 		
Autumn Term 2	Relationships	<ul style="list-style-type: none"> • Domestic abuse • Coercive control • Sexting • Consent 		
Spring Term 1	Careers	<ul style="list-style-type: none"> • Skills and Qualities • Career planning • Interview Prep 		
Spring Term 2	Internet safety	<ul style="list-style-type: none"> • Social media addiction/ Gaming addiction • Blackmail, abuse and Coercion • Assessing the risks 		
Summer Term 1	British Values	<ul style="list-style-type: none"> • Introduction to British values • Social class • Aspirations • Tolerance 		
Summer Term 2	Study Skills	<ul style="list-style-type: none"> • Mind mapping • Skimming and scanning • Digital literacy • Academic writing 		

Year 10 PSHE

Core theme 1: health and wellbeing

Core theme 2: Relationships

Core theme 3: Living in the wider world

Careers education

Term	Topic	Content
Autumn Term 1	Positive mental and emotional health	<ul style="list-style-type: none"> • Building resilience • Recognising mental illness <ul style="list-style-type: none"> ○ Depression , Anxiety , Stress , OCD , PTSD , Coping with loneliness and bereavement
Autumn Term 2	Drugs awareness	<ul style="list-style-type: none"> • Legal and illegal drugs • Dangers of drugs • E-cigs / smoking • Drugs and the media
Spring Term 1	Gender and the Media	<ul style="list-style-type: none"> • Sex vs Gender differences • Stereotypes of masculine and feminine • How the media influences gender roles/ stereotypes
Spring Term 2	Work experience prep	<ul style="list-style-type: none"> • Skill and Qualities • Responsibilities in the workplace • Health and safety
Summer Term 1	Relationships	<ul style="list-style-type: none"> • Biology • Families/ parenting • Infertility and miscarriage • Contraception • STI's • Pornography • Rape and consent
Summer Term 2	Radicalisation	<ul style="list-style-type: none"> • Protest • Extremism • Terrorism

Year 11 PSHE

Core theme 1: health and wellbeing

Core theme 2: Relationships

Core theme 3: Living in the wider world

Careers education

Term	Topic	Content
Autumn Term 1	County Lines	<ul style="list-style-type: none"> • CCE • Cuckooing • Gang culture /Peer pressure
Autumn Term 2	PS16	<ul style="list-style-type: none"> • Personal statements • Interview preparation • Revision techniques
Spring Term 1	Financial Management	<ul style="list-style-type: none"> • Needs vs Wants • Budgeting • Pay slips • Pensions • Mortgages and loans
Spring Term 2	Relationship and Sex Education	<ul style="list-style-type: none"> • Peer on peer abuse • Sexual Harassment (including up skirting) • Sexual Violence • Commitment in relationships • Legal status of marriage • Honour- based violence • Forced marriage
Summer Term 1	Healthy Body Healthy Mind	<ul style="list-style-type: none"> • Healthy eating • Eating disorders • Exercise and rest • Depression and anxiety
Summer Term 2	Students on Study leave	