

Key Stage 3 PSHE Curriculum						
	Autumn 1 [8 weeks- 7 PSHE lessons]	Autumn 2 [7 Weeks]	Spring 1 [6 Weeks- 5 PSHE Lessons]	Spring 2 [5 Weeks]	Summer 1 [7 weeks- 6 PSHE lessons]	Summer 2 [7 weeks]
Year 7	Transition and Change - Transition To Year 7- My identity - Supporting your Mental Health during times of change - Building resilience - How happiness can be linked to others - What makes a good friend? Supportive friendships and positive role models - Respect and understanding the influence of others including online platforms - What is a community? How to be safe in the community - Careers and my aspirations	Protecting our physical health - Physical development during Puberty - Emotional support during Puberty - Healthy Routines- Personal Hygiene - Healthy Routines- Dental Hygiene - Healthy Choices- Diet including health risks due to poor diet - Healthy Choices- Sleep - Healthy Choices- Exercise	Understanding families and the impact of relationships - Meaning of family and supportive relationships - What is bullying? Understanding different types of bullying and harassment - How to respond to bullying - Pressure, influence and friendship - How to stay safe with online friendships including grooming	Celebrating Equality and Diversity - British Values and Britain as a multicultural society - Understanding stereotypes and challenging discrimination - Equality Act, Prejudice, Discrimination and understanding the barriers individuals face. Finances and economic decisions - What is a household budget? - Saving and borrowing options	Supporting Mental Wellbeing - Understanding and managing my emotions - What makes me happy? How can I support my own wellbeing? - Raising my self-esteem and positive body image - Recognising signs of mental health and how can others impact my Mental Wellbeing - Self-worth and wellbeing - Dealing with hurt, frustration due to changes in relationships or friendships	Citizenship, Monarchy and Parliament - Introduction to citizenship - What is citizenship and the role it plays - Democracy linked to British Values - Living in a democracy - What is a general election? - The Role of Parliament - Role of the Monarch
Year 8	Factors impacting our health and wellbeing. - Health and Wellbeing- how physical health can impact mental health and vice versa. - Alcohol and the risks - Risks of vaping, THC, and smoking - Classification and influence of drugs - Impact of drug abuse including the impact on mental health. Peer pressure relating to drugs and alcohol and signposting support available - The faces and scientific evidence relating to vaccinations *Year 8 first aid workshops throughout half term 1 including CPR	Protecting ourselves online and in the community - What is cyber bullying? How can it impact health and wellbeing? - Sharing information online- what not to do and why - Media reliability and the impact of an echo chamber - Gambling hooks - Protecting your mental health online - What is grooming? Link to online safety and county lines - Knife crime and the law and signposting support	Overcoming discrimination, stereotypes and prejudice - What is identity? What makes my identity? - Prejudice and discrimination - LGBTQ+ what does it mean? - Removing barriers- Equality Act and Protected Characteristics - Misogyni and the impact on the views of others	Employability and my aspirations - Employability skills - What are my education choices? - Sectors and opportunities and the Equality Act in the workplace - Careers and my aspirations - Labour Market Information (LMI) and the impact on careers	Family and respectful relationships - Positive characteristics of a relationship - Roles and responsibilities of parents - Different types of relationships - The laws surrounding marriage - Dealing with conflict including sexual harassment - The impact of social media, AI and external influences on relationships	Citizenship, Law, crime and the justice system - Revisit citizenship and laws - The Right to Work- British Values - The Justice System - The role of Police, Courts, and Tribunals. Finances and economic decisions - Importance of budgeting - Managing risks with money - The impact of Politicians and the “Economy”
Year 9	Responding to life circumstances - Building self-esteem - How to recognise early signs of mental wellbeing - Life choices and responding to peer pressure - Support for change of circumstances, loss and grief - Impact of body image and media expectations including fake accounts - Co-existing with others and dealing with conflict - Importance of physical health, immunisations, sleep, diet and exercise	Intimate relationships and the Law - Different types of relationships - Marriage and the freedom of choice - Introduction to sexual relationships and the law - Consent, the law and the right to withdraw - Contraception - Introduction to sexually transmitted diseases (STI's) - Coercive control and what constitutes as sexual harassment, sexual violence and how they are not acceptable	Skills, aspirations, and my future - Developing my employability skills to explore my future options - Building resilience and confidence - Career aspirations and realistic goals - What sets me apart? Volunteering, extra-curricular and skill sets - Working with others and managing setbacks	Equality, Diversity and Prevent - British Values and the purpose relating to Prevent - What is extremism and radicalisation? - The narratives and process of radicalisation - How to protect yourself and others online, relating to Equality, Diversity and the impact of misogyni - Hate crime and the law, Protected Charactericts and the Equality Act	Dangers of lifestyle choices - Different types of drugs and the risk of addiction - Dangers and laws of “party drugs” - Impact of drug use on health and wellbeing - The risks of alcohol consumption - Peer pressure/peer influence and the impact on substance abuse - The impact to exposure of social media and trends	Citizenship and the right to Vote - The right to vote- British Values - The voting system - Political parties - The Election system Risks to financial decisions - Online gambling - The risk of debt - Saving and preparing for my future

The PSHE Curriculum follows statutory guidance. Pupils will have a 1-hour lesson per week. In addition, they will receive Personal Development education through assemblies, form times, lessons and external speakers. While teaching these topics, pupils will be educated, where appropriate, about the impact on mental health and wellbeing and will be signposted to the support available Although this is the curriculum pupils will follow, this may change due to any responsive curriculum topics that may be required to support pupils.

Key Stage 4 PSHE Curriculum						
	Autumn 1 [8 weeks- 7 PSHE lessons]	Autumn 2 [7 Weeks]	Spring 1 [6 Weeks- 5 PSHE Lessons]	Spring 2 [5 Weeks]	Summer 1 [7 weeks- 6 PSHE lessons]	Summer 2 [7 weeks]
Year 10	Exploring influences on health and wellbeing 1. Stigma and myths surrounding Mental Health 2. Mental health and the impact of social media including deepfakes, AI and trends 3. Strategies to promote positive wellbeing and signposting support 4. The importance of sleep 5. Responding to peer pressure 6. Impact of vaping and smoking	Healthy Relationships choices and consent 1. Unhealthy relationships, coercive control and abuse 2. Sexual Harassment, violence, and assault 3. Online images, pornography, Sextortion and the law 4. STI's and the impact on health and fertility 5. Raising awareness of FGM Honor Based violence and forced marriage 6. Misogyny and involuntary celebrates (incel)	Family, love and responsibilities 1. Respect, trust love and relationships 2. Characteristics of successful parenting 3. Conflict and changing relationships 4. LGBTQ+ - The freedom to love, overcoming discrimination, stereotypes and prejudice	Exploring external influences 1. Online safety, keeping your data safe and algorithms 2. Gang culture and the impact of role models 3. Danger of classified drugs and Prescription drugs 4. Alcohol and the risk to decision making including the impact on health and wellbeing	Resilience, study skills and preparation for the future 1. How to maintain effective revision practice for mock exams 2. Supporting physical and mental health during exam series 3. The importance of sleep hygiene 4. How to navigate the NHS including services available *Year 10 first aid workshops throughout half term including CPR	Mock Examination Series Citizenship 1. Governance and relations to the rest of Europe, Commonwealth, UN and the wider world. 2. Human Rights and International Law 3. Parliamentary Democracy and Electoral Systems 4. Democratic and non-democratic systems beyond the UK
	RE • How do religions approach questions in Medical Ethics?	RE • Values of humans and the environment	RE • What are Moral Principles?	RE • What is Quality of Life?	RE • How do religions show respect to others?	RE • Is there life after death?
Year 11	Building for the future 1. What are my options for the future? 2. Writing a CV and application and Preparing for an interview 3. What does my payslip mean? Understanding a bank account 4. Understanding the risk of financial exploitation and online targets 5. How and when to care for minor ailments and the role of a pharmacist 6. Brain development moving into adulthood	Mock Examination Series Guidance for health support 1. Organ and blood donation and the law 2. The choices surrounding teenage pregnancy 3. Pregnancy and miscarriage including the importance of healthy behaviour before and following conception 4. Factors impacting fertility, menopause and endometriosis 5. The importance of taking responsibility for their own health, and the benefits of regular self-examination and screening. 6. How to navigate the NHS including services available	Communication in relationships 1. Assertive communication changing relationships and the ability to end them 2. Love and abuse- Domestic violence and abuse and sexual assault 3. Revenge pornography and the impact of viewing pornography 4. Imposing preferences on others, sexual harassment, misogyny and Incel	Supporting your mental health and wellbeing 1. Responsible health choices 2. Supporting exam stress and anxiety 3. Positive impact of diet and exercise and the importance of sleep hygiene 4. Social media, deepfakes peer pressure and the influence of substances 5. The impact of a digital footprint- protecting my future options	Revision and Assessments	Revision and Assessments
	RE • How do religions approach euthanasia?	RE What are the different view points of contraception and family planning?	RE • What are the religious viewpoints of the nature and purpose of family?			

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