

3 Key Themes:

PSHE 2023-2024

Living in the wider world

Health and wellbeing

Relationship and sex education

	Year 7	Year 8	Year 9	Year 10 1 Lesson per fortnight	Year 11	Year 12	Year 13
Autumn 1	Transition and safety	Drugs and alcohol	Peer influence, substance use and gangs	Mental health	Building for the future	Study skills and transition to 6 th Form	UCAS/ Next Steps
Autumn 2	Developing skills and aspirations	Community and careers	Setting goals	Financial decision making	Next steps	Mental health and emotional wellbeing	Independence
Spring 1	Diversity	Discrimination	Respectful relationships	Healthy relationships	Communication in relationships	Diversity and inclusion	Intimate relationships
Spring 2	Health and puberty	Emotional wellbeing	Healthy lifestyle	Exploring influence	Independence	Health choices and safety	British Values
Summer 1	Building relationships	Identity and relationships	Intimate relationships	Addressing extremism and radicalisation	Families	Respectful relationships	Building and maintaining relationships
Summer 2	Financial decision making	Digital literacy	Employability skills	World of work	Exam preparation and skills	Planning for the Future	Financial choices

	Autumn 1 Health and wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health and wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety inside and outside school including first aid	Developing skills and aspirations Careers, teamwork, and enterprise skills, raising aspirations Unifrog intro	Diversity Diversity, prejudice and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices Unifrog update
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices and different types and patterns of work Unifrog update	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks Unifrog update
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process Unifrog update	Respectful relationships Families and parenting, healthy relationships, conflict resolution and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence Unifrog update
Year 10 1 Lesson- NLA	Mental Health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices Unifrog update	National Apprenticeship Week 5-11th February Healthy relationships Relationships and sex expectations, myths, and challenges. Including the impact of media and pornography.	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	World of Work Preparation for and readiness for work Unifrog update
Year 11	Building for the future	Next steps	National Apprenticeship Week 5-11th February	Exam preparation and skills	Families	

	Self-efficacy, stress management, and future opportunities	Application processes, and skills for further education, employment and career progression Unifrog update	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Awareness of revision techniques/timetables/coping with pressure and stress	Different families and parental responsibilities, pregnancy, marriage and forced marriage, and changing relationships	
Year 12 1 Lesson- FT	Mental health and emotional wellbeing <ul style="list-style-type: none"> • Growth mindset -Mental health and emotional wellbeing • Managing stress • Body image • Healthy coping strategies 	Readiness for work <ul style="list-style-type: none"> • Career opportunities • Preparing for the world of work <p>What are my options?</p>	National Apprenticeship Week 5-11th February Diversity and inclusion <ul style="list-style-type: none"> • Living in a diverse society • Challenging prejudice and discrimination 	Health choices and safety <ul style="list-style-type: none"> • Independence and keeping safe • Travel • First aid • The impact of substance use <p>Organ/blood donation</p> <p>Extremism/radicalisation</p>	Respectful relationships <ul style="list-style-type: none"> • Consent • Assertive communication • Positive relationships and recognising abuse • Strategies for managing dangerous situations or relationships 	Planning for the future <ul style="list-style-type: none"> • Exploring future opportunities • Post-18 options • The impact of financial decisions
Year 13 1 Lesson- FT	Next steps <ul style="list-style-type: none"> • Application processes • Future opportunities and career development • Maintaining a positive professional identity 	Next steps <ul style="list-style-type: none"> • Application processes • Future opportunities and career development • Maintaining a positive professional identity 	National Apprenticeship Week 5-11th February Intimate relationships <ul style="list-style-type: none"> • Personal values, including in relation to contraception and sexual health • Fertility • Pregnancy 	Issues in wellbeing <ul style="list-style-type: none"> • Responsible health choices • Managing change • Health and wellbeing, including sexual health, into adulthood - FGM - Porn addiction/impact 	Building and maintaining relationships <ul style="list-style-type: none"> • New friendships and relationships, including in the workplace • Personal safety • Intimacy • Conflict resolution • Relationship changes 	Financial choices <ul style="list-style-type: none"> • Managing money • Financial contracts • Budgeting • Saving • Debt • Influences on financial choices