

PSHE Curriculum Map

	Autumn 1 <i>Health & wellbeing</i>	Autumn 2 <i>Living in the wider world</i>	Spring 1 <i>Relationships</i>	Spring 2 <i>Health & wellbeing</i>	Summer 1 <i>Living in the wider world</i>	Summer 1 <i>Relationships</i>
Year 7	Transition and safety Transition to secondary school Respect in School Personal safety inside and outside of school.	Developing skills and aspirations Careers Teamwork and enterprise skills Raising aspirations Goals for the future	Diversity. Peer relationships. Making and maintaining friends – Interpersonal relationships Diversity and prejudice Bullying (inc online)	Health and puberty Healthy routines – Sleep/Hygiene/Dental Puberty and emotions Periods FGM	Financial decision making Saving, borrowing, budgeting and making financial choices Ethical shopping Identifying risk	Building relationships Self-worth Romance and friendships Media influences Assertive communication
Year 8	Drugs and alcohol Alcohol and drug misuse, including types and consequences. Pressures relating to drug use	Community and careers Types of employment Employment law and discrimination Goals for my future	Discrimination. Child on Child Abuse Group Think Discrimination and HBT Racism Human Rights	Emotional wellbeing Mental health and emotional wellbeing - including body image and coping strategies Mindfulness	Digital literacy Online safety & digital literacy, media reliability Fake news Online gaming	Identity and relationships Gender identity, sexual orientation, Consent 'sexting' An introduction to contraception
Year 9	Peer influence, substance use and gangs Group think Healthy and unhealthy friendships, and gang exploitation CSE/CCE Bystander Behaviour	Setting goals Problem Solving Career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting Homelessness Conflict resolution and relationship changes	Healthy lifestyle Work/life balance Body Image. Personal safety and cancer awareness	Work experience Preparation for and evaluation of work experience Overcoming Adversity Health and Safety Online Presence	Intimate relationships/Self checks Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography
Year 10	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 and debt, Gambling Financial risks	Healthy relationships Consent and victim blaming Healthy relationships including LGBTQ+ relationships Online dating and Porn	Exploring influence The influence and impact of drugs, gangs, role models and the media.	Employability skills Employability skills and enterprise personality Wages Employment rights	Addressing extremism and radicalisation Communities, Belonging and challenging extremism PREVENT
Year 11	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse. Domestic abuse and coercive control.	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage Adoption, Abortion, Miscarriage	NO PSHE DELIVERED DUE TO MOCK EXAMS	Next steps Revision and study skills Post 16 Employability CV writing Interview	Building for the future Stress management, including work life balance Body image Responsible health choices, and safety in independent contexts – surgery, tattoos, piercings Blood, organ, stem cell donation	YEAR 11 EXAM LEAVE

Highlighted topics are those students can be withdrawn from.

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