

## PSHE CURRICULUM OVERVIEW

	<b>Autumn 1</b> Health & wellbeing	<b>Autumn 2</b> Living in the wider world	<b>Spring 1</b> Relationships	<b>Spring 2</b> Health & wellbeing	<b>Summer 1</b> Relationships	<b>Summer 2</b> Living in the wider world
<b>Year 7</b>	<b>Transition and new challenges</b> Exploring the transition into secondary school, building new connections, dealing with change, puberty and keeping a healthy body and mind	<b>Careers</b> Understanding the importance of education in relation to work. Developing resilience skills for the workplace and exploring different jobs.	<b>Changing me and relationships</b> Managing change and understanding the mental and physical challenges of growing up. Coping with difficult relationships.	<b>External influences – online and offline</b> Exploring online dangers, keeping safe online. Understanding external risks regarding peer pressure, alcohol and county lines.	<b>Building relationships</b> Understanding the introduction to consent. Avoiding assumptions and having freedom and capacity to consent.	<b>Money Matters</b> Understanding budgeting, family spending and strategies to support students with planning finances now and in the future.
<b>Year 8</b>	<b>Anger and Making the right choices</b> Exploring anger effectively. Understanding harassment and upskirting. Knife crime and gangs.	<b>Community and careers</b> Exploring the journey into careers. Building skills in leadership, goal setting, innovation and understanding work behaviours	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Emotional wellbeing</b> Exploring attitudes towards mental health and developing resilience. Learning healthy coping strategies and dealing with change, loss and grief	<b>Managing difficult relationships</b> Understanding healthy and unhealthy relationships. The impact of pornography, sexting and online relationships. consent, pregnancy choices and STIs	<b>Media and critical thinking</b> Exploring the news and how to spot fake news. Examining bias, freedom of speech and conspiracy
<b>Year 9</b>	<b>Mental health and emotional wellbeing</b> Managing mental health and ill health, stigma, coping with challenges, building confidence and self-esteem	<b>Employability and careers</b> Exploring values and employability. Job interviews, CV skills and researching careers.	<b>British communities</b> Understanding identity, multiculturalism, tolerance, cohesion and equality.	<b>Drugs Education</b> Exploring attitudes, managing influence, and assessing risk. Understanding when and where to seek support.	<b>Relationships and Sex Education</b> Understanding healthy and unhealthy relationships. The impact of pornography, sexting	<b>Rights and responsibilities</b> Managing in the online world, awareness of targeted adverts, the law, consumer and employment rights and marriage

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					and online relationships, consent, pregnancy choices and STIs	
Year 10				<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Healthy relationships</b> Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography	<b>Living in the Wider World – Careers and Finance</b> The impact of financial and online decisions on future career opportunities. Managing debt, gambling and financing within the world of work