



Curriculum Overview | PSHE 2022-23



What will my child learn in PSHE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Transition and safety <ul style="list-style-type: none"> Transition to secondary school Personal safety, First aid Online safety Being a good citizen 	Developing skills and aspirations <ul style="list-style-type: none"> Careers, Teamwork Enterprise skills Raising aspirations 	Diversity <ul style="list-style-type: none"> Diversity Prejudice, Bullying Gender and sexuality) 	Health and puberty <ul style="list-style-type: none"> Healthy routines influences on health, Puberty, Unwanted contact FGM 	Building relationships <ul style="list-style-type: none"> Self-worth, Romance and friendships Online friendships Relationship boundaries 	Financial decision making <ul style="list-style-type: none"> Saving, Borrowing, Budgeting Making financial choices
Year 8	Drugs and alcohol <ul style="list-style-type: none"> Alcohol and drug misuse Pressures relating to drug use 	Community and careers <ul style="list-style-type: none"> Equality of opportunity in careers and life choices, Different types and patterns of work 	Discrimination <ul style="list-style-type: none"> racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia 	Emotional wellbeing <ul style="list-style-type: none"> Mental health Emotional wellbeing, Body image and coping strategies 	Identity and relationships <ul style="list-style-type: none"> Gender identity, Sexual orientation, Consent, 'sexting', Introduction to contraception 	Digital literacy <ul style="list-style-type: none"> Online safety, digital literacy, media reliability, gambling hooks
Year 9	Peer influence, <ul style="list-style-type: none"> Substance use and gangs Healthy and unhealthy friendships Assertiveness Substance misuse Gang exploitation 	Setting goals <ul style="list-style-type: none"> Learning strengths, Career options and goal setting as part of the GCSE options process 	Respectful relationships <ul style="list-style-type: none"> Families and parenting, Healthy relationships, Conflict resolution, Relationship changes 	Healthy lifestyle Diet, <ul style="list-style-type: none"> Exercise, Lifestyle balance Healthy choices First aid 	Intimate relationships <ul style="list-style-type: none"> Relationships and sex education Consent, Contraception, STIs, and attitudes to pornography 	Employability skills <ul style="list-style-type: none"> Employability and Online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, (including evaluation of treatments and eating disorders)	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media (include drink spiking / Twin track)	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work





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Year 11	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts Building for the future Self-efficacy, stress management, and future opportunities	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships		

