



YEAR 10 & 11 PSHE CURRICULUM JOURNEY

Your Future & Beyond

- Screen addiction & Studying
- Post 16 options
- Exam stress & anxiety
- Social media Vs real life
- CV writing
- Writing a personal statement

Staying Safe

- Virtual Reality & live streaming
- Online reputation & digital footprints
- Group chats & anti-bullying
- Cosmetic & Aesthetic procedures
- New Psychoactive substances
- Festivals & nitrous oxide
- Substance addiction

Sexual Health

- Peer on peer abuse
- Fertility and the impact
- Alcohol, parties & bad choices
- Importance of sexual health
- Revisiting SITs
- Revisiting contraception
- Respect, love & relationships

Adult Health & Looking After Yourself

- Organ & blood donation
- Teenage pregnancy choices
- Abortion law, morals & ethics
- Parenthood for teenagers
- Testicular & prostate cancer
- Breast cancer, cervical cancer & screening
- Love & abuse

Violence, Crime & Seeking Safety

- Honour based violence
- Forced marriages & breast ironing
- Online gaming & gambling
- Social media validation
- Modern-Day slavery
- Keeping your data safe
- Causes on knife crime

Exploring World Issues

- International organisations
- Peace, war & conflict
- Human rights during war
- Aid & supporting other countries
- Striking & Trade Unionism
- Women's rights & equality
- Fair Trade & Free Trade

Exploring British Values

- Critical thinking & fake news
- Hate crime in the UK
- British values & Identity
- Mutual respect & tolerance
- Individual liberty
- What are human rights ?
- Democracy explored

YEAR 11

Exploring Relationships & Sex Education

- Pleasure and delaying sexual activity
- Campaigning against FGM
- Sexting, nudes and dick pics
- Online pornography (myths vs reality)
- Porn & its impact on society
- Unhealthy relationships & sexual assault
- Sexualisation of the media

Mental Health & Wellbeing

- Child sexual abuse
- Screen time
- Mental health illness
- Self-harm
- Suicidal (thoughts & feelings)
- Promoting emotional wellbeing

Rights & Responsibilities

- Instagram & Tik-Tok Generation
- Target advertising & your data
- What is Marriage ?
- Rights & Responsibilities
- Consumer rights
- Employment rights
- Exploring a paycheck

YEAR 10

SKILL

TEAMWORK & LEADERSHIP

SKILL

PUBLIC SPEAKING

SKILL

PROBLEM SOLVING

SKILL

CREATIVITY & INNOVATION

SKILL

DECISION MAKING

SKILL

PLANNING & ORGANISATION

SKILL

RESILIENCE & STAYING POSITIVE



YEAR 7, 8 & 9 - PSHE CURRICULUM JOURNEY

Combating Extremism & Terrorism

- Conspiracy Theories & Narratives
- Forms of extremism
- What is terrorism?
- War & Conflict
- The Radicalisation process
- How does counter terrorism work ?
- Antisemitism in the UK

Contraception & STIS

- What are STI's?
- Resting STI's and clinic
- Contraception explored
- Contraception - condoms
- Contraception explored further
- HIV and AIDS
- HIV and AIDS Prejudice and discrimination

Essential Life Skills

- From failure to success
- Assertiveness
- First Aid
- Saving & Managing money
- Labour market information
- Finance, budgeting & Employment
- Social media & online stress

Body Confidence

- How self-esteem changes
- What is a penis?
- What is a vulva?
- Bullying in all its forms
- Dealing with grief and loss
- Media and airbrushing
- Cancer prevention & healthy lifestyles

Sex, The Law & Consent

- Sexual consent and the law
- FGM and the law
- Relationships and partners
- Domestic abuse and domestic violence
- Why have sex?
- Delaying sexual activity
- Sexual harassment and stalking

Legal & Illegal Drugs

- What is a Drug?
- Different types of addictions
- Cannabis Products
- Drug Classifications
- Party drugs & illegal drugs
- The war on drugs
- Volatile substance abuse

YEAR 9

Law, Crime & Society

- Desert Island - Living
- Desert Island - Building a Community
- Desert Island - making decisions
- Desert Island - Criminals law & society
- How are laws made?
- Prisons, reform & punishment

Equality & Diversity Explored

- Equality Act 2010
- LGBTQ+ - What is it?
- LGBTQ+ Rights across the world
- Gender Equality
- Ableism & Disability Discrimination
- Removing the barriers, Equality for all
- Racism & Discrimination in society

Dangerous Society Online & Offline

- Country Lines- What is it?
- Country Lines - who is at risk?
- Substance Misuse
- Cyberbullying
- Online Grooming
- Alcohol Safety
- Child exploitation & online protection

Identity, Relationships & Sex Education

- Relationships and Sex Education
- Being yourself & Self-love
- Healthy respectful relationship
- What is love?
- Dealing with conflict
- Periods & Menstrual cycle
- Introduction to contraception
- Sexual Orientation

Celebrating Differences

- What is your identity?
- Multicultural Britain
- Importance of being kind
- Breaking down stereotypes
- Learning disabilities
- Prejudice & Discrimination
- Challenging Islamophobia

Politics & Parliament

- Why is Politics important?
- How is our country run?
- The role of the Prime Minister
- The Mo & King Charles 111
- Politics, debates & Parliament
- Elections & Campaigning
- Creating a political party

YEAR 8

Proud to be ME!

- Employability & Enterprise Skills
- Proud to be Me
- Careers and Aspirations
- Self-Esteem and the Media
- The Importance of Happiness
- What Makes Me Angry?
- Exploring Careers

Physical Health & Mental Wellbeing

- Health and Wellbeing
- What is Mental Health?
- Positive body image
- Child Abuse
- Types of bullying
- Healthy eating and Cholesterol
- Stress management

Staying Safe Online & Offline

- Avoiding gangs & criminal behaviour
- Staying safe online
- Online gaming, grooming & addiction
- Alcohol & risk
- Nicotine & smoking
- E-Cigs, vaping & shisha
- Energy drinks & caffeine
- Knife crime & safety

Friends, Respect & Relationships

- Consent & boundaries
- Respect & relationships
- What makes a good friend?
- Friendships & online relationships
- Being positive
- Pressure, influence & friends
- What does it mean to be a man today?

Puberty & Body Development

- Introduction to puberty
- Girls puberty & periods (double lesson)
- Boys puberty
- Personal Hygiene
- Growing up
- Self-Esteem
- Tooth decay & dental hygiene

Managing Change

- What is PSHE?
- Getting to know people
- What is a community ?
- Careers & your future
- Sleep & relaxation
- Financial education
- Transition points in your life

YEAR 7

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