

Curriculum Overview – PSHE / RE

Year 7

Term	Unit Title	Lesson Themes	RSE 2025 Links	Citizenship Links
Autumn	Friendship, Respect & Wellbeing	“Friendship, Respect & Wellbeing” - Forming Positive Relationships (1): Qualities of friendship Forming - Positive Relationships (2): Empathy & conflict resolution - Respecting Boundaries: Personal space and consent language - Positivity & Wellbeing Habits - Diversity: Respecting difference - Prejudice & Discrimination - Stereotyping & Media Literacy	Building positive relationships; Respectful friendships; Consent (age-appropriate); Mental wellbeing; Respect for others	Understanding prejudice & discrimination; British Values; Respect for diversity; Role of law in challenging discrimination
Spring	Strong Bodies, Strong Communities	“Strong Bodies, Strong Communities - Healthy Lifestyles (1): Food, hydration & energy - Healthy Lifestyles (2): Activity, sleep & screen balance - Personal Hygiene (including puberty basics) - Democracy in Action - Fundamental British Values - Families & Family Structure”	Healthy lifestyles; Changing adolescent body; Families & family roles; Respectful relationships	Democracy & government; British Values; Rights and responsibilities in society

Summer	Growing Up & Taking Responsibility	“Growing Up & Taking Responsibility” • Marriage & Civil Partnership (age-appropriate) • Managing Emotional Change (1): Puberty feelings • Managing Emotional Change (2): Stress & coping plans • Identity & Self-esteem • Rights & Responsibilities (1): At school and online • Rights & Responsibilities (2): In the community	Respectful relationships; Marriage & family structures; Mental wellbeing; Online safety	Rights & responsibilities; Active citizenship; Online behaviour and law
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Year 8

Term	Unit Title	Lesson Themes	RSE 2025 Links	Citizenship Links
Autumn	Think Before You Act	“Think Before You Act” • What do we mean by Risk • Managing Risky Situations • Issues around Smoking • Issues around Alcohol • Issues around Drug Use • Issues around Gambling • Allergies and Anaphylaxis	Risks to health; Substance misuse; Physical & mental wellbeing	Law and risks (drugs, alcohol, gambling); Responsibilities to self and others
Spring	Challenging Prejudice, Building Respect	“Challenging Prejudice, Building Respect” • Relationships & Consent (Part 1) • Relationships & Consent (Part 2): Coercive Control & Misogyny • Factors influencing our understanding of Relationships • Sexuality & Homophobia The Role of the Equality Act - Respect & Tolerance • Racism: Understanding & Challenging	Consent; Respectful relationships; Sexual orientation; Equality & respect	Equality Act; Challenging prejudice; Human rights; Rule of law
Summer	Healthy Minds, Healthy Bodies	“Healthy Minds, Healthy Bodies” • Mental Health Awareness - The Importance of Self Esteem (Part 1) • Mental Health Awareness: Causes of Mental Health Issues (Part 2) • Mental Health Awareness (Part 2): Support Strategies • Body Image & Media Influence –Self Esteem • Body Image & Media Influence - Eating Disorders	Mental wellbeing; Body image; Media literacy; Seeking support	Media influence; Role of law in health & safety; Individual responsibility

Year 8

Year 9

Term	Unit Title	Lesson Themes	RSE 2025 Links	Citizenship Links
Autumn	Staying Safe On and Offline	“Staying Safe On and Offline” • County Lines & Exploitation • Gang Culture • Knife Crime: Causes Knife Crime: Impacts Illegal Behaviours Online • Risks of Excessive Online Time • Fake News & Media Literacy •	Online safety; Respectful relationships; Risks of exploitation	Crime & law; Responsibilities in the community; Media literacy & democracy
Spring	Personal Wellbeing & Safe Relationships	“Personal Wellbeing and Safe Relationships” • Healthy Lifestyles: Exercise • Healthy Lifestyles: Sleep • Healthy Lifestyles: Recap on Diet • Vaccination & Immunisation • Consent in Intimate Relationships • Sexual Relationships	Physical health; Consent; Intimate relationships; Reproductive health	Public health responsibilities; Citizenship & community responsibility
Summer	Protecting Yourself & Preparing for Life	“Protecting Yourself and Preparing for Life” • Role of Social Media in Relationships • Sexting & Online Grooming Risks • Contraception • Sexually Transmitted Infections (STIs) • Budgeting, Saving & Spending • Basic First Aid & Life-Saving Skills	Sexual health; Online safety; Contraception & STIs; Economic wellbeing	Financial literacy; Personal responsibility; Emergency preparedness

KS4 - Year 10 & Year 11

Term	Unit Title	Lesson Themes	RSE 2025 Links	Citizenship Links
Half Term 1	Re-capping Key Themes	<u>Re-capping Key Themes</u> • Healthy Lifestyles – Diet & Exercise • Self Esteem • Social Media & Wellbeing • British Values • Life Online – Re-capping Internet Safety	Mental wellbeing; Online safety; Respectful relationships	Democracy & British values; Law & online rights
Half Term 2	RE Focus	Christianity & Hinduism; - Key Beliefs and Practices	Families & respectful relationships; Marriage; Beliefs & values	Respect for diversity; Equality & law
Half Term 3	Sex & Relationships	<u>Sex & Relationships</u> • Rights & Values in Relationships • Unhealthy & Abusive Relationships • Managing Unwanted Attention • Communication & Readiness • Re-capping Contraception • Managing Relationships after Break ups	Consent; Healthy relationships; Managing relationships; Sexual health	Law on consent, abuse, harassment; Equality & rights
Half Term 4	RE Focus	Relationships, Families & Rights – Religious vs. Non-Religious views	Families & respectful relationships; Marriage; Beliefs & values	Respect for diversity; Equality & law
Half Term 5	RE Focus	Wider RE Themes Religion, Life & Death	Families & respectful relationships; Marriage; Beliefs & values	Respect for diversity; Equality & law
Half Term 6	Life Skills	<u>Re-capping Key Themes</u> • Gambling; • Budgeting & finance; • Debt & money stress; • Careers & employment; • Online profiles	Financial decision-making; Future readiness; Managing stress	Careers & employment law; Financial literacy; Responsibilities in work