

PSHE	Being me	Celebrating difference	Dreams & goals	Healthy me	Relationships	Changing me
YEAR 7 1 Lesson per week	Unique me, differences & conflict, my influences, gateway emotions, belonging to a group, peer pressure, peer on peer abuse, online safety, sexting, consequences, online legislation, online identity, online gaming safety and financial risks.	Bullying, prejudice & discrimination (positive and negative, Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, child on child abuse, banter, assertiveness.	Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, knives, exploitation Careers /Work Experience	Nutrition and exercise, managing physical activity. stress and anxiety, mental health, effects of substances, legal consequences, nutrition, sleep, vaccination and immunisation, importance of information on making health choices, contributing to your community.	Characteristics of healthy relationships, consent, relationships and change, emotions within friendships, peer on peer abuse, rights and responsibilities, being discerning, assertiveness, sexting, authenticity online, social media v reality	Puberty changes, Menstruation cycle, Reproduction facts, FGM, breast flattening/ ironing, responsibilities of parenthood, IVF, types of committed relationships, media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support.
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YEAR 8 1 Lesson per week	Self-identity, influences, family and identity, Online Influences, Screen time, stereotypes, personal beliefs and judgements, managing expectations, first impressions, respect for the beliefs of others Marriage, civil partnerships, Protected characteristics Active listening	Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, diversity, race and religion, stereotypes, prejudice, LGBT+ bullying, peer on peer abuse hate crime, fear & emotions Stand up to bullying, the golden rule Organ and blood donation	Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online safety and legal responsibilities, gambling issues. Sextortion, online scams, bank accounts and credit cards	Healthy me Long-term physical health, responsibility for own health, dental health, stress triggers and help tips, substances and mood, legislation associated with substances, exploitation and substances, county lines, medicine, vaccinations, immunisation	Relationships Positive relationship with self, social media and relationship with self, negative self-talk, managing a range of relationships, peer on peer abuse, personal space, online privacy, bullying and personal safety, AI, social media issues and the law, coercion, Knife crime, Sexting & sextortion unhealthy balance of power in relationships, sources of support,	Changing me Types of close intimate relationships, physical attraction, love, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography and the law, dealing with unwanted messages, Sexual harassment, sexuality, alcohol and risky behaviour

			Careers /Work Experience		Neuro- diversity (Autism & ADHD), Inclusion and equality.	
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YEAR 9 1 Lesson per week	Perceptions about intimate relationships, consent, sexual exploitation, peer approval, peer on peer abuse, Grooming, radicalisation, county lines, risky experimentation, managing risk online and offline , positive and negative self-identity, self esteem, groups, influences, social media, abuse and coercion, coercive control	Prejudice, discrimination, hate crime and the law. The reasons for discrimination. The difference between bullying and banter, misogyny, the power of language (positive & negative). Consequences of bullying – online, offline, verbal. Bystanders, protected characteristics, equality. LGBT phobia, Unconscious bias and types of bias. Non-consensual behaviours, changemakers.	Personal strengths. Health goals and factors that affect health Importance of planning for the future, external factors that affect happiness. Mental health, mental illness, anxiety, strategies to-help. Self-esteem, media manipulation, fake news, truth. Deep fakes and AI, Misogyny Careers /Work Experience	Misperceptions about young peoples' health choices, physical and psychological effects of drugs and alcohol, alcohol and the law, alcohol and drug poisoning, addiction. Smoking, vaping, drug classification, supply and possession, legislation, emergency situations, substances and safety, sources of advice and support.	Healthy relationships, Power dynamics and factors to consider in intimate relationships, risk in intimate relationships, importance of sexual consent, peer on peer abuse, assertiveness skills. Age of consent, Gillick competence test, sex and the law, pornography. Contraception choices, family planning, consequences of unprotected sex, STIs, support and advice services.	Mental health, challenging stigma, accessing support. Impact of change, emotions, managing emotions, developing resilience. Importance of sleep for mental health and learning, change to the body and brain, changes yet to come, accessing support. Misogyny, positive masculinity, incel culture and online influence. Healthy and unhealthy online communities.
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YEAR 10 1 lesson per week	Human rights, liberty and safety, violence against women, human rights violations. Stages of grief, responding to grief and supporting others. Social media (positives / negatives) the algorithm, managing exposure, managing screen time, enhancing images, commenting online, the	Human rights and free speech. Equality, hidden disability, positive action, rights and responsibilities, tolerance, equal pay, equality in the workplace. Society, benefits of multiculturalism. Power imbalance, equity & equality, inequality and its effects, challenging inequality, campaigns for	Developing resilience, nurturing relationships, physical health, mental health, balance work and life, social media, employers and your social media presence, real v online behaviours, importance of diet and exercise, wellbeing, health goals, helping others with health,	Improving health & good habits, cancer (Skin, testicular and breast) Substances and the body, prescription drugs. Mental and physical health, protective and risk factors. Mental health disorders – anxiety, OCD, depression, eating disorders, psychotics	Relationship, love, attraction, science of attraction, lust & attachment, loving yourself, stages of relationships, red flags, leaving unhealthy relationships, intimacy, pornography, risks, sex in the media, sexual violence, stalking & harassment, coercion, abuse and the law.	Societal change & it's effects, Social media & social change, family changes, decision making, gender identity & key terms. Stereotypes – gender, LGBTQ+, reducing stereotypes, marriage, risks in exploring relationships, changing emotions, effects on self-esteem, strategies to

	law, identify risk, where to get help. GDPR, Dangers of scams and sharing personal data. AI chatbots	change. Changing and ending relationships. UK healthcare and accessing a GP.	giving blood, organ donation. Opting out	disorders, where to get help, treatments, stigma, triggers, action in the community. Common diseases, healthier lifestyles, epidemics, pandemics, anti-biotic resistance.	Cohabitation & impact on children, marriage and civil partnerships. Coercion and trafficking &, modern slavery.	help. Gaining independence, personal safety, cycling, railway, water safety, transport, alcohol, drink spiking, gender stereotyping in romantic relationships, virginity testing and hymenoplasty.
YEAR 11 One lesson a week	Being an adult, age limits, coercion and control, county lines, law & internet use, social media, pornography, sexting, peer pressure. Domestic abuse, forced marriage, arranged marriage, honour based violence, FGM. Helping in emergencies – bleeding, allergies, choking, head injury, burns, asthma. Gambling & gaming. AI & algorithms.		Managing anxiety, solution-based thinking and relaxation. Life priorities, financial goals and budgeting. Developing skills sets & employment opportunities. Barriers to achieving goals, resilience. Marriage / civil partnerships, parenting. Types of technology and how it can help us reach our future goals.	Self-worth & self-identity. Sleep, nutrition, exercise. STIs. Deciding risk, avoiding risk, why have sex, consent, child on child abuse. Hormonal health, self-examination (testicles), contraception, pregnancy, fertility issues, adoption, cost of bringing up a baby, miscarriage. Rape culture, FGM, Grooming, substance misuse, coercion, abuse. Polycystic Ovary Syndrome, heavy periods & endometriosis	Intimate romantic relationships, relationships and social media. LGBT key terms. Gender identity and expression, sexuality. Ready to have sex? LGBT, Equality Act, Coming out, Do's and Don't's, Power imbalance, child on child abuse. Body autonomy, FGM, Breast ironing. Challenging harmful cultural practices and social norms.	
KS 4 RS & Citizenship	Citizenship (Yr 10) 1. Taxation & government spending 2. Parliamentary democracy 3. Influencing decisions, locally & beyond, 4. Different types of governance 5. International institutions 6. The Legal system	Religious Studies (Yr11) 1. Religion in modern Britain 2. The media & religion 3. Is helping others a religious duty or moral duty? 4. Humans & the environment 5. Aims of punishment 6. Freedom of speech vs respect for others.				