

PSHE Subject Overview (2023 - 2024)

	Half Term 1 Life beyond school	Half Term 2 Health and Well-Being	Half Term 3 Relationships and Sex Education	Half Term 4 Staying Safe online and Offline	Half Term 5 Celebrating Diversity and Equality	Half Term 6 Rights and Responsibilities
Year 7	Managing Change	Puberty and Body Development	Friendships, Respect & Relationships Unit	Staying Safe Online and Offline Unit	Celebrating Differences Unit	Politics Parliament and Me Unit
Year 8	Proud to be me	Physical Health and Well-Being	Identity, Relationships & Sex Education	Dangerous Society Online and Offline Unit	LGBTQA+ Explored Unit	Law, Crime and Society Unit
Year 9	Essential Lifeskills	Body confidence	Contraception & STI's Unit	Sex the law and Consent Unit	Legal And Illegal Drugs	Combatting Extremism & Terrorism Unit
Year 10	Rights and Responsibilities	Mental Health and Wellbeing	Exploring relationships & Sex Education Unit	Violence, Crimes and Seeing Safety Unit	Exploring World Issues	Exploring British Values Unit
Year 11	Your Future & Beyond	Adult Health and Wellbeing	Staying Safe			

Year 7

Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	Managing Change Unit						Puberty Body Development Unit						
Cycle 1	Intro to PSHE	Getting to know people	What is a community?	Careers and your future	Sleep and relaxation	Financial Education	Transition points and your life	Intro to Puberty	Puberty (Girls focus)	Puberty (Boys focus)	Personal Hygiene inc Oral Hygiene	Growing up and FGM	Assertiveness, consent and Hormones
	Friendships, Respect & Relationships Unit						Staying Safe Online and Offline Unit						
Cycle 2	Self Esteem & empowerment	Consent and boundaries	Respect and relationships	What makes a good friend	Friendships and managing them	Being positive & Self Esteem	Pressure & Influence	What does it mean to be a man?	Avoiding Gangs	Staying Safe Online	Online Gaming & Grooming	What is alcohol?	What is smoking?
	Celebrating Differences Unit						Politics Parliament and Me Unit						
Cycle 3	Vaping & Energy Drinks	Carrying a Knife	Multicultural Britain	What is your identity?	Nature Vs Nurture	Equality Act 2010	Breaking down Stereotypes	Prejudice and Discrimination	Challenging Islamophobia	Why is politics important	How is our country run	Create a political party	Elections and campaigning

Year 8

Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	Proud to be me Unit						Physical Health and Mental Wellbeing Unit						
Cycle 1	Employability Skills	Proud to be me + Career choices	Career interests and Jobs	Self Esteem and the Media	Labour market information	Exploring careers	Health and Wellbeing	What is mental health?	Positive body image	Child abuse	Types of Bullying	Healthy eating and Cholesterol	Stress management
	Identity, Relationships & Sex Education Unit						Dangerous Society Online and Offline Unit						
Cycle 2	Intro to relationships and sex education	Healthy relationships & What is love	Dealing with conflict	Sexual Orientation	Gender Identity	Introduction to contraception	County Lines - What is it?	County Lines - Who is at risk?	Substance misuse	Online safety - Cyber bullying	Grooming Boys and Girls	Drugs Education - Alcohol safety	Child Exploitation and online protection
	LGBTQA+ Explored Unit						Law, Crime and Society Unit						
Cycle 3	LGBT what is it?	LGBT Homophobia in schools	Supporting those that are LGBT	Challenging homophobia	Transphobia	Coming Out	Desert Island Living	Building a community	Making decisions & making priorities	Criminals, laws and society	Law making in the UK	Prisons, Reform and Punishment	Exploring inside Parliament

Year 9

Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	Essential Life Skills Unit						Body Confidence Unit						
Cycle 1	From Failure to Success	First Aid	Importance of Happiness	What is anger?	Saving and managing money	Employment & Financial management	Social media and online stress	Self esteem changes	What is a penis?	What is a vulva?	HBT - Bullying in all its forms	Dealing with Grief and loss	Media and Airbrushing
	Sex the Law and Consent Unit						Sex the Law and Consent Unit						
Cycle 2	Cancer Prevention & Healthy lifestyles	Sexual Consent & the law	FGM & The Law	Delaying Sexual Activity	Why have Sex?	Relationships and partners	Pleasure and delaying sexual activities / Risky Behaviour	What are STI's?	STI Lesson	Contraception Available	The Condom Lesson	Exploring the realities of Contraception	Sexual Harassment & Stalking
	Legal and Illegal Drugs Unit						Combatting Extremism and Terrorism Unit						
Cycle 3	HIV and AIDS	AIDS - Prejudice & Discrimination	Drugs Classification	Illegal Drugs	Substance Misuse	Cannabis and Other Drugs	Conspiracies & Extremist narratives	Extremism in all its forms	What is Terrorism?	Proud to be British	The radicalisation process	Counter Terrorism	Anti - Semitism

Year 10

Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	Rights and Responsibilities Unit						Mental Health and Wellbeing Unit						
Cycle 1	Instagram Generation	Targeted Advertising	Marriage what is it?	Rights & Responsibilities	Consumer Rights	Employment rights	Exploring a pay check	Child abuse (CSE) & Coercive Control	Screen time & Safe mobile Phone use	Common types of Mental Health	Self Harm & suicidal thoughts and support	Child on Child bullying and harassment	Promoting emotional wellbeing
	Exploring relationships & Sex Education Unit						Violence, Crimes and Seeing Safety Unit						
Cycle 2	Campaigning against FGM	Youth- Produced sexual Imagery	Porn Life vs Real Life	Domestic abuse and violence	Sexual violence (Assault and Rape)	Sexualisation of the media	Honour based Violence	Forced Marriages	Online Gambling	Social Media Validation	Keeping Data Safe	Modern Day Slavery	Preventing Knife Crime
	Exploring World Issues Unit						Exploring British Values Unit						
Cycle 3	Buy Now Pay Later	Working Laws 15-18	Importance of National Employment	What is a Mortgage	Peace, War and Conflict	Women's Rights & Equality	#MeToo Movement & Times Up	Critical thinking & Fake News	What is a cult?	Exploring Britishness and British Values	LGBT Rights & British Values	What are Human Rights	Exploring Human Rights

Year 11

Overview	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	Your Future & Beyond Unit						Adults Health & Wellbeing Unit						
Cycle 1	Review of last data cycle	Growth Mindset	Dealing with Exam Stress And Anxiety	Revision Techniques	CV Writing	Personal Statement	Time Management & revision	Learning to Sleep	Love and Abuse are not the same	Revision Audit	Revision Timetable	Attitude Battery & Exam Stress Cube	GRIT
	Staying Safe Unit												
Cycle 2	Resilience in Adversity	Online Reputation	Digital Footprint	Child on Child Bullying	Respect and Relationships	Careers Pathways	Interview Techniques	Interview Responses	Applying for jobs	Inspirational Hard Workers	New Psychoactive Drugs (NPS)	War on Drugs	Drugs and substance addiction