

PSHE Subject Overview (2026-2027)

	Half Term 1 Equality, Diversity & British Values	Half Term 2 Healthy Bodies & Emotional Wellbeing	Half Term 3 Relationships & Sex Education	Half Term 4 Modern Dangers: Online & Offline	Half Term 5 Digital Worlds & Emerging Dangers	Half Term 6 Equality, Diversity & British Values
Year 7	Managing Change	Puberty & body development	Friendships, Respect & Relationships	Staying Safe Online & Offline	Money, Media & Modern Society	Law, Crime & Society
Year 8	Celebrating Differences	Physical Health & Well-Being	Identity, Relationships & Sex Education	Dangerous Society Online & Offline	Digital Worlds & Emerging Dangers	Staying Safe & Building Respect
Year 9	Equality & Diversity Explored	Body Confidence	Contraception & STI's	Sex, the Law & Consent	Legal & Illegal Drugs	Combating Extremism & Terrorism
Year 10	Exploring British Values	Healthy Minds, Safe Choices	Risk, Relationships & Sex Education	Violence, Crimes & Seeking Safety	Healthy Bodies, Healthy Futures	Relationships, Respect & Modern Challenges
Year 11	Adult Health & Looking After Yourself	Sexual Health	Staying Safe	Staying Safe	Justice Ethics & Modern Society	

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							Puberty & body development					
Cycle 1	Intro to PSHE	Getting to know people	What is a community?	Careers & your future	Sleep & relaxation	Financial education	Transition points & your life	Introduction to puberty	Puberty (female focus)	Puberty (male focus)	Personal & oral hygiene	Growing up & FGM	Assertiveness, consent & hormones
	Friendships, Respect & Relationships							Staying Safe Online & Offline					
Cycle 2	Self-esteem & empowerment	Consent & boundaries	Respect & relationships	What makes a good friend	Friendships & online relationships	Being positive	Pressure & influence	What does it mean to be a man?	Avoiding gangs & criminal behaviour	Staying safe online	Online gaming, grooming & addiction	Alcohol & risk	Nicotine, smoking, vaping & shisha
	Money, Media & Modern Society							Law, Crime & Society					
Cycle 3	Energy drinks & caffeine	Knife crime & safety	Introduction to tax	How does the government use our taxes?	Advertising tricks	Becoming a responsible citizen	Deepfakes	Financial scams	Multicultural Britain	Why is politics important?	Criminals, laws & society	How are laws made	Prisons, reform & punishment

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
	Celebrating Differences							Physical Health & Well-Being					
Cycle 1	What is your identity	Multicultural Britain	Importance of being kind	Breaking down stereotypes	Learning disabilities	Prejudice & discrimination	Challenging Islamophobia	What is mental health?	Health, wellbeing & positive body image	Child abuse	Types of bullying	Healthy eating & cholesterol	Stress management
	Identity, Relationships & Sex Education							Dangerous Society Online & Offline					
Cycle 2	Relationships & sex education	Being yourself & self love	Healthy respectful relationships	What is love	Dealing with conflict	Periods & menstrual cycle	Introduction to contraception	Sexual orientation	County Lines – What is it?	County Lines – Who is at risk?	Substance misuse	Cyberbullying	Online grooming
	Digital Worlds & Emerging Dangers							Staying Safe & Building Respect					
Cycle 3	Alcohol safety	Child Exploitation & online protection	What are deepfakes?	Deep fakes bullying & digital media literacy	AI, chatbots & generated imagery	Algorithms & how they push content	AI - How is it changing the way we think and interact	Illegal online behaviours including drug & knife supply	Peer pressure and risky behaviours	Banter, bullying and loneliness	Respect	Personal safety in public spaces	Water safety

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
	Equality & Diversity Explored						Body Confidence						
Cycle 1	Gender & Equality Act	LGBTQ+ What is it	LGBTQ+ Rights across the world	Ableism and disability discrimination	Removing the barriers, equality for all	Racism & discrimination in society	First aid	Self esteem changes	What is a penis?	What is a vulva?	Bullying in all its forms	Dealing with grief & loss	Media & airbrushing
	Sex the Law & Consent								Sex the Law & Consent				
Cycle 2	Cancer prevention & healthy lifestyles	Sexual consent & the law	FGM & the law	Relationships & partners	Domestic Abuse & Domestic Violence	Why have sex?	Delaying sexual activities & risky behaviour	Sexual harassment & stalking	What are STI's?	Treating STIs & the clinic	Contraception's explored	Contraception condoms	Contraception explored further
	Legal & Illegal Drugs							Combating Extremism & Terrorism					
Cycle 3	HIV & AIDS	AIDS prejudice & discrimination	What is a drug?	Different types of addiction	Cannabis & volatile substances	Drugs classification	Party drugs & Illegal drugs	The war on drugs	Conspiracies & extremist narratives	Forms of extremism & terrorism	The radicalisation process	Antisemitism	Counter terrorism

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
	Exploring British Values							Healthy Minds, Safe Choices					
Cycle 1	Critical thinking & fake news	Hate crime in the UK	British Values and Identity	Mutual respect & tolerance	Individual liberty	What are human rights	Democracy explored	Child Sexual Abuse (CSE) & Coercive Control	Screen time & Safe mobile phone use	Masculinity & misogyny	First Aid skills	Self Harm & suicidal thoughts & support	Promoting emotional wellbeing
	Risk, Relationships & Sex Education							Violence, Crimes & Seeking Safety					
Cycle 2	Pleasure and delaying sexual activity	Campaigning against FGM	Youth-Produced sexual imagery	Myths vs Reality of pornography	Unhealthy relationships, sexual assault and rape	Sexualisation of the media	Honour based violence	Forced marriage & breast ironing	Online gaming & gambling	Social Media validation	Keeping data safe	Modern day slavery	Causes of knife crime
	Healthy Bodies, Healthy Futures							Relationships, Respect & Modern Challenges					
Cycle 3	What is a GP	The role of pharmacists	Exploring the local healthcare system	What is Antimicrobial Resistance?	Menstrual and Gynaecological Health	Healthy behaviours before during and after pregnancy	Unhealthy weight gain & associated health risks	Sexortion & virginity testing	Positive male role models & Incel culture	Marriage, cohabitation & civil partnerships	Ending friendships / relationships - How to do it in a kind way	Financial abuse & control in relationships	Personal safety in public spaces

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
	Adult Health & Looking After Yourself							Sexual Health					
Cycle 1	Organ & blood donation	Teenage pregnancy choices	Mental health illnesses	Testicular & prostate cancer	Cervical, breast & ovarian cancer	Parenthood	Love & Abuse are not the same	Peer on Peer Bullying	Fertility & what impacts it	Alcohol & Bad Choices	Importance of Sexual Health	Revisiting Contraception	Revisiting STI's
		Staying Safe							Staying Safe				
Cycle 2	Respect & Relationships	Virtual Reality & Live Streaming	New Psychoactive Drugs (NPS)	Nitrous Oxide	Group Chats & Anti-Bullying	Vaping	Drug & substance Addiction	Reputation & Digital Footprints	Screen Addiction	Online Misinformation	Targeted Advertising & Your Data	Cyber Flashing & Unsolicited Images	Upskirting
	Justice Ethics & Modern Society												