



MOUNT CARMEL
CATHOLIC HIGH SCHOOL

PSHCE CURRICULUM OVERVIEW 2026-2027

Building knowledge • Developing skills • Preparing for life

All pupils study Health & Wellbeing, Relationships & RSE and Living in the Wider World.



MIDPOINT CHECKS
are shown after the
relevant lesson.
These check understanding
and inform next steps.



TERM	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
AUTUMN TERM 1 	Health & Wellbeing – Unit 1: Transition and Safety - Transition to secondary school - TenTen Session 1: Who am I? ◆ - Personal safety in and outside of school: Road, Rail and Water Safety - Firework Safety Democracy Diversity D9 D1 D6	Health & Wellbeing – Unit 1: Drugs and Alcohol - Energy Drinks and Associated Risks - Attitudes and Influences towards drugs ◆ - Smoking, Vaping (E-Cigarettes), Alcohol and their risks - TenTen Session 1: Created and Chosen Rule of Law Diversity D10 D1 D6	Relationships & RSE – Unit 1: Sexual Health Education and Body Image - TenTen Session 2: Love People, Use Things - Body Image and Mental Health - Sexual Health Education ◆ - TenTen Session 4: Fertility and Contraception Mutual Respect Gender D5 D3 D6	Health & Wellbeing – Unit 1: Mental Health - New Challenges - Reframing Negative Thinking - Recognising Mental Ill Health - TenTen Session 1: Authentic Freedom ◆ Mutual Respect Mental Health D6 D2 D1	Health & Wellbeing – Unit 1: Self-Worth & Personal Development - TenTen Session 1: Self-Worth ◆ - Personal Safety and Emergency First Aid - Mental Health Awareness: Why do people self-harm? - Dealing with change, loss and grief Individual Liberty Diversity D6 D2 D9
AUTUMN TERM 2 	Living in the Wider World – Unit 1: Developing Skills and Aspirations - Financial decision-making budgeting - Careers and Aspirations: Getting a job ◆ - Understanding the Fundamental British Values - TenTen Session 7: Living Responsibly Rule of Law Diversity D7 D9 Stewardship ◆ MIDPOINT CHECK (after Lesson 2)	Health & Wellbeing – Unit 2: Discrimination and Mental Health - TenTen Session 2: Appreciating Differences - TenTen Session 3: Feelings ◆ - Understanding Mental Health and Wellbeing - Promoting Emotional Wellbeing Mutual Respect Diversity D9 D2 Solidarity ◆ MIDPOINT CHECK (after Lesson 2)	Health & Wellbeing – Unit 1: Cancer Awareness and Respectful Relationships - Breast Cancer Awareness - November: Testicular Cancer focus ◆ - Respectful relationships behaviours and sextortion - TenTen Session 1: The Search for Love Mutual Respect Gender D5 D4 D6 Dignity ◆ MIDPOINT CHECK (after Lesson 2)	Living in the Wider World – Unit 1: Financial Education Awareness - Apprenticeships ◆ - Entrepreneurship - Planning a Career - TenTen Session 2: Self-Image Individual Liberty Diversity D7 D9 Stewardship ◆ MIDPOINT CHECK (after Lesson 2)	Health & Wellbeing – Unit 2: Addiction and Mental Health - TenTen Session 2: Addiction ◆ - TenTen Session 3: Eating Disorders - TenTen Session 4: Birth Control - Long term commitments. Mutual Respect Diversity D10 D6 Stewardship ◆ MIDPOINT CHECK (after Lesson 2)
SPRING TERM 1 	Relationships & RSE – Unit 1: Diversity and Health - Challenging Prejudice, Discrimination and Stereotypes - TenTen Session 4: Where we come from ◆ - Signs and effects of Bullying - TenTen Session 6: My Life on Screen Mutual Respect Diversity D9 D2 D1	Living in the Wider World – Unit 1: Digital Resilience and Citizenship - Digital Resilience: Impact of Social Media - Sexual Orientation and Gender Identity ◆ - TenTen Session 4: Before I was born - Introduction to Contraception Individual Liberty Diversity D1 D9 Dignity	Living in the Wider World – Unit 1: Knife Crime, Preventing Serious Crime & Online Safety - Knife Crime Awareness - Preventing involvement in serious and organised crime ◆ - Financial Education: Online Safety - TenTen Session 3: In Control of My Choices Mutual Respect Diversity D7 D6 D3 Dignity	Relationships & RSE – Unit 1: Healthy Relationships & Sexual Health - The role of intimacy and pleasure - The impact of pornography ◆ - TenTen Session 3: Beliefs, Values and Attitudes - VAWG Focus: Abuse in Relationships Mutual Respect Gender D3 D4 D2	Living in the Wider World – Unit 1: Financial Literacy and Independence - Take-home pay & budgeting ◆ - Savings accounts - Savings accounts - Insurance - Financial planning Individual Liberty Diversity D7 D9 Stewardship
SPRING TERM 1 	Health & Wellbeing – Unit 2: Puberty and Relationships - TenTen Session 2: Changing Bodies - Menstrual Wellbeing ◆ - TenTen Session 5: Family and Friends Mutual Respect Gender D5 D6 D3	Relationships & RSE – Unit 1: Relationships & Consent - Healthy Relationship Values - Influence and Expectations ◆ - VAWG Focus: Consent & assumptions - TenTen Session 5: Tough Relationships Mutual Respect Diversity D3 D4 D5	Health & Wellbeing – Unit 2: Healthy Lifestyle & Mental Wellbeing - Body image & eating disorders - Sleep & its effects on physical and mental health ◆ - Dental care Mutual Respect Health D7 D5 D10	Relationships & RSE – Unit 2: Exploring Influence & Extremism - Valuing Diversity - Understanding and Preventing Extremism ◆ - County lines - TenTen Session 4: Parenthood Rule of Law Diversity D1 D8 D2	Relationships & RSE – Unit 1: Pregnancy Choices & Sexual Health - VAWG Focus: Pornography - VAWG Focus: STIs ◆ - VAWG Focus: Coercive Control (CSE/Misogyny/Rape) - Pregnancy choices: abortion Mutual Respect Diversity D3 D4 D5
SUMMER TERM 2 	Relationships & RSE – Unit 2: Building Relationships - Healthy vs unhealthy relationships - Disability discrimination – 'I'm with Sam' ◆ - VAWG Focus: Introduction to Consent Mutual Respect Diversity D9 D1 D8	Living in the Wider World – Unit 2: Financial Decision Making - Financial responsibility - Honesty & integrity in money ◆ - Legal protections in banking - Digital safety & discrimination online Individual Liberty Diversity D7 D8 D9 Dignity	Living in the Wider World – Unit 2: Financial Education: How can we manage money well? - Rule of law & individual rights - Upholding democracy & individual liberty ◆ - VAWG Focus: Human rights & wrongs Democracy Diversity D3 D6	Living in the Wider World – Unit 2: Citizenship & Democracy - How laws are made - Criminal vs civil law ◆ - Democracy & civic engagement Stewardship Diversity D9 D8 D3	SUMMER TERM 2 GCSE EXAMINATIONS Year 11 pupils leave after Summer Term 1.

DfE 2026 STATUTORY CONTENT – COVERED THROUGHOUT OUR CURRICULUM

D1 Online safety, AI & misinformation	D2 Misogyny, toxic masculinity & mansphere	D3 Consent, coercion & controlling behaviour	D4 Sexual harassment, exploitation & image-based abuse	D5 Healthy relationships & respectful behaviour
D6 Mental health, self-harm, grief & help-seeking	D7 Financial safety, scams, gambling & exploitation	D8 Extremism, radicalisation & criminal exploitation	D9 Equality, discrimination & protected characteristics	D10 Health risks, vaping, drugs & addiction

CATHOLIC SOCIAL TEACHING

Threaded through every unit



BRITISH VALUES

Promoted in every unit

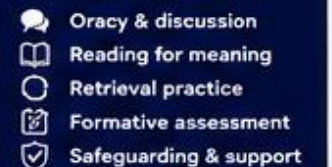


CAREERS & LIFE PREPARATION

Preparing pupils for real-life opportunities.



HOW WE LEARN



Through this curriculum we help young people build confidence, resilience and character to make informed choices, form healthy relationships and become respectful, responsible citizens who contribute positively to society.

RESPECT | RESPONSIBILITY | COURAGE | COMPASSION | COMMUNITY