



# St Cecilia's PSHE, RSHE & Citizenship Overview

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Spring Term 1: RSHE</b>					
Religious understanding	Who am I?	Created and chosen	The search for love	Authentic freedom	Revision/ Exam Prep
Me, My Body, My Health	Changing bodies	Appreciating differences	Love people, use things	Self-image	Revision/ Exam Prep
Emotional Well-being	Healthy inside and out	Feelings	In control of my choices	Beliefs, values, attitudes	Revision/ Exam Prep
Life Cycles	Where we come from	Before I was born	Fertility and contraception	Parenthood	Revision/ Exam Prep
<b>Spring Term 2: RSHE</b>					
Personal Relationships	Family and friends	Tough relationships	Marriage	Pregnancy and abortion	Revision/ Exam Prep
Keeping Safe	My life on screen	Think before you share	One hundred percent	Abuse	Revision/ Exam Prep
Living in the wider world	Living responsibly	Wider world	Knowing my rights and responsibilities	Solidarity	Revision/ Exam Prep
<b>Summer Term 1: Careers &amp; Finance</b>					
Financial decision making	What influences my decisions?	How can I make informed decisions?	Why do my decisions matter?	How can I manage financial risk?	
Money in the world	How can I use a bank account?	Credit and debt	Payslips and deductions	Planning for retirement	
Cifas: Anti-fraud	Understanding fraud	Identity fraud and data protection	Money mules	Social engineering	



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<b>Summer Term 2: Mental Health &amp; Well-Being</b>					
<b>Mental health and well-being</b>	Attitudes to mental health	Digital resilience	Healthy coping strategies	New challenges	
	Promoting emotional well-being	Unhealthy coping strategies	Change, loss, grief	Reframing negative thinking	
<b>Promoting Physical health</b>	Dental health	A balanced lifestyle	Getting enough sleep	Influences on lifestyle	
<b>First aid</b>	Basic life support with focus on bleeding	Basic life support with focus on asthma and allergies	Basic life support with focus on choking and head injuries	Basic life support with focus on chest pain	