



# St Cecilia's PSHE, RSHE & Citizenship Overview

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



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<b>Spring Term 2: Physical Health &amp; Mental Well-Being</b>					
<b>Mental health and well-being</b>	Attitudes to mental health	Digital resilience	Healthy coping strategies	New challenges	Revision/ Exam prep
	Promoting emotional well-being	Unhealthy coping strategies	Change, loss, grief	Reframing negative thinking	Revision/ Exam prep
<b>Promoting Physical health</b>	Dental health	A balanced lifestyle	Getting enough sleep	Influences on lifestyle	Revision/ Exam prep
<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	Revision/ Exam prep
<b>Summer Term 1: Risk &amp; Safety</b>					
<b>Online safety</b>	Suspicious contact	Protecting personal information	Managing devices and accounts	Identifying scams and sources of support	
<b>Managing risks</b>	Online influencers	Risks of sending nude images	Gangs	Calling out misogyny	
<b>Friendship and bullying</b>	Friendship and empathy	Bullying and bystanders	Recognising and challenging bullying behaviour	Unhealthy attitudes to bullying	
<b>Harmful substances</b>	Understanding drugs	Tobacco- risks and influences	Alcohol and risks	Substance use and assessing risk	
<b>Summer Term 2: Law &amp; Democracy</b>					
<b>Democracy</b>	What is democracy?	Voting	Local and central government	Political Parties	
<b>Belonging and community</b>	Identity and community	Discrimination and protected characteristics	Diverse and supportive communities	Beyond the UK	
	Bias and stereotypes	Values and constructive disagreement	Valuing diversity	Human Rights and International Law	