



# 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: 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? | 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: Mental Health &amp; 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                               | What is a political party?                  |                     |
| <b>Belonging and community</b>                       | Identity and community                    | Discrimination and protected characteristics          | Diverse and supportive communities                         | Understanding and preventing extremism      |                     |
|  | Bias and stereotypes                      | Values and constructive disagreement                  | Valuing diversity  | How are people drawn into extremist groups? |                     |