



St Cecilia's PSHE, RSE & Citizenship Overview 2026-

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term 1: RSHE					
Religious understanding	Who am I?	Created and chosen	The search for love	Authentic freedom	Self-worth
Me, My Body, My Dignity	Changing bodies	Appreciating differences	Love people, use things	Self-image	Alcohol, Drugs & Dependency
Well-being and Health	Healthy inside and out Keeping well (part 1)	Feelings Keeping well (part 2)	In control of my choices Drug and smoking awareness	Beliefs, Values, Attitudes	Mental Well-Being Eating Disorders Health and Fitness
Life Cycles	Where we come from	Before I was born	Fertility and contraception	Parenthood	Family Planning and Fertility
Autumn Term 2: RSHE					
Personal Relationships	Family and friends	Tough relationships	Commitment and Marriage Understanding Consent	Pregnancy and abortion Abuse	Sexual Health Pornography Coercive Control
Online Awareness	My life on screen	Think before you share	Safe and smart online	Online influences	
Living in the wider world	Living responsibly	Wider world	Human Rights and Wrongs	Solidarity	
Safe and Well	Basic first Aid (Part 1)	Basic first Aid (Part 2)	Out and about Lifesaving skills	Out in Public	



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Spring Term 1: Finance					
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
Spring Term 2: Risk & Safety					
Online safety	Suspicious contact	Protecting personal information	Managing devices and accounts	Identifying scams and sources of support	Revision/ Exam prep
Managing risks	Online influencers	Risks of sending nude images	Gangs	Calling out misogyny	Revision/ Exam prep
Water Safety	Water Safety	Water Safety	Water Safety	Water Safety	Revision/ Exam prep
Harmful substances	Understanding drugs	Tobacco- risks and influences	Alcohol and risks	Substance use and assessing risk	Revision/ Exam prep
Summer Term 1: Physical Health & Mental Well-Being					
Mental health and well-being	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
Promoting Physical health	Dental health	A balanced lifestyle	Getting enough sleep	Influences on lifestyle	Revision/ Exam prep
First aid	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



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Summer Term 2: Law & Democracy					
Democracy	What is democracy?	Voting	Local and central government	Political Parties	
Belonging and community	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	

Please note: The topics outlined in this overview represent the core PSHE curriculum delivered on a fortnightly basis. As part of our wider Personal Development programme, pupils also engage with additional PSHE-related themes and content through assemblies, themed events, cross-curricular learning, whole-school initiatives, and weekly form-time activities, including Friday tutor slides. As a result, students' personal development education extends beyond the topics listed here.