



PSHE Curriculum 2026-2027

TOA PSHE Curriculum 2026-2027

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions
Year 8	Health and well-being	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
Year 10	Study, work and careers	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring consent and recognising abuse
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Online financial harms	

Year 7

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Emotional wellbeing: managing change and transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills. <u>Developing Learning Skills: Helping students thrive in a new key stage – KS3</u> L1 – Thriving in a new secondary school L2 – Goal setting L3 – Distractions and risk taking (Staffordshire Safer Roads Partnership) <u>Wellbeing for Life: Year 7</u> L1 – Managing emotions L2 – Managing reactions L3 – Developing positive habits L4 – Managing rumination and worry L5 – Managing tension and stress	Friendship and bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents. <u>Friendship and bullying</u> L1 – Friendship and empathy L2 – Bullying and bystanders L3 – Friendship challenges L4 – Similarities, differences and peer influence <u>Home Office - Preventing involvement in serious, organised crime</u> L1 – Coercive friendships	Families and changing relationships This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation. <u>Families and committed relationships</u> L1 – Understanding changing relationships L2 – Roles in the family <u>Change, loss and grief</u> L1 – Managing change, loss and grief <u>Family justice</u> L1 – Family courts	Puberty and keeping safe This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse. <u>Puberty</u> L1 – Puberty and emotional changes L2 – Menstrual wellbeing <u>NHS Network</u> L1 – Testicular health <u>Canesten Health</u> L1 – Taking care of the vulva <u>Home Office – Something's not right</u> L1 – Making disclosures <u>FGM</u> L1 – Keeping safe	Influences on relationships This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences. <u>Healthy relationships and sexual health</u> L1 – Healthy and unhealthy relationships L2 – Managing conflict <u>Consent</u> L1 – Introduction to consent <u>Making choices</u> L1 – Deciding what to watch L2 – Relationships on-screen L3 – Managing challenging content L4 – Social media	Financial decisions This unit supports students to develop their financial literacy and rehearse decision – making and risk assessment skills in relation to money and spending. <u>Financial Literacy and Inclusion Campaign (FLIC)</u> L1 – Making spending decisions L2 – Budgeting L3 – Getting a job L4 – The impact of inflation L5 – The critical consumer L6 – Decision making: Budgeting for a summer holiday

Year 8

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Health and wellbeing In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people’s wellbeing. <u>Food for thought</u> L1 – Making healthier choices <u>Physical activity</u> L1 – Being active! L2 – Healthier sleep habits <u>Dental Health</u> L1 – Maintaining dental health <u>Climate change: empathy and agency</u> L1 – Climate change and wellbeing L2 – Navigating different views <u>Immunisations</u> L1 - HPV Educate	Personal safety and managing risk This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs. <u>Firework safety</u> L1 – Firework safety <u>Motor Insurers’ Bureau</u> L1 – Staying safe on the roads <u>Canal and River Trust</u> L1 – Water safety <u>British Heart Foundation</u> L1 – Classroom RevivR <u>Drug education</u> L1 – Understanding drugs L2 – Tobacco and nicotine L3 – Alcohol and risk L4 - Vaping	Belonging and community This unit focuses on how to create respectful and cohesive communities. It helps students recognize and challenge bias, stereotypes and discrimination and promote inclusion. <u>Belonging and community</u> L1 – Identity and community L2 – Bias and stereotypes L3 – Discrimination and the protected characteristics L4 – Values and constructive disagreement L5 – Diverse and supportive communities	The online world This unit helps students to recognise their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users. <u>Online financial harms</u> L1 – Click and pay: phones and financial risk L2 – Gaming, social media and algorithms: The pressure to spend online L3 – Money matters: Seeking help and support <u>Under the influence</u> L1 – The business of influence L2 – Feeding the algorithm	Healthy and unhealthy relationships This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support. <u>NSPCC: Talk Relationships</u> L1 – Healthy relationships L2 – Sexualised media L3 – Safer online relationships L4 – Sexual harassment and harmful sexual behaviour L5 – Sharing of nudes L6 – Consent L7 – Preventing gender-based violence	Managing money This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing. <u>Financial Literacy and Inclusion Campaign (FLIC)</u> L1 – How to open a bank account L2 – Reading a bank statement L3 – How to save money L4 – How to use a bank card L5 – How to manage debt L6 – Decision making: a guide to banking

Year 9

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Mental health and wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.	Careers and future choices This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.	Drug education This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.	Managing risk in relation to the law This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law	Intimate sexual relationships In this unit, students revisit learning about consent and learn about healthy, safe, sexual relationships, including using contraception.	Navigating online harms This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.
<u>Wellbeing for life</u> L1 – Managing strong emotions L2 – Managing distractions L3 – Managing disappointments and setbacks L4 – Unhealthy coping strategies L5 – Healthy coping strategies <u>Body modifications</u> L1 – Influences and self-expression	<u>Navigating work, study and careers</u> L1 – Exploring career interests L2 – Work patterns and workplaces L3 – Managing pressure and seeking support. L4 – Preparing for KS4 options <u>Opportunities, strengths and managing online presence</u> L1 – Showcasing personal strengths L2 – Managing online reputation	<u>Drug education</u> L1 – Vaping L2 – Exploring attitudes L3 – The law and managing risk L4 – Alcohol and cannabis L5 – Managing influence	<u>Home Office: Preventing involvement in serious, organised crime</u> L2 – Serious and organised crime <u>National Crime Agency: Exploring Cybercrime</u> L1 – Causes of cybercrime L2 – Effects of cybercrime <u>ACT for Youth</u> L1 – Run, hide, tell	<u>Consent</u> L2 – Avoiding assumptions L3 – Freedom and capacity to consent <u>Healthy relationships and sexual health</u> L1 – Relationship values L2 – Penis pressure L3 – Vulval vexations L4 – Period dramas L5 – Contraception L6 – Sexual health L7 – Managing the end of relationships	<u>Not just flirting</u> L1 – Feelings about sharing nudes <u>Digital deception: Understanding deepfakes</u> L1 – Motivations and consequences L2 – Tackling deepfakes <u>Challenging the narrative: thinking critically about misogyny</u> L1 – Exploring harms and misconceptions L2 – Responding to misogyny

Year 10

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Study, work and careers This unit explores career choices and pathways, work experience, and applications for study or work <u>Navigating work, study and careers</u> L1 – Identifying career preferences L2 – Navigating the careers landscape L3 – Mapping a career path L4 – Making a good impression L5 – Preparing for work experience <i>L6 – Reflecting on work experience (Spring 2)</i> <u>Developing learning skills</u> L1 – Study skills for KS4	Independence, health choices and wellbeing This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4 <u>Food for thought</u> L1 – Making informed choices <u>Physical activity</u> L1 – Making decisions <u>Wellbeing of women</u> L1 – Menstruation matters <u>NHSBT: Exploring blood, organ and stem cell donation</u> L1 – Exploring donation <u>Orchid – Testicular cancer</u> L1 – What is testicular cancer <u>Prevent Breast Cancer</u> L1 – Breast awareness L2 – Signs, symptoms and self-examination	Navigating the online world This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images. <u>Understanding AI: Rights, safety and wellbeing</u> L1 – How does AI affect our daily lives L2 – What are the limitations of generative AI L3 – How does generative AI affect our understanding of the world? L4 – How do chatbots affect relationships? <u>Digital deception: Understanding deepfakes</u> L1 – What’s the harm L2 – What can be done? <u>Not just flirting</u> L1 – Social attitudes to sending nudes	Friendship, diversity and challenging extremism This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism. <u>Work experience:</u> L6 – Reflecting on work experience <u>Friendship and bullying</u> L1 – Recognising and challenging bullying behaviour L2 – Recognising and challenging unhealthy attitudes to bullying <u>Belonging and community</u> L1 – Valuing diversity L2 – Understanding and preventing extremism L3 – How are people drawn into extremist groups?	Managing influence This unit helps students to evaluate online content, understand and harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour. <u>Under the influence</u> L1 – All about the money? L2 – Can it be trusted? <u>Challenging the narrative: thinking critically about misogyny</u> L1 – The impact and spread of misogynistic narratives L2 – Safely challenging misogynistic beliefs and attitudes <u>Ipsos</u> L1 - Gambling	Exploring consent and recognising abuse This unit revisits and deepens students’ understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse. <u>Consent</u> L1 – The role of intimacy and pleasure L2 – The impact of pornography L3 – Pressure, persuasion and coercion <u>Freedom charity - FGM and forced marriage</u> L1 – FGM L2 – Forced marriage <u>Something’s Not Right</u> L1 – Relationship rights and reporting abuse

Year 11

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Life-long wellbeing This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams. <u>Wellbeing for life</u> L1 – Mental health and wellbeing throughout life L2 – Managing distractions L3 – Changing thinking habits L4 – Seeking help and support L5 – Managing stress and tension <u>Change, loss and grief</u> L1 – Managing change, loss and grief <u>The sleep factor</u> L1 – The importance of sleep	Drugs and personal safety This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support <u>Drug education</u> L1 – Assessing risk L2 – Managing influence L3 – Help seeking <u>Gangs: Managing risk and staying safe</u> L1 – How it might start L2 – Risks and consequences L3 – Getting out <u>Thames Valley Police – Tackling Violence against women and girls</u> L1 – Looking after each other	Safe relationships and sexual health This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health <u>CEOP – Exploited</u> L1 – Healthy and unhealthy relationships L2 – Power and control L3 - Setting boundaries and getting help <u>Healthy relationships and sexual health</u> L1 – Relationship behaviours L2 – Choices related to sex and contraception L3 – Sexual health	Families, fertility and pregnancy This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy. <u>Committed relationships and family life</u> L1 – Long-term commitments L2 – The legal status of marriage L3 – Parenting <u>Fertility and pregnancy choices</u> L1 – Fertility and routes to parenthood L2 – Pregnancy outcomes L3 – Pregnancy choices	Online financial harm This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation. <u>Online financial harms</u> L1 – Making money online: Risks, rights and cryptocurrencies L2 – Controlled and uncontrolled online spending L3 - Financial exploitation: Factors, strategies and support <u>CIFAS – Anti-fraud education</u> L1 – Money laundering L2 – Social engineering	