PSHE 2026-2027 Learning Journey
In lesson curriculum, wider curriculum and external agency support

Age	Being Me in My World	Dreams and Goals	Celebrating Difference	Healthy Me	Relationships	Changing Me
11+ Year 7	Unique me, differences and conflict, my influences, gateway emotions, belonging to a group, peer pressure, child-on-child abuse, online safety, sexting, consequences, online legislation, online identity, online gaming- safety and financial risks	Defining success, setting dreams and goals, skills for the future, what is failure, coping strategies for when things go wrong, building skills for the future and teamwork, health and wellbeing, gang culture and knife crime, county lines	Prejudice and discrimination, equality Act 2010, bystanders, assertiveness, positive and negative Influences, challenging attitude and negative behaviours, stereotypes, Human Rights, Inclusion, bullying, exclusion and respect	Nutrition and exercise, managing physical activity and mental health, stress and anxiety, effects of substances (nicotine and caffeine), vaping, nutrition, sleep, health choices, physical illness and medicine, personal hygiene, contributing to your community	Changing relationships, consent, healthy relationships, falling out and friendships, social media vs reality, authenticity online, personal space and setting boundaries, healthy and unhealthy relationships	Puberty changes, reproduction facts, menstrual cycle, responsibilities of parenthood, IVF, types of committed relationships and families, UN Rights of a child, media and self-esteem, self image, FGM, factors effecting hormones and moods
Big Question	How do I fit into the world I live in?	Can my choices affect my dreams and goals?	Do we need to feel 'the same as' to belong?	To what extent am I responsible for my mental and physical health?	What can make a relationship healthier or less healthy?	How do I feel about becoming an adult?
Wider Curriculum Delivery	**Geography:** Year 7 – What is Geography Year 7, 8 and 9 – learning about different cultures and differences between them. **History:** Year 7 'What is History',HT1 **PE:** Team sports (belonging to a group, differences and conflict) **MFL:** Adjectives for describing people and personalities **RE/Sociology:** HT 1 – Y7 – being a responsible citizen **Science:** B2.3 Variation – unique me (yr 8 HT3) all people/organisms are different	**Geography:** All years – career links with Geography **PE:** Practical PE lessons (success/ learn from mistakes, overcome challenges) **Science:** Planning skills - B1.1 (Yr 7 HT1), C1.2 (Yr 7 HT2), C2.1 (Yr 8 HT1), C3.2 (Yr 9 HT3) planning skills explicitly taught in practical Science	**History:** Year 10, Crime and Punishment, 1900-present **PE:** Team sports, dance for boys and girls **RE/Sociology:** Year 9 RE – HT1 – Prejudice and discrimination	**Art:** Art can support people with their well-being to relive stress and anxiety and can be used as a form of therapy. **PE:** Working in a team or under pressure during a competitive situation **Science:** Topic 2; Our Body; content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed Topic 2; Our Body; calculations of energy requirements in a healthy daily diet Topic 2; the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases Topic 3; Lifestyle Impact; the impact of exercise, asthma and smoking on the human gas exchange system	**PE:** Problem solving working together in a team (practical PE)	**Science:** Topic 3; Reproduction and Inheritance; reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, gestation and birth
External Organisation Support		HSBC – Financial Literacy – Savy Shopping Careers Fiar Army Careers Day		Red Cross Emergency first aid		Red Cross Coping with change
12+ Year 8	Self-identity, influences, online influence, family and identity, managing expectations, active listening skills, personal beliefs and judgements, first impressions, positive self talk, marriage, civil partnerships and the law, beliefs and religions, protected characteristics, online and o line identity	Goal se ing, grit and resilience, can money buy happiness? Keeping safe online, income and poverty, budgeting, expenditure, debt and budgeting, poverty, online scams, sextortion, taking risks, staying safe online	Prejudice and persecution, LGBT bullying, the equality act, social justice and hate crimes, multiculturalism and religious tolerance, standing up for what you believe in, celebrating differences	Types of health, cardiovascular health and diabetes. Risks, illegal and legal substances, dental health, skin protection, steps to protecting physical health, vaccinations, peer pressure, vaping	AI and media influence, maintaining positive relationships, assertiveness, sexting and sextortion, power dynamics, knife crime, social media platforms, neurodiversity: autism and ADHD, inclusion and equality	Types of close intimate relationships, behaviours in healthy and unhealthy romantic relationships, what makes a healthier relationship? harassment, attraction, love or lust? sexuality, pornography and the law, dealing with unwanted messages. Alcohol, risky behaviour and the law

Big Question	Can I choose how I fit into the world?	Can the choices I make now influence my future?	How different are we really?	Can I become more responsible for my health and happiness?	How much should what and who are around us impact our self-worth?	What factors can make an intimate relationship happy and healthier?
Wider Curriculum Delivery	**Art:** Banksy Year 8 Graffiti project. **Geography:** Year 7 – What is Geography Year 7, 8 and 9 – learning about different cultures and differences between them. **PE:** Stereotypes (girls and boys follow the same curriculum to avoid this). Respect for others/active listening (team sports). **MFL:** Listening politely and respectfully covered in all lessons – active listening is one of our key skills **RE/Sociology:** Year 10 RE – Families and relationships HT2 Year 9 RE – prejudice and discrimination HT1 Year 10 Sociology HT2 - Family **Science:** B3.1 Stem Cells – respecting others' beliefs (yr 9 HT1) beliefs and ethics in stem-cell research	**Art:** Art can support people with their well-being to relive stress and anxiety and can be used as a form of therapy. **Geography:** All years – career links with Geography **MFL:** Future plans are covered at both KS3 and 4 – goals and ambitions for the future **Science:** Science in the spotlight (Most KS3 units) – careers Science in the Spotlight careers study B3.1 Stem Cells – ethics (yr 9 HT1) beliefs and ethics in stem-cell research B2.1 – Organ donation debate lesson (Yr 8 HT1) ethical dilemmas of organ donation	**Geography:** All years – different societies and multiculturalism Year 10 – how migration affects Manchester, why migration happens **PE:** Team sports, dance for boys and girls **Science:** B2.1 – Organ donation debate lesson (Yr 8 HT1) ethical dilemmas of organ donation	**PE:** Practical PE lessons (physical health) Substance (GCSE PE drugs in sport) **Science:** Topic 2; Our Body; content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed. Topic 3; Reproduction and Inheritance; menstrual cycle (without details of hormones), gametes, fertilisation,	**Art:** Year 8 Banksy Graffiti project **History:** Year 10, Crime and Punishment, 1900-present	**Science:** Topic 3; Reproduction and Inheritance; menstrual cycle (without details of hormones), gametes, fertilisation,
External Organisation Support	Bury Council B safe	HSBC – Financial Literacy – Household budgeting Careers Fiar Navy Careers Day		Red Cross Emergency first aid Cycle Proficiency level 2		Red Cross Empathy and migration
13+ Year 9	Being in a group, peer approval, perceptions about intimate relationships, consent and personal safety, sexual exploitation, grooming, radicalisation, county lines, positive and negative self -esteem and self-identity, influences, managing risk online and online, social media, abuse and coercive control	SMART planning, changing appearances, cosmetic surgery and weight loss products, mental illness and stigma, social media, mental health and self-esteem, deepfakes and AI, harmful and illegal online content, misogyny	Power of positive language, prejudice, LGBT+ phobia, banter and bullying, reducing fear and promoting equality, cyber bullying and harassment, bias, discrimination, harassment and victimisation, nonconsensual behaviours, changemakers	The teenage brain, risks and personal safety, drugs and alcohol- physical and psychological effects, belonging, loneliness and inclusion, emergency situations, CPR, cardiac arrest, mental health first aid and support, drugs- the law, safety, classification, supply and possession legislation, health choices (nutrition, stress, sleep)	Equity and equality, healthy and unhealthy relationships, power dynamics, pornography, contraception, pregnancy, STIs, consent, factors to consider in intimate relationships, Gillick Competence Test	Change and managing emotions, importance of sleep in relation to mental health, self- expression, influences, body image, masculinity (positive), online influence, misogyny, incel culture and healthy vs unhealthy online communities, mental health and addiction, the importance of sleep and good routines
Big Question	To what extent does the world I live in affect my identity?	Who do I dream of becoming?	Is being different a good thing?	How can substances impact on wellbeing?	Can relationships ever be equal?	How can change affect mental health?
Wider Curriculum Delivery	**History:** Year 10, Crime and Punishment, 1900-present **PE:** Team sports **MFL:** Social media is covered in GCSE German and French **RE/Sociology:** Year 10 RE HT2– Families and relationships **Science:** B.1 Sexual Reproduction – intimate relationships (Yr 7 HT2) scientific process of sexual reproduction	**Geography:** All years – career links with Geography **PE:** Health benefits from PE. **Science:** B2.4 Nutrition – Deficiency diseases (yr 8 HT5) deficiency diseases and links to eating disorders	**Geography:** All years – different societies and multiculturalism Year 10 – how migration affects Manchester, why migration happens **History:** Year 10, Crime and Punishment, 1900-present **PE:** Dance – culture. Boys and girls follow the same curriculum	**PE:** GCSE PE drugs in sport **MFL:** Implications of an unhealthy lifestyle – dangers of smoking/drinking/drug abuse covered at KS4 **Science:** B2.1 – Different types of drugs and their effect on health (Yr 8 HT1) legal/illegal drugs and effects on the body B4.4 Health and disease – Alcohol, smoking risk factors (Yr 10 HT5) risks of smoking and alcohol	**Science:** B5.2 Controlling Reproduction – contraception (Yr 11 HT2) contraception methods and endocrine system B4.4 Health and disease – communicable diseases including some STIs (Yr 10 HT5) pathogen transmission including STIs	**Art:** Art can support people with their well-being to relive stress and anxiety and can be used as a form of therapy.
External Organisation Support		HSBC – Financial Literacy – Managing your outgoings Careers Fair Careers Speed Networking		Red Cross Emergency first aid Cycle Proficiency level 2		Red Cross Empathy and migration

14+ Year 10	Human rights, societal freedom, understanding safety in UK and beyond, stages of grief, loss and bereavement, the law and social media risks, algorithms and use of online data, GDPR the dark web and managing online content/screentime, dealing with disturbing online content (suicide, self-harm, violence), sharing/enhancing of images, risks associated with sharing personal data, AI chatbots and online scams	Resilience, nurturing important relationships, achieving your goals and the impact of physical and mental health, taking care of your mind and body, real v online behaviours, social media usage, the impact of social media on future employment, the body and vital organs, blood, organ and stem cell donation, opting out, balanced lifestyles, resilience toolkit	Human Rights, responsibilities, The European Convention on Human Rights, The European Court of Human Rights, The Human Rights Act 1998, multicultural societies, successful societies, Equality Act 2010, hidden disabilities, discrimination in the workplace, inequality and campaigning for equality, equality in relationships, empowered and disempowered, changing and ending relationships, UK healthcare and accessing a GP	Improving health and good habits, cancer (skin, testicular and breast cancer), common mental health disorders and treatment, substance use and mental health, mental health stigma, sexual health, STIs (transmission, treatment, symptoms) HIV/Aids, safer sex, contraception (barrier/hormonal), threats to health (cancer, diabetes, cardiovascular disease)	Long-term relationships and legal status, the science of attraction, how to have a good relationship with yourself, why do relationships end, unsafe, toxic and unhealthy relationships staying safe and getting help, the law on marriage, cohabitation and the impact on children, the difference between real life and relationships that we see in the media and pornography stalking and harassment, coercion and abuse, free choice and pressure, the law on sex trafficking and modern slavery	Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully. Gaining independence, personal safety, cycling, railway, water safety, transport, alcohol, drink spiking, gender stereotypes in romantic relationships, virginity testing and hymenoplasty, physical and emotional changes, family change, sources of support
Big Question	Is managing my online and offline world within my control?	Is success only possible when physical and emotional needs are in balance?	Does difference result in inequality?	When it comes to health to what extent am I in control?	Is love all you need?	Can all change be positive in some way?
Wider Curriculum Delivery	**Geography:** Year 8 – Conflict in the Middle East Year 8 – One Child Policy in China Year 9 – Conflict in Ukraine **Health & Social Care:** Factors that impact growth and development (marriage, divorce, bereavement, discrimination & bullying) **History:** Year 10, Crime and Punishment, 1900-present **PE:** Team sports. GCSE PE – Social media, culture in sport. **MFL:** Dangers of social media covered as above **RE/Sociology:** Year 9 – Prejudice and discrimination HT1 Year 11 Sociology HT1– Crime and deviance/ social stratification Year 10 RE HT4– matters of life and death **Science:** B1.1 (Yr 7 HT1), B1.2 (Yr 7 HT2), C1.2 (Yr 7 HT), C1.3 (Yr 7 HT), B2.1 (Yr 8 HT1), B3.1 (Yr 9 HT1) – assessing and managing risk risk assessment/management in Science, including standalone Y7 lesson	**Geography:** All years – career links with Geography **Health & Social Care:** Factors that impact health and wellbeing – growth and development (physical health, illness and diseases, lifestyle choices) Skills, attributes and values of the health and social care services. **PE:** Sports Science/GCSE PE – Healthy lifestyles **Science:** B2.1 – Organ donation debate lesson (Yr 8 HT1) ethical dilemmas of organ donation B2.4 Nutrition – health and diet (yr 8 HT5) balanced diet and digestive health	**Geography:** All years – different societies and multiculturalism Year 10 – how migration affects Manchester, why migration happens **Health & Social Care:** Factors that impact growth and development (physical, culture) Barriers to accessing health and social care services – disabilities Additional needs – how health and social care services meet the needs of individuals. Health care services – how to manage health conditions like asthma, COPD, obesity, type 2 diabetes, coronary heart disease, stroke. Lifestyle choices. **History:** Year 9, Days that Shook the World Year 9, Holocaust **PE:** Respect through practical sport application **MFL:** Healthy living covered as a theme in KS4 MFL Also looked at in KS3 but in less depth – more ideas on how to stay fit and healthy in terms of food and exercise **Science:** B2.4 Nutrition – My Health (yr 8 HT5) Students study what is good health through their diets.	**Art:** Art can support people with their well-being to release stress and anxiety and can be used as a form of therapy. **Health & Social Care:** Factors that impact health and wellbeing (physical ill health and diseases, sexual orientation, lifestyle choices) Barriers and obstacles to accessing health and social care services **PE:** Sports science – sports nutrition **Science:** B2.1 – Different types of drugs and their effect on health (Yr 8 HT1) legal/illegal drugs and effects on the body B4.4 Health and disease – Alcohol, smoking risk factors, communicable diseases (Yr 10 HT5) risks of smoking and alcohol B4.2 Circulation and Respiration Health and non-communicable diseases (Yr 10 HT2) pathogen transmission including STIs B3.1 Stem Cells – ethics (yr 9 HT1) beliefs and ethics in stem-cell research B2.1 – Organ donation debate lesson (Yr 8 HT1) ethical dilemmas of organ donation	**Health & Social Care:** Factors that impact health and wellbeing (divorce, bullying & discrimination, bereavement)	**Geography:** How society is affected and shaped by people – all years **Health & Social Care:** Factors that impact health and wellbeing (sexual orientation, mental health) Intellectual development in life stages and how decision making skills progress. **Science:** B3.3 Genetics – sex determination (Yr 9 HT4) genetic basis of sex determination
External Organisation Support		HSBC – Financial Literacy – Credit or debt Careers Fiar Careers Speed Networking		Whysup – Mental Health and addiction Red Cross Emergency first aid		Whysup – Mental Health and additction

15+ Year 11	Becoming an adult, age limits and the law, relationships and the law, consent, coercive control, domestic abuse, honour based, violence, arranged and forced marriages, county lines, possession of drugs. The risks associated with gambling, AI and algorithms, emergency situations, first aid, the law on internet use, legal age limits and pornography, social media concerns, sexting	Sleep, anxiety, solutions focused thinking, money and employment, budgeting, tax, debt, credit cards, gambling, future jobs and employment opportunities, long-term family goals, marriage, civil partnership, parenting, developing resilience, types of technology and how it can help us to reach our future goals	N/A	Self-worth, identity. Relationships, consent and power imbalance, being ready for sex, coercion, contraceptives, sexual health, STIs and emergency contraception, male and female reproductive/ health/fertility (PCOS, endometriosis, PMS, heavy periods), pregnancy choices including adoption, abortion, bringing up a baby, pregnancy- sources of support, including loss and miscarriage	Stages of a relationship, relationships in the media, our perceptions about sex and relationships, LGBT terminology, gender identity and expression, sexuality, The equality act 2010, perceptions of the LGBT+ community, LGBT+ rights, coming out as LGBT+, unbalanced relationships, domestic abuse and getting help, my body, my choice, FGM, challenging social norms and cultural practices, breast ironing/flattening, power in relationships	N/A
Big Question	Are we in the adult world at 16?	Can I rely on myself to achieve my goals or do I need luck or destiny?	N/A	Should relationships, sex and sexual health be discussed more openly?	Is it possible to stay true to yourself and be in healthy relationships?	N/A
Wider Curriculum Delivery	**Art:** Y11 mock/exam opportunities **Geography:** Social Media - Globalisation – Year 7, 8, 9, 10, 11 **Health & Social Care:** Factors that impact growth and development (marriage, divorce, bullying & discrimination) **History:** Year 10, Crime and Punishment, 1900-present **PE:** GCSE PE – social media in sport, culture in sport **MFL:** Age limits for being allowed to do different things and how this varies across German speaking countries vs in the UK covered in Y9 German **RE/Sociology:** Year 10 sociology HT2 – families Year 9 RE HT1 – Prejudice and discrimination	**Art:** College, portfolio, university, exhibitions for external viewing. Y11 mock/exam opportunities **Geography:** All years – career links with Geography **Health & Social Care:** Factors that impact health and wellbeing (mental health, redundancy, parenthood) **PE:** GCSE PE – Sports Psychology	*No additional curriculum link identified in submitted audits*	**Art:** Art can support people with their well-being to release stress and anxiety and can be used as a form of therapy. Y11 mock/exam opportunities **Health & Social Care:** Factors that impact health and wellbeing (mental health, sexual orientation, parenthood) Barriers and obstacles to accessing health and social care services. **Science:** B4.4 Health and disease – communicable diseases including some STIs (Yr 10 HT5) pathogen transmission including STIs B1.2 Reproduction – Pregnancy/embryo development (Yr 7 HT2) embryo development and pregnancy health choices B5.2 Controlling Reproduction – contraception (Yr 11 HT2) contraception methods and endocrine system	**Art:** Y11 mock/exam opportunities **Health & Social Care:** Life stages – relationship changes in social development. Factors that impact health and wellbeing (sexual orientation, discrimination, community participation) Support for overcoming barriers and obstacles for accessing health and social care services.	*No additional curriculum link identified in submitted audits*
External Organisation Support		AO -Speakers for schools Careers Fiar Mock interviews				