

Implementation - PSHE - Curriculum Overview

Overview of what will be taught in each year Group through our PSHE Programme; through lessons, form activities and Drop Down Days

- **Relationships and Sex Education**
- **Health & Wellbeing Education**
- **Living in the Wider World:**

The order the topics are taught may change within the Year Group depending on emerging issues and needs, and they will be taught in different ways, eg. though drop down days, form times and lessons

Year 7	<p><u>Transition and safety</u></p> <p>Transition to secondary school and personal safety in and outside school, including first aid</p>	<p><u>Digital literacy</u></p> <p>Online safety, digital literacy, media reliability, and gambling hooks</p>	<p><u>Diversity</u></p> <p>Diversity, prejudice, and bullying</p>	<p><u>Health and puberty</u></p> <p>Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p><u>Building relationships</u></p> <p>Self-worth, romance and friendships (including online) and relationship boundaries</p>	<p><u>Developing skills and aspirations</u></p> <p>Careers, teamwork and enterprise skills, and raising aspirations</p>
Year 8	<p><u>Drugs and alcohol</u></p> <p>Alcohol and drug misuse and pressures relating to drug use</p>	<p><u>Community and careers</u></p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p><u>Discrimination</u></p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p><u>Emotional wellbeing</u></p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><u>Identity and relationships</u></p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p><u>Financial decision making</u></p> <p>Saving, borrowing, budgeting and making financial choices</p>

<u>Year 9</u>	<u>Peer influence, substance use and gangs</u> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<u>Setting goals</u> Learning strengths, career options and goal setting as part of the GCSE options process	<u>Respectful relationships</u> Families and parenting, healthy relationships, conflict resolution, and relationship changes	<u>Healthy lifestyle</u> Diet, exercise, lifestyle balance and healthy choices, and first aid	<u>Intimate relationships</u> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<u>Employability skills</u> Employability and online presence
<u>Year 10</u>	<u>Mental health</u> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<u>Financial decision making</u> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<u>Healthy relationships</u> Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<u>Exploring influence</u> The influence and impact of drugs, gangs, role models and the media	<u>Addressing extremism and radicalisation</u> Communities, belonging and challenging extremism	<u>Work experience</u> Preparation for and evaluation of work experience and readiness for work
<u>Year 11</u>	<u>Building for the future</u> Self-efficacy, stress management, and future opportunities	<u>Next steps</u> Skills for their education, employment and career progression	<u>Communication in relationships</u> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<u>Independence</u> Responsible health choices, and safety in independent contexts	<u>Families</u> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	