

Curriculum Overview

Subject: PSHE

Year Group: 7



The aim of the PSHE and RSE curriculum is to equip pupils with the knowledge, skills, and values necessary for a successful transition into adulthood. Through open discussion, debate, empathy, and self-reflection, pupils are encouraged to explore a range of topics relating to personal health and wellbeing, relationships, and life in the wider world. They will develop the confidence to express themselves, make informed choices, stay safe online, manage their finances, and build respectful, inclusive relationships in school and beyond.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Discussion – knowing how to listen and respect the points of views of others Topics covered – Connecting With Your Teachers From Strangers to Friends How To Have Healthy Relationships Tackling Cyberbullying Understanding Bullying Safe & Healthy Relationships Combat Worry, Stress & Anxiety Dealing With Worry The Stress Scale Controlling Our Emotions Five-Minute Meditation Rewiring Your Brain	KNOWLEDGE/SKILLS Discussion – building good communication skills through structured discussion. Topics covered - Managing Privacy Online The Dangers Of Your Internet Algorithm Social Media Addiction Alcohol And Your Health Smoking and Nicotine Addiction Vaping: A Global Dilemma Different Types of Families Positive Parenting The Changing Adolescent Body Body Changes During Puberty Sexual Consent Building Healthy Relationships	KNOWLEDGE/SKILLS Discussion – continued development of discussion and debate skills through examples and participation. Topics covered - The Balanced Diet Sleep Essentials Phones And Sleep Investing In Your Health Healthy & Balanced Lifestyles Healthy Eating, Healthy Living Examining the Equality Act 2010 The Role of Courts & Tribunals Making Sense of Money Budgeting Basics Bank Accounts Smart Saving Strategies
KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters	KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters	KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters

Extended reading suggestions and external resources:

Survivors-David Long (a story focusing on resilience)
 The Dot-Peter Reynolds (a story that helps with self-esteem issues)
 How to grow up and feel amazing-Dr Ranj Singh and David O Connell
 CEOP
 NSPCC
 Young Minds Charity

Cultural capital is addressed with current affairs through different mediums such as news, the Big Question debate show and influential speakers.

Curriculum Overview

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Year Group: 8



Through the PSHE curriculum, pupils will develop the knowledge and skills to become responsible, confident young adults. They will learn how to maintain good mental health and know where and how to seek support. The curriculum explores rights and responsibilities within school, home, and the wider community, while promoting digital resilience and the ability to form safe, respectful relationships. Pupils will be empowered to stand up against bullying and peer pressure, develop strong self-esteem, and explore the emotional, physical, and social impact of alcohol misuse, including where to access help. By recognising that personal development varies from person to person, pupils build empathy and contribute to a classroom culture of safety, respect, and inclusion.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Debate/questioning -to know how to hold a discussion effectively and challenge others' views. Topics covered - Managing Unhealthy & Toxic Relationships Repairing Relationships Peer Pressure Survival Guide Together Against Bullying Online Relationships The Many Forms of Relationships Sharing Information Online The Limitless Internet Viewing Harmful Content Gender-Based Discrimination Racism and Discrimination Homophobia	KNOWLEDGE/SKILLS Debate/questioning -to be able to effectively consider others' opinions and express constructively their own points of view. Topics covered - Understanding Consent Power Dynamics & Consent Contraceptive Essentials Discussing Pornography Assessing The Trustworthiness of Others Introduction to FGM First Aid Beyond Emergencies Oral Hygiene Health & Hygiene The Truth About Vaping Drug Awareness Alcohol and Social Inhibitions	KNOWLEDGE/SKILLS Debate/questioning -to continue to develop discussion skills through their own expression and constructive criticism. Topics covered - Overcoming Limiting Beliefs Optimising Character Strengths Strengths-Based Thinking Taking Control With Worry Time Changing Emotions Drug Laws UK Exploring the Democratic Process Respecting and Celebrating Religious Diversity A History of Money Taking control of my money Introducing the Economy Fundamentals of Business
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Extended reading suggestions and external resources:

The Outsiders – S.E Hinton , Owning it-Teenagers with disabilities –Donald R Gallo

Things the eye can't see – Penny Joelson

A-Z of growing up – Lesley De Meza

BEAT, Young Minds Charity, NSPCC

Cultural capital is addressed through drama productions from an external organisation, the offer of fictional books that explore many aspects of the PSHE curriculum as well as film/documentary clips that focus on British Values in society.

Curriculum Overview

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Year Group: 9



In Year 9, pupils will build on the emotional, social, and physical development explored in previous years, continuing their preparation for adulthood. They will further develop healthy coping strategies to manage change, challenge, and emotional wellbeing. Pupils will deepen their understanding of respectful relationships, consent, and the impact of peer pressure—particularly in relation to substance use, discrimination, and online interactions. As they explore their rights and responsibilities within wider society, they will be encouraged to make informed choices, embrace diversity, and navigate the world with growing independence and resilience.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Debate- to continue to develop discussion skills through their own expression and constructive criticism. Topics Covered - The Happiness Trap Managing Anxiety Combating Negative Self Talk Thinking Traps Mental Benefits of Exercise Expressing Gratitude Safe & Healthy Sex Sexually Transmitted Infections Reproductive Health Pregnancy Choices Forced Marriages Respecting Transgender Identities	KNOWLEDGE/SKILLS Debate- to give informed responses in class discussion and debates that demonstrate knowledge and understanding. Topics Covered - Saving Lives With First Aid Substance Addiction Informed Drug & Alcohol Choices Drugs and County Lines Vaping Crackdown Instagram vs Reality Empowering Positive Masculinity Relationships & Their Legal Status Avoiding & Preventing Harassment Online Grooming Rising Above Cyberbullying Positive vs Negative Humour	KNOWLEDGE/SKILLS Debate- to be able to evidence their own views in discussion using a variety of sources such as personal experience and case studies Topics Covered - The Positivity Mindset Healthy Food Choices Evaluating Eating Habits Character Strengths In Focus Understanding Eating Disorders Organ Donation Volunteering In My Community How laws are made Budgeting and Long Term Goals Introduction to Investment Financial Risk Fraud and Theft
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Extended reading suggestions and external resources:

Run Rebel- Manjeet Maan
 No Fixed Address-Susin Nielson
 Smashed -Andy Robb
 The Boy I am -K.L. Kettle
 What's the T?- Juno Dawson

Cultural capital is addressed through film clips, external speakers, fictional books that explore many aspects of the PSHE curriculum as well as case studies that address some of the topics that are covered.

