

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

Subject: PSHE

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 , Owing 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

Subject: PSHE

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.		

Curriculum Overview

Subject: PSHE

Year Group: 10

In Year 10, pupils will explore a range of topics designed to equip them with the skills and knowledge needed to navigate the transition to adulthood. They will reflect on and develop their stress management strategies, gaining confidence and resilience to face challenges that may arise during their teenage years. Building on prior learning from Key Stage 3, the focus will continue to emphasize the importance of resisting peer pressure, maintaining both physical and emotional safety—online and offline—and making informed choices. Pupils will also be introduced to key aspects of financial literacy, preparing them for a positive and responsible financial future.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Debate- to give informed responses in class discussion and debates that demonstrate knowledge and understanding	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	KNOWLEDGE/SKILLS Debate -to be able to articulate effectively their own views as well as others' in discussion using key vocabulary and analysis of the issues being discussed.
Topics Covered - Is It Worth A Gamble? Phone Addiction Keeping Your Online Data Safe The Hidden Scars of Knife Crime The Rule of Law The UK's Relationship with the World The Spectrum of Relationships Recognising Signs of Coercive Control Sexting The Distorted Reality of Pornography Fertility & Reproductive Health Self-Examination and Screening	Topics Covered - Unrealistic Online World Online Radicalisation Extremism Violence and exploitation by gangs Fake News & Misinformation R.E.S.P.E.C.T Understanding Sexual Consent Different Kinds of Intimacy Gender Identity & Sexual Orientation Female Genital Mutilation Sharing Illegal Images The Psychology of Bullies	Topics Covered- Understanding Vaccination And Immunisation Drugs Prescription Medication Misuse Alcohol Sleep, Exercise & Diet Inclusivity & Belonging Multi-Cultural Society Understanding Democracy Wages & Payslips Different Types of Employment & Income Sources Living Independently Savings and pensions
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Extended reading suggestions and external resources: Gut Feelings-C.G Moore Influence-Sara Shepard and Lilia Buckingham It's ok to not be ok – Dr Tina Rae Brain Tools For Teens –Karen Kingston Cultural capital is addressed through documentaries, film clips, case studies and guest speakers.		

Curriculum Overview

Subject: PSHE

Year Group: 11

In Year 11, PSHE continues to focus on developing effective coping strategies, particularly in preparation for the pressures of exams. Pupils will be encouraged to explore different revision techniques and exam strategies to identify what works best for their individual learning styles. Emphasizing their strengths and embracing mistakes will help to build resilience and boost self-esteem. Key topics such as internet safety, money management, and maintaining healthy relationships will be revisited, equipping pupils with essential life skills as they prepare for the next stage in their educational journey

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Debate- to give informed responses in class discussion and debates that demonstrate knowledge and understanding. Topics Covered- Fertility & Pregnancy Differences Between Forced & Arranged Marriages Contraception Considerations Sex & Substances Safe Relationships Online Sexual Violence & Abuse Building Resilience Party Drugs Alcohol Dependence & Excessive Drinking Reframing Failure Setting Goals that Drive Success Exam Stress	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- Stereotypes & Prejudice Gender Biases Gambling Addiction Striving For Equality Discrimination and the Equality Act Respecting Human Rights Public Money (Government and Economy) The Role of Banks and Financial Institutions Stock Market Cryptocurrency and Digital Currencies Credit & Debt Insurance	KNOWLEDGE/SKILLS Debate -to be able to articulate effectively their own views as well as others' in discussion using key vocabulary and analysis of the issues being discussed. Topics Covered- Developing Positive Habits Organised and Efficient Exam Stress S.M.A.R.T Goals The Achievement Strength Help-Seeking and Peer Support
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Extended reading suggestions and external resources:

All American Boys-Jason Reynolds and Brendan Kiely

Anxiety survival guide for teens- Jennifer Shannon

Teen parents-Rae Simons

National Careers Service.Gov.uk

Cultural capital is addressed through documentaries, case studies and guest speakers.

Curriculum Overview

Subject: PSHE

Year Group: 12

In Year 12, PSHE continues to focus on strengthening coping strategies, especially in preparation for exam stress and the demands of their upcoming academic and career transitions. Students will be encouraged to reflect on their strengths, embrace mistakes, and develop resilience to boost their self-esteem. The curriculum will build on previous knowledge of internet safety, money management, and healthy relationships, further equipping students with the essential life skills needed for success in both their personal and professional lives.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Debate- to give informed responses in class discussion and debates that demonstrate knowledge and understanding. Topics Covered- Democracy v Autocracy Gay Rights Religious Freedom in the UK Online Radicalisation Extremism Illegal and Imitation Weapons	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- Attitudes Towards Sexualisation and Pornography Consent & Coercion Safe Sharing Online Harmful Stereotypes Examining Sexual Violence Domestic Abuse	KNOWLEDGE/SKILLS Debate -to be able to articulate effectively their own views as well as others' in discussion using key vocabulary and analysis of the issues being discussed. Topics Covered- Caring for Your Mental Health Alcohol Dependence & Excess Navigating sexual safety Gang Violence Advanced Budgeting Credit Cards
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Extended reading suggestions and external resources: The Gay Revolution: The Story of the Struggle by Lillian Faderman Religion and the Law in the United Kingdom by Norman Doe So You've Been Publicly Shamed by Jon Ronson The Gendered Society" by Michael Kimmel Cultural capital is addressed through documentaries, external drama productions, case studies and guest speakers.		

Curriculum Overview

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Year Group: 13

In Year 13, PSHE focuses on further developing mental wellbeing strategies, with an emphasis on managing exam stress and preparing for the transition to the next stage of education or the workforce. Students will be encouraged to reflect on their strengths, embrace mistakes as learning opportunities, and build resilience, ultimately boosting their self-esteem. The curriculum will deepen their understanding of key life skills such as internet safety, money management, and maintaining healthy relationships, equipping them with the tools they need for success in both their personal and professional lives.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Debate- to give informed responses in class discussion and debates that demonstrate knowledge and understanding. Topics Covered- Attitudes towards sexualisation Building positive masculinity Preventing Sexual Harassment Substance Use & The Law Criminal Exploitation Catastrophising & Thinking Traps	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 Advanced Economy Taxation Mortgages Lifelong Growth Mindset Impulse control Embracing personal responsibility	KNOWLEDGE/SKILLS Debate -to be able to articulate effectively their own views as well as others' in discussion using key vocabulary and analysis of the issues being discussed. Topics Covered- Tai Chi for Mind-Body Wellness The Mind-Body Connection Unlocking Mindful Awareness
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Extended reading suggestions and external resources: Iron John: A Book About Men by Robert Bly Preventing Sexual Harassment in the Workplace by Skills for Health Taxation: A Very Short Introduction by Stephen Smith Mindset: The New Psychology of Success by Carol S. Dweck Cultural capital is addressed through documentaries, external drama productions, case studies and guest speakers.		