

PSHE Curriculum Map 2023/2024

Health and Wellbeing

Relationships and responsibilities

Living in the wider world

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<b>Safe and happy school community</b> Transition to secondary school and personal safety in and outside school, including first aid	<b>Looking out for each other</b> Diversity, prejudice, and bullying	<b>Aiming high</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Healthy, happy me</b> Healthy routines, influences on health, unwanted contact, and FGM	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<b>Managing change</b> Trust, society and the concept of money
Year 8	<b>Unhealthy Choices</b> Alcohol and drug misuse and pressures relating to drug use and smoking and vaping	<b>Discrimination</b> Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Next steps</b> Options choices and careers focus	<b>Health and Wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	<b>Staying safe online and offline</b> Online gaming and gambling hooks, grooming, gangs and county lines
Year 9	<b>Peer influence and gangs</b> Healthy and unhealthy friendships, assertiveness and gang exploitation	<b>Respectful Relationships</b> Families and parenting, conflict resolution and relationship changes	<b>Career Pathways</b> Introduction to next steps and career pathways, opportunities available in different sectors and the UK labour market	<b>Grief, loss and media influence on body positivity</b> Managing loss and change and managing pressure on body positivity	<b>Intimate Relationships</b> Readiness for intimacy and the impact of peer-on-peer abuse.	<b>Offline Safety</b> The dangers of being drawn into gangs and exploitation.
Year 10	<b>Being Mentally healthy</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change. The importance of sleep.	<b>Crime and terrorism</b> Community cohesion and challenging extremism	<b>Preparing for work experience</b> Preparation for and evaluation of work experience and readiness for work	<b>Gambling</b> The impact of gambling on young people	<b>Healthy relationships</b> Relationships and sex expectations, myths, relationship challenges and abuse, forced marriage, contraception and STIs	<b>Offline Safety</b> Knife safety and support systems
Year 11	<b>Building for the future</b> Future opportunities, perseverance and stress management	<b>Respect and parenthood</b> Hate crime. Delaying pregnancy and parenthood, pregnancy choices, pregnancy planning,	<b>Next steps</b> Application processes, and skills for further education, employment and career progression	<b>Health</b> Teenage health and self-examination	<b>Communication in relationships</b> The impact of the media and pornography	<b>SUMMER EXAMS</b>

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Year 12	<b>Becoming independent learners</b> Managing risk and personal safety (alcohol, drugs)	<b>Values in relationships</b> How to articulate values, respectful relationships, difference between love and lust, using constructive dialogue to negotiate difficulties.	<b>Preparing for work experience</b> Preparation for and evaluation of work experience and readiness for work.	<b>Mental health and emotional well-being</b> Strategies for building positive mental health and dealing with stress and anxiety.	<b>Pregnancy and Parenthood</b> teenage health and self-examination	<b>Choices and pathways</b> Pregnancy choices and fertility UCAS registration
Year 13	<b>Personal Maintenance</b> Recognising ways to make healthy lifestyle choices for long term benefits	<b>Managing relationships &amp; health</b> Recognise manipulation and influence, exit strategies from unhealthy relationships. Teenage health and self-examination	<b>Preparing for life beyond school</b> Application processes, and skills for higher education, employment and career progression	<b>Health options</b> Understanding stem, blood and organ donations Cosmetic and aesthetic procedures	<b>Personal Maintenance</b> Recognising ways to make healthy lifestyle choices for long term benefits	<b>SUMMER EXAMS</b>