

Outline of the PSHE Curriculum - Key Stage 3 and Key Stage 4

Year 7

Topic No.	Topic Title	Topic Details
Topic 1	Transitioning to Year 7	What is PSHE, routines, rules and matching values to goals
Topic 2	Health, Puberty and Emotional Wellbeing	Hygiene, Puberty, Periods, Exercise, Diet, Sleep, Curing common injuries and illnesses, CPR, mental health, FGM
Topic 3	Healthy Relationships	Characteristics of healthy relationships, different types of families, legal rights of couples, good parenting
Topic 4	Identity	Who am I; the importance of self, online identities, British values, cultural identities
Topic 5	Careers	Why do we work, exploring different careers and an introduction to the UniFrog platform

Year 8

Topic No.	Topic Title	Topic Details
Topic 1	Healthy and Unhealthy Relationships	Conflict and grief in relationships, bullying, consent, nude images, sexual harassment
Topic 2	Mental Health	Common forms of mental illness, promoting positive wellbeing, unhealthy coping strategies, body image
Topic 3	Careers	Stereotypes in the workplace, skills in the workplace
Topic 4	Challenging Discrimination	Prejudice, stereotypes, discrimination, promoting tolerance, the Equality Act
Topic 5	Managing Finances	Budgeting, savings, debt
Topic 6	Drugs and Drug Misuse	Legal and illegal drugs, the law, consequences, managing influences

Year 9

Topic No.	Topic Title	Topic Details
Topic 1	Digital Literacy	Online safety, responsible social media use, fact vs. fiction online, targeted advertising, online grooming
Topic 2	Physical and Mental Health	Puberty, periods, First Aid, CPR, Diet, Health Choices, reframing negative thinking, how our brains work
Topic 3	Setting goals and choosing options	The importance of setting realistic goals, choosing options, matching goals to values
Topic 4	Politics and Government	Different government systems, how government operates, elections, viewpoints of different political parties
Topic 5	Serious Organised Crime	Coercive friendships, serious organised crime
Topic 6	Protecting Human Rights	Forced marriage, honour killing and FGM
Topic 7	Relationships and Sex Education	Healthy norms for sexual relationships, contraception, STIs, unplanned pregnancy options, the effect of pornography on relationships

Year 10

Topic No.	Topic Title	Topic Details
Topic 1	Transitioning to GCSE	Why are GCSEs important, studying strategies, setting goals for success
Topic 2	Careers and Work Experience	Introduction to work experience, matching career goals to personal values
Topic 3	Mental Health	What contributes to mental ill health, healthy and unhealthy coping strategies, support for mental health issues, stigmas surrounding mental health and managing influences related to cosmetic surgery
Topic 4	Promoting Tolerance and	British values, fighting discrimination,

	Diversity	the role social media can play, preventing extremism and radicalisation
Topic 5	Healthy and Unhealthy Relationships	Unhealthy norms, recognising and challenging sexual harassment and exploitation, nude images
Topic 6	Exploring Influence	Positive social norms in relation to drug and alcohol use, illegal drugs, the impact of substance abuse
Topic 7	Managing Finances	Budgeting, savings, debt, taxes, gambling

Year 11

Topic No.	Topic Title	Topic Details
Topic 1	Building for the Future and Next Steps	Maximising employability, setting goals, successful studying strategies, post-16 options, writing applications and CVs
Topic 2	Citizenship: the law and Britain's place in the world	The role of law, how the criminal justice system works, Britain's role on the international stage and in protecting human rights, how to be actively engaged responsible citizens
Topic 3	Responsible Health Choices	The links between lifestyle and disease, gynaecological health, the importance of self-examination
Topic 4	Relationships and Sex Education	What does a healthy romantic and intimate relationship look like, contraception, STIs, managing relationship expectations, unplanned pregnancy options, exploring fertility