

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	1	Getting to know your new school	Is it more important to be yourself than it is to be liked by everyone?	What is news?	Recognising mental ill-health and when to get help	Where can I go and what can I do after Year 11?
	2	What are first impressions?	Being responsible - Peer pressure and road safety.	How can I judge the reliability of a news story?		
	3	Who am I?	What do we mean by appearance ideals?	How can I verify information?	Coping with change, loss and grief.	How can I prepare 21st Century skills for 21st Century jobs?
	4	What is self-esteem?	Body image and the media.	How might I be manipulated?		
	5	Study skills to improve your learning	Learning to speak out and banish body talk.	How can I REVIEW my news?	How to promote positive emotional wellbeing	How can I prepare for an interview?
	6	Your new friends and social media	Consent in relationships: The right to choose.	What are human rights and why are they important?		
	7	What makes a relationship healthy? (friends)	Consent - avoiding assumptions	Stereotyping and prejudice	What are the dangers of gambling?	How can I manage stress?
	8	How are families different?	Positive intimate relationships.	Stereotyping and prejudice: Tattoos and piercings		
Autumn 2	9	What do healthy friendships look like?	Identifying unhealthy relationships	Racism - Black lives matter	What are the wider effects of vaping?	How can I deal with disappointment?
	10	What is bullying?	Influences on Relationship Expectations.	Equality in education - Malala Yousafzai		
	11	What is cyberbullying?	Coping with a break up	Ensuring people with disabilities are treated equally?	What is cancer?	How might my health affect my exam performance?
	12	Dealing with bullying	How do rules and laws differ?	LGBTQ+: Diversity and role models		
	13	Self-awareness and sensitivity.	Where do laws come from?	The Trans community and transphobia.	How can I examine myself?	Understanding your pay slip.
	14	Is everyone treated the same way?	What crimes occur near me?	Staying in control of your money.		
	15	What are stereotypes?	Are all courts the same?	Financial Fraud and Scams	What services are available to help me manage my health?	Your home - understanding rent and mortgages.
Spring 1	16	How are people with disabilities treated differently?	How am I influenced?	KS4 Options		
	17	What is racism?	What do I need to know about gangs?	Building a positive online reputation	What does long term commitment look like?	Controlling your monthly budget.
	18	What does it mean to be healthy? All about feelings.	What should I know about knife crime?	Maintaining a positive online reputation		
	19	How can screen time affect my health?	What is 'grooming'?	Gambling and risk	Role of intimacy and pleasure	Do I really need insurance?
Spring 2	20	Healthy sleep	What does 'county lines' mean?	Understanding spending behaviours when gambling		
	21	Healthy diet and exercise	What is extremism?	Screen time - why does it matter?	Impact of pornography	What are pensions?
	22	How can I manage my personal hygiene, including germs?	What are hate crimes?	Cyberbullying - what is it and how to deal with it.		
	23	How can I look after my teeth?	What common health conditions should I know about?	Sexting and the consequences.	Pressure, persuasion and coercion	What is the dark web and why is it dangerous?
	24	Is vaping harmful to my body?	How do vaccinations work.	What I need to know about watching and sharing videos online?		
Summer 1	25	What are the physical and emotional changes of puberty?	HPV vaccine, why we have it.	How to manage my online life and build resilience.	Addressing relationship abuse	How to protect myself against identity fraud and other scams.
	26	What happens during menstruation?	What does caffeine do to my body?	Respectful relationships		
	27	What is risk?	Tobacco, risks and influences.	Freedom and capacity to consent	Contraception	Catch-up
	28	How can I be safe near roads?	Alcohol and risk	Sexual Health		
	29	How can I be safe near train lines?	First aid - basic life support	Contraception	Pregnancy	
	30	How can I be safe near water?	Tackling equality and discrimination	Grooming & Sexual Exploitation		
	31	How can I be safe online?	How are people with disabilities discriminated against?	Alcohol, drugs and sex.	Parental responsibilities	
Summer 2	32	How can I help someone who is choking?	Ageism	Managing the end of a relationship		
	33	How can I help someone who is hurt or bleeding?	Sexism and gender prejudice	What is mental health?	What are human rights?	Exams
	34	What is parliament?	What is racism and how does it present itself in the UK?	How can social media affect me?		
	35	Who makes the decisions that affect me?	Recognising your money personality	What are eating disorders?	Should my privacy be protected at all costs?	
	36	How are the political parties similar and different?	Value for money	How can I cope with grief		
	37	What happens in a General Election?	Understanding your bank account	How can I develop my resilience?	How does the law try to protect victims of FGM and GBV?	
	38	How can vote in the UK?	Dealing with financial dilemmas	How can I optimise my physical health?		
	39	What do MPs do?	Budgeting when gaming	What do I remember about essential first aid?	What are the rules of war?	

Careers and Economic & financial Education	Citizenship Education	Health Education	Relationships and Sex Education
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PSHE 5 year curriculum map