



# PSHE CURRICULUM OVERVIEW

Ready. Respect. Safe.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
7	<b>My New School</b> <ul style="list-style-type: none"><li>Getting to know your new school</li><li>New friends and social media</li></ul>	<b>Friendships and bullying</b> <ul style="list-style-type: none"><li>How are families different?</li><li>What is bullying?</li><li>Dealing with bullying.</li></ul>	<b>Diversity and Equality</b> <ul style="list-style-type: none"><li>Is everyone treated the same?</li><li>What are stereotypes?</li></ul>	<b>Healthy Living and Relaxation</b> <ul style="list-style-type: none"><li>Healthy sleep, diet and exercise</li><li>Personal hygiene and dental health</li><li>Changes during puberty</li><li>What happens during menstruation?</li></ul>	<b>Keeping myself safe</b> <ul style="list-style-type: none"><li>How can I be safe near roads, train lines, water and online?</li><li>First aid</li></ul>	<b>British Society &amp; Democracy</b> <ul style="list-style-type: none"><li>What is parliament?</li><li>Voting in the General Election.</li></ul>
8	<b>Crime and criminality</b> <ul style="list-style-type: none"><li>What is a crime?</li><li>Crimes and young people</li><li>Consequences of crime</li></ul>	<b>Diversity and Equality</b> <ul style="list-style-type: none"><li>Tackling equality and discrimination</li><li>Body image and the media?</li></ul>	<b>Healthy Relationships</b> <ul style="list-style-type: none"><li>Consent</li><li>Identifying unhealthy relationships</li></ul>	<b>Drugs, alcohol and healthy living</b> <ul style="list-style-type: none"><li>What are drugs and their effects?</li><li>Vaping, Tobacco, and alcohol - risks and influences.</li><li>First aid - basic life support.</li></ul>	<b>Money skills</b> <ul style="list-style-type: none"><li>Value for money</li><li>Bank account</li><li>Dealing with financial dilemmas, including gambling</li></ul>	<b>Staying safe</b> <ul style="list-style-type: none"><li>Peer pressure and road safety</li></ul>
9	<b>Media Literacy and money matters</b> <ul style="list-style-type: none"><li>Financial fraud, scams, gambling and risk</li><li>Fake news</li></ul>	<b>Drugs, dilemmas and consequences</b> <ul style="list-style-type: none"><li>How drug affects us</li><li>Drugs and the law</li><li>Addiction</li></ul>	<b>Digital safety</b> <ul style="list-style-type: none"><li>Cyberbullying, sexting and sharing videos online – risk and consequences.</li></ul>	<b>Relationships and sexual health</b> <ul style="list-style-type: none"><li>Sexual Health &amp; Contraception</li><li>Grooming &amp; Sexual Exploitation</li></ul>	<b>Diversity and Equality</b> <ul style="list-style-type: none"><li>How the law protects us.</li><li>Stereotyping and prejudice.</li></ul>	<b>Managing my health</b> <ul style="list-style-type: none"><li>What is mental health?</li><li>Developing resilience?</li><li>How can I optimise my physical health?</li><li>Essential first aid?</li></ul>
10	<b>Managing my health</b> <ul style="list-style-type: none"><li>Recognising mental ill-health and when to get help</li><li>What is cancer?</li><li>FGM and honour-based abuse.</li><li>What services are available to help me manage my health?</li></ul>			<b>Relationships and Sex Education</b> <ul style="list-style-type: none"><li>Pressure, persuasion and coercion</li><li>Contraception</li><li>What factors might affect my fertility?</li><li>Pregnancy and parental responsibilities</li></ul>		<b>My Rights</b> <ul style="list-style-type: none"><li>What are human rights?</li><li>Free speech and privacy, can I say whatever I like?</li><li>What are the rules of war?</li></ul>
11	<b>Resilience and readiness</b> <ul style="list-style-type: none"><li>Dealing with stress and disappointment</li><li>Coping with exams.</li></ul>	<b>My Financial Future</b> <ul style="list-style-type: none"><li>Identity fraud and other scams.</li><li>Understanding rent, mortgages and insurance.</li><li>What are pensions?</li><li>Understanding your pay slip.</li></ul>		<b>Having my say</b> <ul style="list-style-type: none"><li>Government spending</li><li>Foreign Aid</li><li>How can I vote in a general election?</li></ul>	<b>Relationship realities</b> <ul style="list-style-type: none"><li>Ending relationships maturely.</li><li>Sexual harassment and stalking.</li><li>Accessing sexual health services</li></ul>	