In PSHE, our curriculum intent is for all students to:

- Provide a framework in which sensitive discussions can take place.
- Prepare students for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help students develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality, family and relationships.
- Understand how young people can keep themselves safe, including online.

Themes
Relationships
Health and Body
Wellbeing
Wider World

	Term 1		Term 2			Term 3	
Year 7	Half Term 1 [3 lessons]	Half Term 2 [4 lessons]	Half Term 3 [3 lessons]	Half Term 4 [3 lessons]	Half Term 5 [3 lessons]	Half Term 6 [3 lessons]	
Торіс	Mental Health and Wellbeing	Building Positive Relationships	Navigating Adolescence	Financial Literacy	Challenging Discrimination and Negative Relationships	Equalities	End Points
Skill	 Expressing thoughts and feelings co Understanding of diversity in socie Being able to reflect on their own l Their relationships Future aspirations Changing and growing Leading a healthy lifestyle. 	thoughts and feelings confidently. ding of diversity in society. to reflect on their own lives and make informed decisions in terms of: onships irations nd growing					
Content	 Mental Health Mental Wellbeing Exercise and Mental Wellbeing 	 Building stable relationships Respectful Relationships Positive Friendships Romantic Relationships 	 Puberty Tobacco and e-cigarettes Personal hygiene 	 Consumer rights Budgeting Making financial choices 	- Stereotypes and discrimination - Illegal behaviour in relationships - Bullying	 Diversity, sexism and racism First Aid Climate change 	By the end of the year students should understand:
Prior Knowledge Required	- Key Stage 2 elements of statutory RSE curriculum on mental wellbeing.	 Key Stage 2 elements of statutory RSE curriculum on healthy relationships. 	Not statutory at KS2, but many schools discuss changes they may experience.	None	- Key Stage 2 elements of statutory RSE curriculum on healthy and respectful relationships.	Ideally students can reflect on this through issues/topics covered at KS2, but it is not statutory.	 That their body is experiencing changes. How to respond to
Feedback Points	Summative test/reflection at end of mini-topic.						
Key Questions	What can I do to maximise my mental wellbeing?	What are the three most important elements of a <i>healthy relationship?</i>	What things can we do to make the changes occurring in our body easier? Why do young people sometimes choose to experiment with smoking?	 What can you do if you are not happy with something you buy? What decisions can we make that will make our money go further? 	- What are the warning signs of an unhealthy relationship or behaviour?	- How can we challenge injustices in society?	 influences. Behaviours that may constitute unhealthy relationships. Things they can do to maintain their mental wellbeing.
Direct Vocab Instruction	- Anxiety - Empathy - Community - Wellbeing - Serotonin	 Self esteem Trust Clarity Boundaries Respect Intimacy 	 Addiction Dopamine Hormones Testosterone Oestrogen Hygiene Perspiration 	- Receipt - Refund - Honour - Budget - Deferred	- Stereotypes - Coercion - Control	- Diversity - Culture - Greenhouse effect - Man-made	
Standardised Homework	Mental health diary	None, as per Fullbrook Homework Policy					

Half Term 2 [4 lessons] Puberty and Adolescence dently. and make informed decisions i Puberty and Adolescence Personal Hygiene (not done Year 7 for this cohort) Reproductive Health Drugs and Alcohol ear 7 Puberty topic	Half Term 3 [3 lessons] Boundaries Boundaries • terms of: • Establishing healthy boundaries • Consent and online relationships • Harassment and the law Building Positive Relationships topic from Year 7	Half Term 4 [3 lessons] Sexual health - Contraception - STIs (2 lessons) None	Half Term 5 [3 lessons] Relationships in a changing world - Digital vs real word - LGBTQ+ - Diversity in families	Half Term 6 [3 lessons] Navigating the online world - Careers - Climate change - Online data and rights	End Points Students should recognise the diversity			
Puberty and Adolescence dently. and make informed decisions i Puberty and Adolescence Personal Hygiene (not done Year 7 for this cohort) Reproductive Health Drugs and Alcohol ear 7 Puberty topic	Boundaries Boundaries n terms of: - Establishing healthy boundaries - Consent and online relationships - Harassment and the law Building Positive Relationships	Sexual health - Contraception - STIs (2 lessons)	Relationships in a changing world - Digital vs real word - LGBTQ+	Navigating the online world - Careers - Climate change	Students should			
dently. and make informed decisions i Puberty and Adolescence Personal Hygiene (not done Year 7 for this cohort) Reproductive Health Drugs and Alcohol ear 7 Puberty topic	n terms of: - Establishing healthy boundaries - Consent and online relationships - Harassment and the law Building Positive Relationships	- Contraception - STIs (2 lessons)	world - Digital vs real word - LGBTQ+	- Careers - Climate change	Students should			
Puberty and Adolescence Personal Hygiene (not done Year 7 for this cohort) Reproductive Health Drugs and Alcohol ear 7 Puberty topic	 Establishing healthy boundaries Consent and online relationships Harassment and the law Building Positive Relationships 	- STIs (2 lessons)	- LGBTQ+	- Climate change				
Personal Hygiene (not done Year 7 for this cohort) Reproductive Health Drugs and Alcohol ear 7 Puberty topic	- Consent and online relationships - Harassment and the law Building Positive Relationships	- STIs (2 lessons)	- LGBTQ+	- Climate change				
Year 7 for this cohort) Reproductive Health Drugs and Alcohol ear 7 Puberty topic	relationships - Harassment and the law Building Positive Relationships	- STIs (2 lessons)						
Year 7 for this cohort) Reproductive Health Drugs and Alcohol ear 7 Puberty topic	- Harassment and the law Building Positive Relationships				recognise the diversity			
Reproductive Health Drugs and Alcohol ear 7 Puberty topic	Building Positive Relationships	None						
Drugs and Alcohol ear 7 Puberty topic		None			of bodies, gender			
ear 7 Puberty topic		None			identities and			
	topic from Year 7		Building Positive Relationships	Climate Change topic from	relationships. Students			
			topic from Year 7	Year 7	may celebrate diversity			
					in the modern world as			
Summative test/reflection at end of mini-topic.								
	1	1	1	1	a result if this,			
ow can we encourage our	How can we establish healthy	Why is it important to think	What are the challenges	What opportunities are				
eers to be open in discussing	boundaries without offending	about contraception when we	presented by the online world	presented to us by so much of				
ood personal health	others (both online and in	engage in intimate	that do not exist in the physical	our lives being online today?	Students should			
outines?	person)?	relationships?	world?		understand the risks			
Menstruation	- Boundaries	- Barrier method	- Responsibility	- Cookies	associated with sex,			
Period	- Consent	- Hormones	- Identity	- Digital footprint				
Tampon	- Informed	- Infection	- Persona	- Career	drugs and alcohol.			
Hormones	- Troll (internet)	- Anti-biotics	- Transphobia	- Gig economy				
Testosterone	- Harassment		- Homophobia					
Oestrogen	- Catfishing		- Fluid sexuality					
Hygiene	-		-					
Policy		I		1				
Ηγ Ρe	-	rgiene - Identity fraud	rspiration - Identity fraud	respiration - Identity fraud - Pansexual	respiration - Identity fraud - Pansexual			

	Term	n 1				
Year 9	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Terr	n 5
	[3 lessons]	[4 lessons]	[3 lessons]	[3 lessons]	[3 lessor	ns]

Торіс	Equality in the law and careers	Challenging unhealthy relationships	Healthy lifestyles and decisions	Exploring influences on our self esteem	Unhealthy external relationships	Building for the future	End Points
Skill	 Expressing thoughts and feelings co Understanding of diversity in socie Being able to reflect on their own li Their relationships Future aspirations Changing and growing Leading a healthy lifestyle. 	-	terms of:	<u> </u>			
Content	 Ableism Careers Consumer rights 	 Grooming and exploitation online (2 lessons) Illegal behaviour in relationships Consent 	 Sleep and a healthy lifestyle Tattoos and cosmetic procedures Healthy diet and lifestyle (inc. Dangers of alcohol) 	 Mental health coping strategies Confident Me resource Role models in the media 	 Families Criminal coercion and bullying Attitudes to pornography 	 Climate change Law and harassment Online rights and responsibilities 	Students should feel equipped to recognise coercion and other unhealthy traits in relationships and online.
Prior Knowledge Required	Year 7 <i>Financial Literacy</i> topic. Year 8 <i>Careers</i> topic.	Year 8 <i>Boundaries</i> topic.	Year 8 Body Image lesson. Year 7 lesson: Exercise and mental wellbeing.	Year 7 topic on <i>Mental</i> <i>Wellbeing.</i> Year 8 lesson on <i>Body Image.</i>	Year 8 topic on <i>Relationships in</i> a changing world.	Year 8 Navigating the Online World topic. Previous Climate Change topics.	
Feedback Points	Summative test/reflection at end	of mini-topic.					
Key Questions	Can all disabilities be seen? Are some forms of discrimination not obvious?	When does a relationship become coercive (and why)? What checks can we put in place to check the legitimacy of someone online?	What does sleep do for us? Why are so many young people getting tattoos?	How can we distinguish fake from reality online?	What influence do our homes, peers and a sexualised media have on our sense of wellbeing and reality?	When does pestering someone or overstepping boundaries become illegal?	
Direct Vocab Instruction	- Ableism - Disability - Genetics - Empathy - Micro-aggression	- Grooming - Predatory - Exploitation - Privacy - Coercion - Control	 Circadian rhythm Sleep hygiene Serotonin Body dysmorphia Endorphins 	- Anxiety - Empathy - Community - Wellbeing - Self image	- Addiction - Oxytocin - Endorphins - Coercion - County lines	- Harassment - Assault - Stalking - Respect	
Standardised Homework	None, as per Fullbrook Homew	l ork Policy	1	1	I	1	

Year 10 will have 50-minute lessons

Year 10	Tern	n 1		Term 2		Term 3	
50 MINUTE LESSONS	Half Term 1 [3 lessons]	Half Term 2 [4 lessons]	Half Term 3 [3 lessons]	Half Term 4 [3 lessons]	Half Term 5 [3 lessons]	Half Term 6 [3 lessons]	End Points
Торіс	Online pressures	Consent and healthy relationships	Sexual health and managing risks	Substance Use and Terminal Illnesses	Communication ir relationships	n Skills for next steps	
Skill	 Expressing thoughts and feelings co Understanding of diversity in societ Being able to reflect on their own li Their relationships Future aspirations Changing and growing Leading a healthy lifestyle. 	ty.	terms of:		· ·		
Content	 Social media and body image Gambling Healthy lifestyle and wellbeing 	 Consent and healthy relationships Practical steps for healthy relationships Work experience 	 STI's lesson Contraception and STI's. Alcohol and risky behaviour 	 Supply and possession of drugs Substance use and assessing risk Terminal illnesses and self- examination – plus Basic First Aid 	 Pornography and conse Communicating consen Pleasure and readiness sex. 	t Climate change	Students should finish year feeling equipped to make informed decisions around: - Alcohol - Drugs
Prior Knowledge Required	Previous <i>Mental Wellbeing</i> topics.	Year 9 <i>Careers</i> topic Previous <i>Consent</i> and <i>Healthy</i> <i>Relationships</i> topics.	Year 8 Contraception topic	Previous half term's content	Year 9 Pornography cont Previous topics on intima relationships.		- Sex
Feedback Points	Summative test/reflection at end of mini-topic.						
Key Questions	Are young people more addicted to things than previous generations?	What steps can we take to make romantic relationships fulfilling for both partners?	How can we manage risks when engaging in new behaviour for the first time?	Why is possession of some drugs punished more harshly than others?	Is violent pornography le to nonconsensual sexual relationships and how ca stay safe?	ready for work in the 21 st	 aware of signs of addiction.
Direct Vocab Instruction	 Addiction Dopamine FOMO Social validation 	- Assertiveness - Equality - Trust - Goals	- Inhibitions - Consciousness - Infection - Fertility	 Depressant Stimulant Hallucinogenic Legal high 	 Boundaries Body language Emphatic consent Verbal consent Orgasm Nonconsensual violence 	- Transferable skill - Vocation - Interest rate - Mortgage	Students should feel equipped to make their post-16 choices, within a longer term plan.
Standardised Homework	None, as per Fullbrook Homew	l ork Policy	I	<u> </u>	<u> </u>		

Year 11 content in tutor sessions

Year 11	Half Term 1						
sessions	[3 lessons]	Half Term 2 [4 lessons]	Half Term 3 [3 lessons]	Half Term 4 [3 lessons]	Half Term 5 [3 lessons]	Half Term 6 [3 lessons]	End Points
Торіс	Safe relationships	Staying safe online	Parenthood and fertility	Sexual health: getting advice	Healthy body, healthy mind		
· · · · · · · · · · · · · · · · · · ·	 Expressing thoughts and feelings cor Understanding of diversity in society Being able to reflect on their own liv Their relationships Future aspirations Changing and growing Leading a healthy lifestyle. 		terms of:				
Content	- Harassment	- Careers	- Abortion	- Parenthood (session 2)	- Nutrition and lifestyle		Students should finish
,	- Consent within	- Sexualised behaviour	- Fertility issues	- Sexual health: getting	- Sleep		year feeling equipped
,	relationships	online	- Parenthood	advice	 Revision strategies 		to make informed
,	- Abusive relationships	- Mental health		 FGM and forced 			decisions around:
,	(inc. friendships)	(avoiding negative influences)		marriages			
,		- N/A (mocks)					- Alcohol
Prior	Previous relationships topics on	- Coercive relationships	- Substance misuse and	- Sexual health	- Healthy lifestyle and		- Drugs
	consent		sexual health topics		revision lessons		- Sex
Required							_
	Throughout sessions						
Points Key Questions	- How do our	- Does my online life	- What are the	- What are my best	- How can I put my mind		
Rey Questions	relationships shape our	impact my wellbeing?	complexities in a	sources of advice for	and body in the best		Students should be
	outlook on life?		couple deciding to	sexual health?	position for success?		aware of signs of
			have children?				addiction.
Direct Vocab	- Consent	- Coercion	- Infertility	- Clinic	- Circadian rhythm		
Instruction	- Harassment		- Rights	- Confidentiality	- Calories		
Ctandardiaad	News, earlier Evillence I. Herear		- Responsibility				Students should feel
Standardised Homework	None, as per Fullbrook Homewo	ork Policy					equipped to make their
HOMEWORK							post-16 choices, within
							· · · · · · · · · · · · · · · · · · ·
							a longer term plan.