

Period	Year 7	Year 8	Year 9	Year 10	Year 11	F6
PSHE Day 1 - Tue 14th Oct 2025 (Day 2)	Travelling Safely and Stranger Danger The focus of the lesson is on students making safe, independent journeys to and from school, using various forms of transport as they gain their independence in secondary school and Responding safely and appropriately to unknown adults.	Challenging gender stereotypes Describe what gender stereotypes/gender roles are Explain the impact of gender stereotypes on behaviours and aspirations. Outline ways to challenge gender stereotypes and support people who do not conform to them.	Recognising and preventing discrimination Explain why and how stereotyping leads to discrimination. Describe the negative consequences of stereotyping, prejudice, and discrimination. Explain how to safely challenge discrimination and promote inclusion.	Challenging prejudice and discrimination Explain how stereotypes lead to prejudice and discrimination. Explain the impact of gender stereotypes on behaviours and aspirations. Outline ways to challenge and prevent discrimination.	Know your rights: the Equality Act 2010 Identify the protected characteristics defined in the Equality Act 2010. Describe the rights and protections which are granted by the Act. Explain the responsibilities of employers, service providers, and education providers. Summarise what is meant by the term 'equality'.	Staying safe: recognising harassment and abuse Explain why different sources, people, and relationships can be unwelcome. Describe ways that relationships can be healthy or unhealthy. Outline and recognise different types of abuse and harassment. Explain how to access help or support for abuse or harassment.
	Growing up: physical and mental changes Identify the physical and mental changes that happen during puberty. Explain why puberty can be a challenging time for young people. Describe strategies to overcome the mental and physical challenges of puberty.	Sexuality and gender identity: an introduction Explain the difference between sexual orientation, gender identity, and biological sex. Explain why coming out to people can be difficult. Explain how we can support people who have shared their sexual orientation and/or gender identity.	An introduction to body image Identify ways in which the media presents idealised and artificial body shapes. Explain how the media can impact body image. Explain how body image can impact mental health. Identify strategies for managing negative influences on self-esteem and building a resilient body image.	Sexuality and gender identity: coming out Explain why coming out can be difficult for some people. Analyse the different factors involved in coming out. Demonstrate an understanding of the diversity of human sexuality.	Understanding pornography State how pornography actors' bodies can differ to typical bodies. Explain how pornography can negatively impact body image. Explain how pornography can negatively affect ideas about sex and relationships. Evaluate the advantages and disadvantages of age-restricting pornography websites.	Understanding cultural identity and cultural competency Define cultural identity and cultural competency. Identify the differences between surface and deep culture. Compare and contrast one's own cultural identity to the cultural identity of others. Demonstrate cultural competency.
	Understanding menstruation Describe the menstrual cycle. Evaluate period product options, explaining the pros and cons of each method. Identify which period symptoms are "normal" and when to seek help.	Consent: what is it and why is it essential? Define consent as something that is freely given by someone with the capacity to make that decision. Recognise scenarios that are consensual and non-consensual, using the legal definition of consent and verbal/non-verbal cues. State when a victim of sexual violence could go for support and why there are barriers to this support for some people. Report appropriately to a partner.	What is a healthy lifestyle? Describe the features of a healthy lifestyle and evaluate how healthy their lifestyle is at the moment. Describe the risks of an inactive lifestyle. Lifestyle choices about sleep, diet, and exercise.	Understanding pregnancy: your choices Explain how lifestyle choices can affect fertility and pregnancy. Explain how common miscarriage is. Describe the reasons why many people decide to delay becoming parents until later in life. Assess the choices in relation to an unplanned pregnancy and identify where to find accurate and impartial advice.	Planning and organising: revising effectively Name examples of effective revision techniques. Explain what makes an effective revision plan. Set realistic, achievable, and measurable revision goals.	Consent matters Define consent and state examples of ways to recognise consent. Define sexual violence and explain the impact on the victim. Explain the issue of sexual violence being under-reported to authorities. Outline ways to manage sexual pressure.
	What is mental health? Identify myths and misconceptions about mental health. List strategies that build resilience and respond to difficulties. Evaluate which strategies to manage mental health are most useful to them and others.	Mental health: talking about our emotions Identify a range of emotions accurately and sensitively, using appropriate vocabulary. Explain how different emotions make us think and feel. Recognise the link between language and mental health stigma.	Health-related choices: blood, organ and stem cell donation Identify scientific facts about donating blood and explain the purpose of doing so. Identify scientific facts about donating organs and explain the purpose of doing so. Identify scientific facts about donating stem cells and explain the purpose of doing so.	Sexual health: choosing and accessing contraception Explain the difference between birth control and emergency contraception. Describe different forms of contraception and the factors that impact contraception method choices. Apply newly acquired knowledge of contraception to give advice about the selection of contraception methods.	Sexual health: preventing and treating STIs Outline the symptoms and long-term effects of some STIs. Explain how to reduce the risk of transmitting STIs. Identify ways to test for and treat STIs. Explain why testing for STIs is important.	Making choices about your sexual health Identify methods of contraception that would be suitable for varied contexts. Explain how STIs are transmitted and how risk can be reduced through safer sex. Explain the importance of talking about sexual health with a sexual partner.
	Social media and mental health Explain how social media can impact how people think about themselves, including body image, physical and mental health. List the positives and negatives of using social media and how to use social media in a positive way.	Self-esteem and confidence Describe their personal strengths and qualities and explain the benefits of identifying them. Identify external factors which might affect their confidence and self-esteem in either a positive or a negative way. Evaluate thoughts by looking at how closely they match reality and assessing their potential impact on health and wellbeing. Explain the impact of making affirmations on.	Mental health: developing coping strategies Notice some causes and triggers for unhealthy coping strategies. Recognise the need to seek help for themselves or others. Suggest a range of healthy coping strategies to promote wellbeing and boost mood.	Planning and organising: revising effectively Name examples of effective revision techniques. Explain what makes an effective revision plan. Set realistic, achievable, and measurable revision goals.	Post-16 - Choices, Choices & Unifrog Sign up Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces. & Sign up/login to Unifrog - Computer Room needed.	Post-18 - Choices, Choices & Unifrog Sign up Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces. & Sign up/login to Unifrog - Computer Room needed.
	Who am I? Grow throughout life Grow throughout life by learning and reflecting on yourself, your background, and your strengths.	What are my interests? Grow throughout life Grow throughout life by learning and reflecting on yourself, your background, and your strengths.	What are my skills? Grow throughout life Grow throughout life by learning and reflecting on yourself, your background, and your strengths.	Reflecting on my career journey - past, present and future & Unifrog Sign up Explore Possibilities Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces. & Sign up/login to Unifrog - Computer Room needed.	Money talks: apprenticeships vs. higher education Balance life and work Balance your life as a worker and/or entrepreneur with your wellbeing, other interests and your involvement with your family and community.	Personal branding: your CV and online profile Grow throughout life Grow throughout life by learning and reflecting on yourself, your background, and your strengths.
PSHE Day 2 - Thurs 4 Dec 2025 (Day 4)	First Aid - St John Ambulance What is first aid. Basic life support (CPR and AED) & Bleeding.	First Aid - St John Ambulance What is first aid. Basic life support (CPR and AED) & Asthma & Allergies.	Financial choices: budgeting, saving, debt Identify a range of different values and attitudes relating to money and debt. Recognise, assess, and manage the risks associated with financial decisions and illegal financial exploitation. List some strategies about how to manage emotions in relation to money. Evaluate social and moral dilemmas about the use of money, including the influence of advertising and peer pressure on financial decisions.	Recognising strengths in ourselves and others Recognise strengths in themselves and how to develop them. Identify strengths in others. Develop self-awareness of their own strengths.	First Aid - St John Ambulance What is first aid. Basic life support (CPR and AED) & Choking and Bone, Muscle and joint Injuries.	Mental health: accessing support Recognise symptoms of some common mental health disorders, including OCD, depression, anxiety, and eating disorders. Identify strategies for maintaining positive mental health. Outline different sources of support available to manage common mental health issues.
	What makes a healthy relationship? Explain the differences between healthy and unhealthy relationships. Identify how to have healthy relationships with a variety of people, including families, friendships, or romantic relationships.	Managing risk: looking after your personal safety Identify risks to their personal safety. Explain ways of reducing risks to their personal safety. Describe how to assess risks using the 3 A's.	Social influences: young people and gangs Explain the reasons why young people join gangs. Describe the consequences of joining a gang. Explain and evaluate the methods to avoid or exit a gang safely. Explain why carrying knives is wrong.	Navigating conflict in relationships Name examples of relationship views/values. Describe the changes that occur within the development of a relationship. Recognise emotions associated with the grieving process. Explain how to manage the end of a relationship.	Acknowledging skills and assets Recognise strengths in themselves and how to develop them. Identify strengths in others. Develop self-awareness of their own strengths.	Body enhancement Give examples of reasons why people choose to undergo body enhancement procedures. Explain the impact that the media has on people's body image, self-esteem, and desire to undergo a body enhancement procedure. State important considerations to make before deciding to have a body enhancement procedure.
	Coping with change, bereavement, divorce and separation List examples of emotions associated with the grieving process. Identify some healthy coping strategies to manage the emotions of grief. Name sources of support that can help the management of grief.	Gambling: the facts Describe what influences people to gamble. Explain strategies to manage the risk of gambling. Explain strategies to gamble in a safer way. Recognise the negative consequences of problem gambling.	Addictive substances: legal and illegal drugs Define different types of legal and illegal drugs. Explain the different consequences of different drugs. Reflect on the risks involved in taking drugs. Devise strategies to avoid getting into dangerous situations with drugs.	Rights and responsibilities: marriage and civil partnerships Explain the features and benefits of stable relationships. Explain the consequences of domestic abuse for current and future relationships. Explain the consequences of all forms of honour-based abuse for individuals and society. Identify ways to access appropriate support.	Mental health: revisited List the characteristics of mental health. Recognise warning signs of mental health concerns. Identify when they or others need help with their mental health (with specific examples of social withdrawal, bereavement, disordered eating, and self-harm).	Understanding forced marriage Describe the concepts of, and laws relating to, 'honour-based' abuse and forced marriage, correcting popular myths and misconceptions. Explain the barriers to getting help for this type of abuse and how these might be overcome. Advise a fictional young person on how to access help and support for the honour-based abuse he's experiencing.
	Understanding marriage Explain the legal, social and emotional commitments people make when they get married. Explain why it's important that marriage should be entered into freely, and never forced upon someone through threat or coercion. Explain why marriage is an important relationship choice for many couples.	Media literacy: interpreting information online Explain how the online world is similar to or different from the physical world. Outline the dangers of misuse of social media. Use strategies to assess the reliability and accuracy of online information.	Healthy lifestyles: health services, self-examination and vaccination Describe how vaccines work. Explain the purpose of vaccinations. Explain the purpose of self-examination. State how they can access health services, such as seeing a GP.	Taking others' perspectives Explain what is meant by the term "perspective". Describe the benefits of seeing a situation from multiple perspectives. Explain how conflicts can be resolved by showing empathy and understanding to others' viewpoints, even if we disagree with them.	Gambling: risks, consequences, and safety Explain the reasons people may become addicted to gambling. Describe how gambling companies' tactics can lead to addiction. Identify the negative consequences of gambling company tactics and the thinking errors they create. Suggest advice for people with a gambling addiction or a developing problem.	Staying safe: transport and travel Explain how to get home safely, considering the pros and cons of different methods of transport. Give examples of important things to do in preparation for travelling abroad.
	What is an entrepreneur? Create opportunities Create opportunities by being proactive and building positive relationships with others.	Challenges and rewards of work Manage Career Manage your career actively, make the most of opportunities and learn from setbacks.	Healthy lifestyles: achieving balance Explain the benefits of a balanced approach to life. Describe some different elements of wellbeing. Explain how learning can improve our wellbeing. Set personalised wellbeing targets to restore balance.	Managing risk: unsafe and emergency situations Identify factors which increase or decrease risk. Explain the difference between a risk and an emergency. Evaluate how to assess situations for risks using the 3 As method.	Financial choices: managing finances in the world of work Describe different types of employment contracts. State an example piece of advice about saving money. Explain the opportunities and risks involved in financial decisions. State their consumer rights if they have purchased a damaged or faulty item.	Respectful relationships: values and differences Identify values that are important to different types of relationships. Discuss the importance of values, faith, and cultural values in a relationship. Explore the complexity of challenging your own values and those of others.
	Exploring possibilities: dream jobs & Unifrog Sign up Explore Possibilities Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces. & Sign up/login to Unifrog - Computer Room needed.	Job applications: superhero CVs & Unifrog Sign up Explore Possibilities Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces. & Sign up/login to Unifrog - Computer Room needed.	What comes after school: the main learning pathways & Unifrog Sign up Explore Possibilities Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces. & Sign up/login to Unifrog - Computer Room needed.	Exploring employer profiles Explore Possibilities Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces.	Decision making: choosing your post-16 pathway Manage Career Manage your career actively, make the most of opportunities and learn from setbacks.	The basics of interviews: in person and online Explore Possibilities Explore the full range of possibilities open to you and learn about recruitment processes and the culture of different workplaces.
PSHE Day 3 - Wed 8th March 2026 (Day 3)	Spotting unhealthy and abusive relationships Define different types of abuse. Identify the warning signs in unhealthy or abusive relationships. Explain how to approach a friend who is demonstrating warning signs of abuse.	Addictive substances: alcohol Identify true and false statements about alcohol consumption. Define physical and psychological short-term risks associated with alcohol consumption. Define physical and psychological long-term risks associated with alcohol consumption.	First Aid - St John Ambulance What is first aid. Basic life support (CPR and AED) & Choking & Head Injuries.	First Aid - St John Ambulance What is first aid. Basic life support (CPR and AED) & Bleeding, Shock and Chest Pain.	Understanding consent and intimacy: offline and online Explain that non-consensual sexual acts are sexual violence. Identify consequences of intimacy within a relationship. Discuss factors to consider before having sex. Describe the consequences of victim blaming attitudes.	Financial choices: working and earning Explain what salary deductions are, including when and why they might be made. Explain how to use a budget to evaluate current money circumstances and plan for a change in those circumstances. Evaluate different methods of saving money.
	Overcoming conflict and finding forgiveness Define what forgiveness means to them. Outline some positive consequences of forgiveness. Explain the process of forgiveness, including the importance of emotional forgiveness.	Healthy lifestyles: exercising for physical and mental wellbeing Explain the benefits of physical activity and exercise for physical and mental health and wellbeing. Recognise and manage what influences choices about physical activity.	Safe sex Identify features of unsafe sex and state how to reduce the risks. Outline different options for contraception methods. Describe how to reduce the risk of spreading STIs and explain the importance of doing so. State how a young person could be impacted by an unintended pregnancy.	Illegal drugs: risks, consequences, and support Identify types of illegal drugs and their criminal charges. Compare how drug addiction affects the individual, their families, and their communities. Explain how individuals, families, and their communities can support people facing drug addiction.	Alcohol: risks, consequences, and safety Identify the short- and long-term effects of alcohol. State a variety of risks associated with alcohol misuse. Explain what constitutes low risk alcohol consumption in adulthood.	Staying safe: protecting your finances Evaluate the risks and benefits of different forms of debt. Evaluate the risks in different financial ventures. Explain how to be responsible with money, including managing financial contracts responsibly and exercising consumer rights.
	What is diversity? Define the similarities, differences, and diversity among different people. Understand the benefits of diversity and inclusion of people, regardless of their differences. Identify the nine protected characteristics in the Equality Act 2010.	Healthy lifestyles: taking responsibility for your physical health Explain the importance of taking increased responsibility for their own physical health. Explain the importance of personal hygiene, dental health, sun safety, and good quality sleep for good health. Identify the strategies which may help them to gain more control over their physical health.	Sex, relationships, and the media State examples of how the portrayal of sex in the media can be inaccurate. State examples of how the portrayal of relationships in the media can be inaccurate. Explain how the inaccurate portrayal of sex and relationships in the media can affect people's expectations and behaviours.	Managing our health: services and support Explain how they can take personal responsibility for their health. List the reasons some people might struggle to access health services, and explore and identify ways in which these barriers can be overcome. Evaluate and assess sources of health information and advice.	Staying safe online: misinformation and extremism Describe the negative consequences of being exposed to inaccurate or extremist content online. Explain some ways to spot inaccurate content online. Give examples of how to respond to viewing extremist content online.	Respectful relationships: trust and intimacy Explain the difference between love and lust. Define different types of intimacy. Define different levels of emotional intimacy. Explain the impact of varying levels of emotional intimacy.
	Recognising and preventing bullying Explain why it's important to treat people with respect. Recognise the different types of bullying (including cyberbullying). Explain the long-term and short-term impact of bullying. Describe the responsibilities of bystanders to report bullying and how and where to get help.	Social influences: tackling peer pressure Explain when and why they are likely to be influenced by peers or take risks. Describe and evaluate strategies for managing peer pressure minimising risky behaviour. Explain the importance of choosing a positive friendship group and accessing appropriate support.	Sex and consent online Identify the risks of sharing nude images/videos with others, including the legal consequences. Outline how to report nude images/videos online and access support for online safety issues. State at least one way to manage any request or pressure to share nude images/videos.	Substance addiction: how to seek help Explain why addiction is difficult to overcome. Describe the physical and psychological effects of addiction. Identify ways to manage addiction.	Is AI a threat to our jobs? See the big picture See the big picture by paying attention to how the economy, politics and society connect with your own life and career.	The role of constructive criticism Explain what it means to have a growth mindset. Describe the features of constructive criticism and how to provide effective feedback. Identify next steps after receiving constructive criticism, in order to improve.
	Careers Fair A chance for students to meet with local and national employers to think about and discuss career opportunities. Local colleges to attend to promote apprenticeship opportunities.	Careers Fair A chance for students to meet with local and national employers to think about and discuss career opportunities. Local colleges to attend to promote apprenticeship opportunities.	Careers Fair A chance for students to meet with local and national employers to think about and discuss career opportunities. Local colleges to attend to promote apprenticeship opportunities.	Careers Fair A chance for students to meet with local and national employers to think about and discuss career opportunities. Local colleges to attend to promote apprenticeship opportunities.	Careers Fair A chance for students to meet with local and national employers to think about and discuss career opportunities. Local colleges to attend to promote apprenticeship opportunities.	Careers Fair A chance for students to meet with local and national employers to think about and discuss career opportunities. Local colleges to attend to promote apprenticeship opportunities.
	What is a career?	Creating the life you want: making a vision board	Decision making: choosing what to study at KS4	What type of career is best for me?	Researching volunteering and paid work	Setting career goals

Key
Diversity and anti-racism
Sexual health, sexuality and gender
Wellbeing and mental health
Relationships, family and friends
Life skills
Physical health
Online safety
Careers

	6	Manage Career Manage your career actively, make the most of opportunities and learn from setbacks.	Careers	Create opportunities Create opportunities by being proactive and building positive relationships with others.	Careers	Manage Career Manage your career actively, make the most of opportunities and learn from setbacks.	Careers	Manage Career Manage your career actively, make the most of opportunities and learn from setbacks.	Careers	Create opportunities Create opportunities by being proactive and building positive relationships with others.	Careers	Manage Career Manage your career actively, make the most of opportunities and learn from setbacks.	Careers
PSHE Day 4 - Weds th July 2026 (Day 8) - *F6 - Year 12 Only	1	Smoking and vaping: risks and consequences Identify the short- and long-term risks associated with smoking and vaping. Evaluate myths, misconceptions, social norms and cultural values relating to smoking and vaping. Develop strategies to manage peer pressure.	Wellbeing	Relationships and conflict Describe the characteristics of positive, healthy friendships. Explain why feelings become stronger in adolescence, and name some strategies for managing these. Describe healthy and unhealthy conflict management behaviours. Identify healthy ways to manage the breakdown of a relationship, including its digital legacy.	Relationships	Navigating social influence and pressure Evaluate the impact of positive and negative influences. Describe and explain reasons why young people engage in criminal activity. Recognise when they may be being adversely influenced. Describe and explain ways they can be a positive influence to younger peers.	Relationships	Health-related choices: aesthetic procedures Identify types of cosmetic and aesthetic procedures. Identify associated risks with types of cosmetic and aesthetic procedures. Explain how some cosmetic and aesthetic procedures are riskier than others.	Wellbeing	Year 11 left	First Aid - St John Ambulance What is first aid. Basic life support (CPR and AED) & Chocking and Bone, Muscle and joint Injuries.	Empowered Living	
	2	What is the difference between government and parliament? Students are able to describe the difference between the UK government and parliament	Citizenship	Family life: parenthood and caring. Explain the roles and responsibilities of parents, carers, and children in families. Explain the nature and importance of stable, long-term relationships for family life and bringing up children. Describe the characteristics of successful parenting.	Relationships	The impact of relationships Identify the characteristics of a healthy relationship. Explain the impact of positive aspects of relationships. Explain the impact of negative aspects of relationships. Describe how to access support for a relationship and justify why this is important.	Relationships	Staying safe online: protecting your personal data Give useful advice about how to post content online safely. State what internet cookies are and outline how they can personalise our online experience. Evaluate the pros and cons of targeted advertising. Give useful advice about how to protect our personal data online.	Empowered Living		Staying safe: alcohol and binge-drinking. Explain how binge drinking and alcohol dependency can affect decision-making and personal safety, road safety, career and reputation. Identify how to manage alcohol use in the immediate and long term.	Wellbeing	
	3	Media literacy: staying safe online Identify risks and benefits of using the internet. Assess the potential risks of posting personal information on social media platforms. Suggest ways that young people can protect their safety whilst using the internet. Name sources of support suitable for online safety concerns.	Empowered Living	What is good communication? Identify multiple forms of communication. Describe effective communication skills. Explain how to use active listening skills.	Empowered Living	Changing relationships: managing your feelings Describe how grief might feel, using the Kubler-Ross (1969) theory of five stages of grief. Suggest healthy ways to manage the feelings associated with grief. Identify multiple sources of support available if someone needs help managing their grief.	Relationships	What are my employability skills? Grow throughout life Grow throughout life by learning and reflecting on yourself, your background, and your strengths.	Careers		Understanding online misinformation Describe both advantages and disadvantages of social media. Identify some warning signs of inaccurate information online. State how to report or seek support regarding harmful content online.	Empowered Living	
	4	Female genital mutilation (FGM): facts and risks Define FGM. Describe the risks of FGM and explain how they affect a victim's wellbeing and relationships. Describe the laws relating to FGM. Identify the most appropriate sources of help for victims.	Wellbeing	Voting in Elections Students will be able to explain how and why we vote in elections in the UK and the basics of the UK voting system.	Citizenship	Taking control of your career journey Create opportunities Create opportunities by being proactive and building positive relationships with others.	Careers	Reviewing work experience (Computer Room) Create opportunities Create opportunities by being proactive and building positive relationships with others.	Careers		How to network and be enterprising Create opportunities Create opportunities by being proactive and building positive relationships with others.	Careers	
	5	What is a work-life balance? Balance life and work Balance your life as a worker and/or entrepreneur with your wellbeing, other interests and your involvement with your family and community.	Careers	What does success mean to me? Balance life and work Balance your life as a worker and/or entrepreneur with your wellbeing, other interests and your involvement with your family and community.	Careers	Working and earning: managing your money Balance life and work Balance your life as a worker and/or entrepreneur with your wellbeing, other interests and your involvement with your family and community.	Careers	Wellbeing in the workplace Balance life and work Balance your life as a worker and/or entrepreneur with your wellbeing, other interests and your involvement with your family and community.	Careers		Wellbeing: balancing life, learning and work Balance life and work Balance your life as a worker and/or entrepreneur with your wellbeing, other interests and your involvement with your family and community.	Careers	
	6	Careers and the future See the big picture See the big picture by paying attention to how the economy, politics and society connect with your own life and career.	Careers	Careers and the climate See the big picture See the big picture by paying attention to how the economy, politics and society connect with your own life and career.	Careers	What is the labour market and why is it important? See the big picture See the big picture by paying attention to how the economy, politics and society connect with your own life and career.	Careers	In person, hybrid, and remote: what works best? See the big picture See the big picture by paying attention to how the economy, politics and society connect with your own life and career.	Careers		What makes an employer 'good' to work for? See the big picture See the big picture by paying attention to how the economy, politics and society connect with your own life and career.	Careers	