

Curriculum for All Year Groups includes Active Bystanders in form time each term.		Year 7		Year 8		Year 9	
		Form Time	PSHE Lessons	Form Time	PSHE Lessons	Form Time	PSHE Lessons
Autumn Term	1	Emotional Wellbeing: Managing Change and transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.	Puberty and Keeping Safe This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse. It also includes an introduction to consent.	Health and Wellbeing In this unit, students develop decision-making skills that support a healthy lifestyle and their physical and emotional wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.	Healthy and unhealthy relationships This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.	Mental Health and Wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations. This unit includes exploring influences on issues such as body modifications and self-expression.	Intimate Relationships and Sexual Health In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.
	2	Friendship and Bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.		Personal Safety and Managing Risk This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads and around water.		Navigating Online Harms This unit explores online harms young people may be exposed to, focusing on how they can respond to misogynistic narratives.	
Spring Term	3	Recognising Risk and Seeking Support This unit explores how young people can recognise coercive or pressuring friendships and understand when, why and how to make a disclosure to a trusted adult.		Belonging and Community This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion.		Navigating Online Harms (continued) This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images.	
	4	Families and Changing Relationships This unit covers the role of families, including caring for each other in changing circumstances, such as divorce, loss or separation.		Personal safety and managing risk This unit is an opportunity for students to assess risk and support their personal safety in relation to alcohol and other drugs.		Drug Education and Managing Risk in Relation to the Law This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances and helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.	
Summer Term	5	Influences on Relationships This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.		The Online World This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.		Respectful Relationships This unit further reinforces students' understanding of healthy relationships by helping them clarify their values, act ethically both offline and online, and critically resist societal messages that can fuel unhealthy behaviours.	
	6	Personal safety and Managing Risk This unit is an opportunity for students to assess risk and support their personal safety around water, railways, and in relation to vaping and e-cigarettes.		Financial decisions This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.		Managing Money This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing.	
					Personal Safety Road Safety		