

		Year 7		Year 8		Year 9		Year 10		Year 11	
		Form Time	PSHE Lessons	Form Time	PSHE Lessons	Form Time	PSHE Lessons	Form Time	PSHE Lessons	Form Time	PSHE Lessons
Autumn Term	1	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- Self-Concept</li> <li>- Identity</li> <li>- Self Confidence</li> <li>- Resilience</li> <li>- Healthy lifestyle</li> <li>- Hygiene</li> <li>- Healthy Eating</li> <li>- Importance of physical health</li> <li>- Importance of sleep</li> <li>- Balanced diet</li> </ul>	<b>Growing Up</b> <ul style="list-style-type: none"> <li>- What happens at puberty</li> <li>- Menstrual Wellbeing</li> <li>- Personal Hygiene</li> <li>- Why am I feeling this?</li> <li>- Why are friends important?</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- Alcohol</li> <li>- Tobacco</li> <li>- Drugs</li> <li>- Positives and negatives of drugs in society</li> <li>- Laws surrounding using and supplying substances</li> <li>- County Lines</li> </ul>	<b>Identity</b> <ul style="list-style-type: none"> <li>- Who am I?</li> <li>- What does family mean?</li> <li>- How can I contribute to family life?</li> <li>- Gender Identity</li> <li>- Stereotypes</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- Risk</li> <li>- Managing risky situations</li> <li>- Bullying</li> <li>- Gambling</li> <li>- Gangs and Knife Crime</li> <li>- Female Genital Mutilation</li> </ul>	<b>Sex, sexuality and sexual health</b> <ul style="list-style-type: none"> <li>- Choices around sex</li> <li>- Pornography and sexting</li> <li>- Sex and the law</li> <li>- Conception, pregnancy and birth</li> <li>- What is contraception?</li> <li>- What are STIs?</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- Body Image and Media</li> <li>- Eating disorders</li> <li>- Self-confidence and mental health</li> <li>- Online/offline balance</li> <li>- Effect of advertising on health</li> </ul>	<b>Alcohol, Tobacco and Other Drugs</b> <ul style="list-style-type: none"> <li>- Drugs</li> <li>- Alcohol</li> <li>- Addiction and Dependency</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- Mental Health and Wellbeing</li> <li>- Managing and improving mental health</li> <li>- Self Esteem</li> <li>- Stress</li> <li>- Importance of a healthy lifestyle</li> <li>- Sleep</li> </ul>	<b>Sex, Sexuality and Sexual Health</b> <ul style="list-style-type: none"> <li>- Consent</li> <li>- Sexual Relationships</li> <li>- Sexual Health, including contraception</li> <li>- Pregnancy Choices</li> <li>- Pornography</li> </ul>
	2	<ul style="list-style-type: none"> <li>- Healthy Eating</li> <li>- Importance of physical health</li> <li>- Importance of sleep</li> <li>- Balanced diet</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>- Different types of relationships</li> <li>- Healthy relationships</li> <li>- Communication skills</li> <li>- Importance of Commitment</li> <li>- Abuse in Relationships</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- Dependence and addiction</li> <li>- Safe use of over the counter drugs.</li> <li>- Risks and consequences of substance misuse on health.</li> </ul>	<b>Emotional Wellbeing and Mental Health</b> <ul style="list-style-type: none"> <li>- What are emotional wellbeing and mental health?</li> <li>- What is resilience?</li> <li>- Feelings and how to manage them.</li> <li>- Impacts on emotional wellbeing and coping with loss.</li> <li>- Recognising the signs of poor mental health and looking after emotional wellbeing.</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- First Aid and CPR</li> <li>- Responsibility for own health</li> <li>- Vaccines and importance of vaccines</li> <li>- Access to health services</li> <li>- Organ and Blood Donation</li> <li>- Sexual Harassment</li> </ul>	<b>Healthy Lifestyle</b> <ul style="list-style-type: none"> <li>- Balanced diet</li> <li>- Exercise.</li> <li>- Things that support our health</li> <li>- When health goes wrong.</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>- Identity</li> <li>- Gender Identity and transgender</li> <li>- Individual, family and community values</li> <li>- Diversity in sexual attraction and sexuality</li> <li>- Grooming and sexual harassment</li> </ul>	<b>Healthy Lifestyle</b> <ul style="list-style-type: none"> <li>- Influences on Health</li> <li>- Planning healthy meals and being active</li> <li>- Being health aware</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- NHS</li> <li>- Blood and organ donation</li> <li>- Monitoring health</li> <li>- Risks of cosmetic procedures.</li> <li>- Risk</li> <li>- Gambling</li> <li>- Online Rights and Responsibilities</li> </ul>	
Spring Term	3	<b>Relationships</b> <ul style="list-style-type: none"> <li>- Communities</li> <li>- Diversity and difference</li> <li>- Successful communities</li> <li>- Problems in communities</li> <li>- Hate Crime and radicalisation</li> <li>- Contributing to community</li> <li>- Prejudice and discrimination</li> </ul>	<ul style="list-style-type: none"> <li>- Healthy relationships</li> <li>- Communication skills</li> <li>- Importance of Commitment</li> <li>- Abuse in Relationships</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Routes into work and training</li> <li>- Types of work</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Financial decisions</li> <li>- Social and moral dilemmas about the use of money</li> <li>- Financial exploitation</li> <li>- Options for the end of KS3</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Financial decisions</li> <li>- Social and moral dilemmas about the use of money</li> <li>- Financial exploitation</li> <li>- Options for the end of KS3</li> </ul>	<b>Healthy Lifestyle</b> <ul style="list-style-type: none"> <li>- Balanced diet</li> <li>- Exercise.</li> <li>- Things that support our health</li> <li>- When health goes wrong.</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>- Identity</li> <li>- Gender Identity and transgender</li> <li>- Individual, family and community values</li> <li>- Diversity in sexual attraction and sexuality</li> <li>- Grooming and sexual harassment</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Budgeting</li> <li>- Credit and Debt</li> <li>- Money Stresses and Pressure</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>- NHS</li> <li>- Blood and organ donation</li> <li>- Monitoring health</li> <li>- Risks of cosmetic procedures.</li> <li>- Risk</li> <li>- Gambling</li> <li>- Online Rights and Responsibilities</li> </ul>	
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Summer Term	5	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Strengths, interests, skills and qualities</li> <li>- Targets and goals</li> <li>- Skills and attributes</li> </ul>	<ul style="list-style-type: none"> <li>- Healthy relationships</li> <li>- Communication skills</li> <li>- Importance of Commitment</li> <li>- Abuse in Relationships</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Routes into work and training</li> <li>- Types of work</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Financial decisions</li> <li>- Social and moral dilemmas about the use of money</li> <li>- Financial exploitation</li> <li>- Options for the end of KS3</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Financial decisions</li> <li>- Social and moral dilemmas about the use of money</li> <li>- Financial exploitation</li> <li>- Options for the end of KS3</li> </ul>	<b>Healthy Lifestyle</b> <ul style="list-style-type: none"> <li>- Balanced diet</li> <li>- Exercise.</li> <li>- Things that support our health</li> <li>- When health goes wrong.</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Budgeting</li> <li>- Credit and Debt</li> <li>- Money Stresses and Pressure</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Budgeting</li> <li>- Credit and Debt</li> <li>- Money Stresses and Pressure</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>- Positive relationships</li> <li>- Parenting and Family Life</li> <li>- Stalking and harassment (online and offline)</li> <li>- Manipulation and coercive control</li> <li>- Domestic abuse</li> </ul>	
	6	<ul style="list-style-type: none"> <li>- Targets and goals</li> <li>- Skills and attributes</li> </ul>	<ul style="list-style-type: none"> <li>- Healthy relationships</li> <li>- Communication skills</li> <li>- Importance of Commitment</li> <li>- Abuse in Relationships</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Routes into work and training</li> <li>- Types of work</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Financial decisions</li> <li>- Social and moral dilemmas about the use of money</li> <li>- Financial exploitation</li> <li>- Options for the end of KS3</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Financial decisions</li> <li>- Social and moral dilemmas about the use of money</li> <li>- Financial exploitation</li> <li>- Options for the end of KS3</li> </ul>	<b>Healthy Lifestyle</b> <ul style="list-style-type: none"> <li>- Balanced diet</li> <li>- Exercise.</li> <li>- Things that support our health</li> <li>- When health goes wrong.</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Budgeting</li> <li>- Credit and Debt</li> <li>- Money Stresses and Pressure</li> </ul>	<b>Wider World (Careers)</b> <ul style="list-style-type: none"> <li>- Budgeting</li> <li>- Credit and Debt</li> <li>- Money Stresses and Pressure</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>- Positive relationships</li> <li>- Parenting and Family Life</li> <li>- Stalking and harassment (online and offline)</li> <li>- Manipulation and coercive control</li> <li>- Domestic abuse</li> </ul>	