

		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	Health and Wellbeing - Active Bystanders - Self-Concept - Identity - Self Confidence - Resilience - Healthy lifestyle - Hygiene - Healthy Eating - Importance of physical health - Importance of sleep - Balanced diet	Growing Up - What happens at puberty - Menstrual Wellbeing - Personal Hygiene - Why am I feeling this? - Why are friends important? Relationships - Different types of relationships - Healthy relationships - Communication skills - Importance of Commitment - Abuse in Relationships	Health and Wellbeing - Active Bystanders - Alcohol - Tobacco - Drugs - Positives and negatives of drugs in society - Laws surrounding using and supplying substances - County Lines	Identity - Who am I? - What does family mean? - How can I contribute to family life? - Gender Identity - Stereotypes	Health and Wellbeing - Active Bystanders - Risk - Managing risky situations - Bullying - Gambling - Gangs and Knife Crime - Female Genital Mutilation	Sex, sexuality and sexual health - Choices around sex - Pornography and sexting - Sex and the law - Conception, pregnancy and birth - What is contraception? - What are STIs?	Health and Wellbeing - Active Bystanders - Body Image and Media - Eating disorders - Self-confidence and mental health - Online/offline balance - Effect of advertising on health	Alcohol, Tobacco and Other Drugs - Drugs - Alcohol - Addiction and Dependency Healthy Lifestyle - Influences on Health - Planning healthy meals and being active - Being health aware	Health and Wellbeing - Active Bystanders - Mental Health and Wellbeing - Managing and improving mental health - Self Esteem - Stress - Importance of a healthy lifestyle - Sleep	Sex, Sexuality and Sexual Health - Consent - Sexual Relationships - Sexual Health, including contraception - Pregnancy Choices - Pornography
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Spring Term	3	Relationships - Communities - Diversity and difference - Successful communities - Problems in communities - Hate Crime and radicalisation - Contributing to community - Prejudice and discrimination			Health and Wellbeing - Dependence and addiction - Safe use of over the counter drugs. - Risks and consequences of substance misuse on health.	Emotional Wellbeing and Mental Health - What is emotional wellbeing and mental health? - What is resilience? - Feelings and how to manage them. - Impacts on emotional wellbeing and coping with loss. - Recognising the signs of poor mental health and looking after emotional wellbeing.	Health and Wellbeing - First Aid and CPR - Responsibility for own health - Vaccines and importance of vaccines - Access to health services - Organ and Blood Donation - Sexual Harassment	Healthy Lifestyle - Balanced diet - Exercise. - Things that support our health - When health goes wrong.		Relationships - Identity - Gender Identity and transgender - Individual, family and community values - Diversity in sexual attraction and sexuality - Grooming and sexual harassment	
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Summer Term	5	Wider World (Careers) - Strengths, interests, skills and qualities - Targets and goals - Skills and attributes		Wider World (Careers) - Routes into work and training - Types of work	Wider World (Careers) - Financial decisions - Social and moral dilemmas about the use of money - Financial exploitation - Options for the end of KS3						Wider World Finance - Budgeting - Credit and Debt - Money Stresses and Pressure Communities - Living in Britain - Equality act and hate crimes - Discrimination - Democracy and voting.
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