

SKILLS DEVELOPED

TEAMWORK
& LEADERSHIP

PUBLIC
SPEAKING

PROBLEM
SOLVING

CREATIVITY
& INNOVATION

DECISION
MAKING

RESILIENCE
& STAYING POSITIVE

PLANNING
& ORGANISATION

SKILLS DEVELOPED

YEAR 8

Desert Island - Living
Desert Island - Building a Community
Desert Island - Making Decisions
Desert Island - Criminals Law & Society
How are Laws Made?
Prisons, Reform & Punishment



CITIZENSHIP

BRITISH VALUES

LAW, CRIME & SOCIETY

CORE THEME 1

YEAR
7

**MONEY MEDIA
& MODERN
SOCIETY**

CORE THEME 2

CITIZENSHIP

PSHE

BRITISH VALUES



Intro to Tax
Government & our Taxes.
Advertising Tricks.
Becoming a responsible citizen
How Deepfakes are being used in politics
How to Avoid Financial Scams.
Latest UK Census Data

YEAR
7

Avoiding Gangs & Criminal Behaviour
Staying Safe Online
Online Gaming, Grooming & Addiction
Alcohol and Risk
Nicotine and Smoking
E-Cigs, Vaping and Shisha
Energy Drinks and Caffeine
Knife Crime and Safety



STATUTORY
HEALTH &
RSE

DRUGS EDUCATION

**STAYING SAFE
ONLINE &
OFFLINE**

CORE THEME 4

YEAR
7

**FRIENDS,
RESPECT &
RELATIONSHIPS**

CORE THEME 3

STATUTORY
HEALTH &
RSE

PSHE



Consent and Boundaries
Respect and Relationships
What Makes a Good Friend?
Friendships & Online Relationships
Being Positive
Pressure, Influence and Friends
What Does it Mean to be a Man Today?

YEAR
7

Introduction to Puberty
Girls Puberty & Periods (Double Lesson)
Boys Puberty
Personal Hygiene
Growing Up
Self-Esteem
Tooth Decay & Dental Health



STATUTORY
HEALTH

PSHE

WELLBEING

**PUBERTY &
BODY
DEVELOPMENT**

CORE THEME 5

YEAR
7

**MANAGING
CHANGE**

TRANSITION

SMSC & CAREERS



What is PSHE?
Getting to Know People
What is a Community?
Careers and Your Future
Sleep and Relaxation
Proud to be me
Transition Points in Your Life

YEAR
7

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
- 2) Personal Safety & Digital Awareness
- 3) Relationships and Sex Education
- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ AFL
- ✓ Work Booklets

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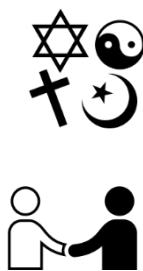
RESILIENCE
& STAYING POSITIVE

PLANNING
& ORGANISATION

SKILLS DEVELOPED

YEAR 9

What is your Identity?
Multicultural Britain
Importance of Being Kind
Breaking Down Stereotypes
Learning Disabilities
Prejudice and Discrimination
Challenging Islamophobia



CITIZENSHIP

BRITISH VALUES

**CELEBRATING
DIFFERENCES**

CORE
THEME 1

YEAR
8

YEAR
8

**DIGITAL WORLDS
& EMERGING
DANGERS**

CORE
THEME 2

CITIZENSHIP

PSHE

EQUALITY



Deepfakes
Bullying & Digital Media Literacy
What is AI Generated Sexual imagery
AI & Chat Bots
Algorithms and content
AI - How is it changing the way we think
Illegal Online Behaviours

County Lines – What is It?
County Lines – Who is at Risk?
Substance Misuse
Cyberbullying
Online Grooming
Alcohol Safety
Child Exploitation & Online Protection



STATUTORY
HEALTH &
RSE

DRUGS EDUCATION

GANGS

**DANGEROUS
SOCIETY ONLINE &
OFFLINE**

CORE
THEME 4

YEAR
8

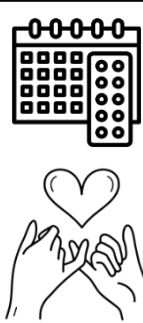
YEAR
8

**IDENTITY,
RELATIONSHIPS &
SEX EDUCATION**

CORE
THEME 3

STATUTORY
HEALTH &
RSE

PSHE



Relationships and Sex Education
Being Yourself & Self-Love
Healthy Respectful Relationships
What is Love?
Dealing with Conflict
Periods and Menstrual Cycle
Introduction to Contraception
Sexual Orientation

Health and Wellbeing
What is Mental Health?
Positive Body Image
Child Abuse
Types of Bullying
Healthy Eating and Cholesterol
Stress Management



STATUTORY
HEALTH

PSHE

WELLBEING

**PHYSICAL HEALTH
& MENTAL
WELLBEING**

CORE
THEME 5

YEAR
8

YEAR
8

**STAYING SAFE &
BUILDING
RESPECT**

CORE
THEME 2

STATUTORY
HEALTH &
RSE

PERSONAL SAFETY

PSHE



Loneliness
Is it Bullying or Banter
Peer Pressure & Risk Taking
Personal Safety
Personal Safety In Public Spaces
Respect and Women
Why Sexist Jokes are Wrong

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
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- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

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PSHE Learning Journey Year 9



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SKILLS DEVELOPED

YEAR 10

Conspiracies Theories & Narratives
Forms of Extremism
What is Terrorism?
War & Conflict
The Radicalisation Process
How Does Counter Terrorism Work?
Antisemitism in the UK



CITIZENSHIP

PREVENT

**COMBATTING
EXTREMISM &
TERRORISM**

CORE
THEME 1

YEAR
9

YEAR
9

**CONTRACEPTION
& STIS**

CORE
THEME 3

STATUTORY
HEALTH
& RSE

PSHE



What are STIs?
Treating STIs and the Clinic
Contraception Explored
Contraception - Condoms
Contraception Explored Further
HIV and AIDS
HIV and AIDS Prejudice and Discrimination

YEAR
9

What is a Drug?
Different Types of Addictions
Cannabis Products
Drug Classifications
Party Drugs & Illegal Drugs
The War on Drugs
Volatile Substance Abuse



STATUTORY
HEALTH

DRUGS EDUCATION

**LEGAL &
ILLEGAL DRUGS**

CORE
THEME 4

YEAR
9

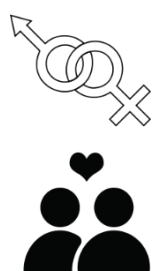
YEAR
9

**SEX, THE LAW &
CONSENT**

CORE
THEME 3

STATUTORY
HEALTH
& RSE

PSHE



Sexual Consent and the Law
FGM and the Law
Relationships and Partners
Domestic Abuse and Domestic Violence
Why Have Sex?
Delaying Sexual Activity
Sexual Harassment and Stalking

YEAR
9

How Self-Esteem Changes
What is a Penis?
What is a Vulva?
Bullying in all its forms
Dealing with Grief and Loss
Media and Airbrushing
Cancer Prevention and Healthy Lifestyles



STATUTORY
HEALTH

PSHE

WELLBEING

**BODY
CONFIDENCE**

CORE
THEME 5

YEAR
9

YEAR
9

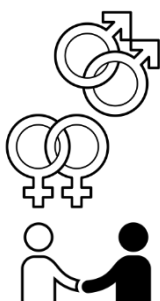
**EQUALITY &
DIVERSITY
EXPLORED**

CORE
THEME 6

CITIZENSHIP

PSHE

EQUALITY



Equality Act 2010
LGBTQ+ What is it?
LGBTQ+ Rights Across the World
Gender Equality
Ableism and Disability Discrimination
Removing the Barriers, Equality for All
Racism & Discrimination in Society

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

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SKILLS DEVELOPED

YEAR 11

Critical Thinking & Fake News
Hate Crime in the UK
British Values and Identity
Mutual Respect & Tolerance
Individual Liberty
What are Human Rights?
Democracy Explored



CITIZENSHIP

BRITISH VALUES

EXPLORING
BRITISH VALUES

CORE
THEME 1

YEAR
10

YEAR
10

Relationships,
Respect & Modern
Challenges

CORE
THEME 2

RSE

PSHE

PERSONAL SAFETY



Dangers of Virginity Testing
What is Sextortion
Positive Male Role Models & Incels
Marriage Vs Cohabitation & Civil P's
Financial Abuse and Control in
Relationships.
Ending Relationships
Personal Safety

YEAR
10

Honour Based Violence
Forced Marriages and Breast Ironing
Online Gaming & Gambling
Social Media Validation
Modern-Day Slavery
Keeping Your Data Safe
Causes of Knife Crime



STATUTORY
HEALTH

RISK

VIOLENCE,
CRIMES &
SEEKING SAFETY

CORE
THEME 4

YEAR
10

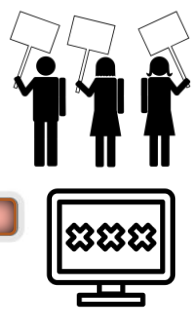
YEAR
10

EXPLORING
RELATIONSHIPS &
SEX EDUCATION

CORE
THEME 3

STATUTORY
HEALTH &
RSE

PSHE



Pleasure and Delaying Sexual Activity
Campaigning Against FGM
Sexting, Nudes and Penis Pics
Online Pornography (Myths vs Reality)
Porn and its Impact on Society
Unhealthy Relationships & Sexual Assault
Sexualisation of the Media

YEAR
10

Child Sexual Abuse
Screen Time
Masculinity & Misogyny
Basic First aid Essentials
Self-Harm
Suicidal (Thoughts and Feelings)
Promoting Emotional Wellbeing



STATUTORY
HEALTH

PSHE

WELLBEING

HEALTHY
MINDS & SAFE
CHOICES

CORE
THEME 5

YEAR
10

YEAR
10

HEALTHY BODIES
& HEALTHY
FUTURES

CORE
THEME 6

STATUTORY
HEALTH

PSHE

WELLBEING



What is a GP and Role of a local Doctor
Role of Pharmacists
Local Healthcare System
What is Antimicrobial Resistance
Menstrual & Gynecological Health
Healthy behaviours & Pregnancy
Unhealthy Weight Gain & Risks

WELCOME

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COMPLIANT

HEALTH 2026
COMPLIANT

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SKILLS DEVELOPED

YEAR 12

SUMMER EXAM
SEASON

LEAVING
- YEAR 11 -

REVISION

FINAL EXAMS

YEAR
11

YEAR
11

STAY SAFE, STAY
SMART

CORE
THEME 6

STATUTORY
HEALTH
& RSE

PSHE

SAFETY

Social Media Vs Real Life
Screen Addiction and Studying
Online Misinformation
Targeted Advertising and Your Data
Cyber Flashing & Unsolicited
Images
Upskirting

YEAR
11

STAYING SAFE

CORE
THEME 4

STATUTORY
HEALTH
& RSE

DRUGS EDUCATION

Virtual Reality and Live Streaming
Online Reputation and Digital Footprints
Group Chats & Anti-Bullying
Vaping why is it on the rise?
New Psychoactive Substances
Festivals and Nitrous Oxide
Substance Addiction

YEAR
11

SEXUAL HEALTH

CORE
THEME 3

STATUTORY
HEALTH
& RSE

PSHE

Peer-on-Peer Abuse
Fertility and What Impacts it
Alcohol, Parties & Bad Choices
Importance of Sexual Health
Revisiting STIs
Revisiting Contraception
Respect, Love and Relationships

YEAR
11

ADULT HEALTH &
LOOKING AFTER
YOURSELF

CORE
THEME 5

STATUTORY
HEALTH

PSHE

WELLBEING

Organ and Blood Donation
Teenage Pregnancy Choices
Mental health illnesses
Parenthood for Teenagers
Testicular and Prostate Cancer
Breast Cancer, Cervical Cancer & Screening
Love & Abuse

YEAR
11

JUSTICE, ETHICS
& MODERN
SOCIETY

CORE
THEME 1

CITIZENSHIP

BRITISH VALUES

What is Justice
Media Literacy & Digital Resilience
Grime Music + Violence
Moral and Ethical Decisions
Debating and Meaningful Discussions
Abortion Laws, Morals and Ethics
Sex Trafficking

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