

Year 7	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	Transition to secondary school and personal safety <ul style="list-style-type: none"> How to identify, express and manage their emotions in a constructive way How to manage the challenges of moving to a new school How to establish and manage friendships How to improve study skills How to identify personal strengths and areas for development Personal safety strategies and travel safety, e.g. Road, rail and Water How to respond in an emergency situation Basic first aid 	Developing skills and aspirations <ul style="list-style-type: none"> How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity About a broad range of careers and the abilities and qualities required for different careers About equality of opportunity How to challenge stereotypes, broaden their horizons and how to identify future career aspirations About the link between values and career choices 	Building relationships <ul style="list-style-type: none"> How to develop self-worth and self-efficacy x About qualities and behaviours relating to different types of positive relationships How to recognise unhealthy relationships How to recognise and challenge media stereotypes Influence of peers and the media Introduction to toxic influencers How to evaluate expectations for romantic relationships About consent, and how to seek and assertively communicate consent 	Health and puberty <ul style="list-style-type: none"> How to manage physical and emotional changes during puberty About personal hygiene How to recognise and respond to inappropriate and unwanted contact About FGM and how to access help and support Grief and loneliness 	Diversity, prejudice, and bullying <ul style="list-style-type: none"> About identity, rights and responsibilities About living in a diverse society How to challenge prejudice, stereotypes and discrimination The signs and effects of all types of bullying, including online How to respond to bullying of any kind, including online How to support others 	Financial decision making <ul style="list-style-type: none"> How to make safe financial choices About ethical and unethical business practices and consumerism About saving, spending and budgeting How to manage risk-taking behaviour Enterprise Project
Themes	Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Relationships	Living in the wider world
Skills	<ul style="list-style-type: none"> Helping students to deal with critical issues they face every day such as friendships, emotional wellbeing and change. Giving students a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope. From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they will face. 					

Year 8	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	Emotional wellbeing <ul style="list-style-type: none"> About attitudes towards mental health How to challenge myths and stigma About daily wellbeing How to manage emotions How to develop digital resilience About unhealthy coping strategies (e.g. Self-harm and eating Disorders) About healthy coping strategies 	Digital literacy <ul style="list-style-type: none"> About online communication How to use social networking sites safely How to recognise online grooming in different forms, e.g. In relation to sexual or financial exploitation, extremism and radicalisation How to respond and seek support in cases of online grooming How to recognise biased or misleading information online How to critically assess different media sources How to distinguish between content which is publicly and privately shared About age restrictions when accessing different forms of media and how to make responsible decisions How to protect financial security online How to assess and manage risks in relation to gambling and chance-based transactions Recognising financial exploitation and fraud 	Discrimination <ul style="list-style-type: none"> How to manage influences on beliefs and decisions About group-think and persuasion How to develop self-worth and confidence About gender identity, transphobia and gender-based discrimination How to recognise and challenge homophobia and biphobia How to recognise and challenge racism and religious discrimination 	Drugs and alcohol <ul style="list-style-type: none"> About medicinal and reactional drugs About the over-consumption of energy drinks About the relationship between habit and dependence How to use over the counter and prescription medications safely How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes Risks related to transport, going out, drug / alcohol How to manage influences in relation to substance use How to recognise and promote positive social norms and attitudes 	Identity and relationships <ul style="list-style-type: none"> The qualities of positive, healthy relationships How to demonstrate positive behaviours in healthy relationships About gender identity and sexual orientation About forming new partnerships and developing relationships About the law in relation to consent That the legal and moral duty is with the seeker of consent How to effectively communicate about consent in relationships About the risks of 'sexting' and how to manage requests or pressure to send an image About basic forms of contraception, e.g. Condom and pill Recognising when relationships are unsafe, including online The law relating to sex, and sexual images Influence of peers and the media 	Community and careers <ul style="list-style-type: none"> About equality of opportunity in life and work How to challenge stereotypes and discrimination in relation to work and pay About employment, self-employment and voluntary work How to set aspirational goals for future careers and challenge expectations that limit choices
Themes	Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Relationships	Living in the wider world
Skills	<ul style="list-style-type: none"> Helping students to deal with critical issues they face every day such as friendships, emotional wellbeing and change. Giving students a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope. From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they will face. 					

Year 9	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Healthy lifestyle</p> <ul style="list-style-type: none"> About the relationship between physical and mental health About balancing work, leisure, exercise and sleep How to make informed healthy eating choices How to manage influences on body image To make independent health choices To take increased responsibility for physical health, including testicular self-examination 	<p>Setting goals</p> <ul style="list-style-type: none"> About transferable skills, abilities and interests How to demonstrate strengths About different types of employment and career pathways How to manage feelings relating to future employment How to work towards aspirations and set meaningful, realistic goals for the future About GCSE and post-16 options Skills for decision making 	<p>Respectful relationships</p> <ul style="list-style-type: none"> About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering About positive relationships in the home and ways to reduce homelessness amongst young people About conflict and its causes in different contexts, e.g. With family and friends Conflict resolution strategies How to manage relationship and family changes, including relationship breakdown, separation and divorce How to access support services 	<p>Peer influence, substance use and gangs</p> <ul style="list-style-type: none"> How to distinguish between healthy and unhealthy friendships How to assess risk and manage influences, including online About 'group think' and how it affects behaviour How to recognise passive, aggressive and assertive behaviour, and how to communicate assertively To manage risk in relation to gangs About the legal and physical risks of carrying a knife About positive social norms in relation to drug and alcohol use About legal and health risks in relation to drug and alcohol use, including addiction and dependence Risks related to transport, going out 	<p>Intimate relationships</p> <ul style="list-style-type: none"> About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex About myths and misconceptions relating to consent About the continuous right to withdraw consent and capacity to Consent About STIs, effective use of condoms and negotiating safer sex About the consequences of unprotected sex, including pregnancy How the portrayal of relationships in the media and pornography might affect expectations How to assess and manage risks of sending, sharing or passing on sexual images How to secure personal information online Recognising when relationships are unsafe, including online The law relating to sex, pornography, and sexual images Influence of peers and the media 	<p>Employability skills</p> <ul style="list-style-type: none"> About young people's employment rights and responsibilities Skills for enterprise and employability How to give and act upon constructive feedback How to manage their 'personal brand' online Habits and strategies to support progress How to identify and access support for concerns relating to life online Digital influence and AI harms – impact of online content, algorithms and misinformation
Themes	Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Relationships	Living in the wider world
Skills	<ul style="list-style-type: none"> Helping students to deal with critical issues they face every day such as friendships, emotional wellbeing and change. Giving students a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope. From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they will face. 					

Year 10	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	Mental health <ul style="list-style-type: none"> How to manage challenges during adolescence How to reframe negative thinking Strategies to promote mental health and emotional wellbeing About the signs of emotional or mental ill-health How to access support and treatment Managing grief and loss About the portrayal of mental health in the media How to challenge stigma, stereotypes and misinformation 	Financial decision making <ul style="list-style-type: none"> How to effectively budget and evaluate savings options How to prevent and manage debt, including understanding credit rating and pay day lending How data is generated, collected and shared, and the influence of targeted advertising How thinking errors, e.g. Gambler's fallacy, can increase susceptibility to gambling Strategies for managing influences related to gambling, including online About the relationship between gambling and debt About the law and illegal financial activities, including fraud and cybercrime How to manage risk in relation to financial activities 	Healthy relationships <ul style="list-style-type: none"> About relationship values and the role of pleasure in relationships About myths, assumptions, misconceptions and social norms about sex, gender and relationships About the opportunities and risks of forming and conducting relationships online How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours Digital influence and AI harms - impact of online content, algorithms and misinformation About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support How to recognise and challenge victim blaming. About asexuality, abstinence and celibacy 	Exploring influence <ul style="list-style-type: none"> About positive and negative role models How to evaluate the influence of role models and become a positive role model for peers About the media's impact on perceptions of gang culture About the impact of drugs and alcohol on individuals, personal safety, families and wider communities How drugs and alcohol affect decision making How to keep self and others safe in situations that involve substance use How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime Exit strategies for pressurised or dangerous situations How to seek help for substance use and addiction 	Addressing extremism and radicalisation <ul style="list-style-type: none"> About communities, inclusion, respect and belonging About the equality act, diversity and values About how social media may distort, mis-represent or target information in order to influence beliefs and opinions How to manage conflicting views and misleading information How to safely challenge discrimination, including online How to recognise and respond to extremism and radicalisation 	Work experience <ul style="list-style-type: none"> How to evaluate strengths and interests in relation to career development About opportunities in learning and work Strategies for overcoming challenges or adversity About responsibilities in the workplace How to manage practical problems and health and safety How to maintain a positive personal presence online How to evaluate and build on the learning from work experience
	Themes	Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Relationships
Skills	<ul style="list-style-type: none"> Helping students to deal with critical issues they face every day such as friendships, emotional wellbeing and change. Giving students a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope. From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they will face. Preparing students for GCSE qualifications Preparing students for education and life Post 16 					

Year 11	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	Building for the future <ul style="list-style-type: none"> How to manage the judgement of others and challenge stereotyping How to balance ambition and unrealistic expectations How to develop self-efficacy, including motivation, perseverance And resilience How to maintain a healthy self-concept About the nature, causes and effects of stress Stress management strategies, including maintaining healthy Sleep habits About positive and safe ways to create content online and the opportunities this offers How to balance time online 	Next steps <ul style="list-style-type: none"> How to use feedback constructively when planning for the future How to set and achieve smart targets Effective revision techniques and strategies About options post-16 and career pathways About application processes, including writing cvs, personal statements and interview technique How to maximise employability, including managing online presence and taking opportunities to broaden experience About rights, responsibilities and challenges in relation to working part time whilst studying How to manage work/life balance 	Communication in relationships <ul style="list-style-type: none"> About core values and emotions About gender identity, gender expression and sexual orientation How to communicate assertively How to communicate wants and needs How to handle unwanted attention, including online How to challenge harassment and stalking, including online About various forms of relationship abuse including financial abuse About unhealthy, exploitative and abusive relationships How to access support in abusive relationships and how to overcome challenges in seeking support Digital influence and AI harms – impact of online content, algorithms and misinformation 	Independence <ul style="list-style-type: none"> How to assess and manage risk and safety in new independent situations (e.g. Personal safety in social situations and on the roads) Emergency first aid skills How to assess emergency and non-emergency situations and contact appropriate services About the links between lifestyle and some cancers About the importance of screening and how to perform self-examination About vaccinations and immunisations About registering with and accessing doctors, sexual health clinics, opticians and other health services How to manage influences and risks relating to cosmetic and aesthetic body alterations About blood, organ and stem cell donation 	Families <ul style="list-style-type: none"> About different types of families and changing family structures How to evaluate readiness for parenthood and positive parenting qualities About fertility, including how it varies and changes About pregnancy, birth and miscarriage About unplanned pregnancy options, including abortion About adoption and fostering How to manage change, loss, grief and bereavement About ‘honour based’ violence and forced marriage and how to safely access support 	NA
Themes	Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Relationships	Living in the wider world
Skills	<ul style="list-style-type: none"> Helping students to deal with critical issues they face every day such as friendships, emotional wellbeing and change. Giving students a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope. From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they will face. Preparing students for GCSE qualifications Preparing students for education and life Post 16 					

Year 12	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Planning for the future</p> <ul style="list-style-type: none"> How to assess strengths, interests, values, and skills to set realistic, aspirational goals How to evaluate the options available in education, training and employment post-18, including higher education, further training or apprenticeships, and gap year opportunities How to evidence strengths and skills and use this when applying and interviewing for future roles and opportunities How to evaluate the changing patterns and trends in the labour market, locally, nationally and internationally, and benefit from potential opportunities How to evaluate the financial advantages, disadvantages and risks relating to post-18 options How to evaluate the potential gains and risks of different credit/debt arrangements and repayment implications, including student loans 	<p>Readiness for work</p> <ul style="list-style-type: none"> How to evaluate strengths, skills and interests in relation to future roles and opportunities How to be enterprising in life and work How to write an effective cv and prepare for interviews for part-time work About career opportunities in a global economy About rights and responsibilities in different types of employment, including full-time, part-time, and jobs in the 'gig economy' How to demonstrate professional conduct, including following health and safety protocols About workplace confidentiality and security, including cyber-security and data protection When, why and how to seek or provide support in response to bullying and harassment in the workplace Strategies for overcoming challenges or adversity in the workplace About the role of trade unions and professional organisations 	<p>Diversity and inclusion</p> <ul style="list-style-type: none"> How to communicate personal values in different types of relationships Strategies to challenge prejudice and discrimination in relation to inclusion and any of the protected characteristics of the equality act (2010) About rights, roles and responsibilities in a diverse society and how to respect and advocate for them To celebrate cultural diversity and promote inclusion About the ways different faith or cultural views can influence relationships, and how to challenge these if appropriate How to safely challenge prejudice and discrimination, including online About extremism and radicalisation, how to reduce the risks and when, where and how to seek help 	<p>Mental health and emotional wellbeing</p> <ul style="list-style-type: none"> How to manage work-life balance, including study, leisure, exercise, sleep and time online Strategies to promote mental health and emotional wellbeing and address difficulties Stress management strategies About the signs of emotional or mental ill-health How, when and why to access appropriate support and treatment About the effects on body image and self-esteem, of idealised images of bodies and pressure to conform Strategies to manage influences on body image How to manage influences and risks relating to cosmetic and aesthetic body alterations Accessing support services, developing coping strategies 	<p>Respectful relationships</p> <ul style="list-style-type: none"> How to seek and assertively give, not give or withdraw consent, in all contexts About the legal and moral responsibilities in relation to seeking consent and how to recognise factors that might affect capacity to consent About the emotional, physical, social, and legal consequences of failing to respect others' right not to give or to withdraw consent How to identify the signs of abuse, exploitation and assault or rape Where and how to access support and report concerns, including online To evaluate attitudes towards sexual assault and their impact; how to challenge victim-blaming, including when abuse occurs online Recognising financial abuse in relationships How to recognise manipulation and coercion and manage negative influence and persuasion Exit strategies for unhealthy relationships About rights in relation to harassment, including online, stalking and violence, how to respond and where to seek help About the unacceptability and illegality of forced marriage and 'honour'-based violence and how to safely seek help. Exit strategies for pressurised or dangerous situations 	<p>Health choices and safety</p> <ul style="list-style-type: none"> How to assess and manage risk and personal safety in new independent situations, including online How to manage personal safety in relation to travel, including cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely About safety, rights and responsibilities when travelling in the UK and abroad, including passport, visa and insurance requirements How to perform first aid How to evaluate when to summon emergency services and about the importance of giving accurate information, even in cases where there may be legal consequences To identify and manage the impact of substance use on health, personal safety, decision making and sexual behaviour About the consequences of substance use, and how to manage use of alcohol and other drugs About the risks of being a passenger with an intoxicated driver and how to manage this About the impact of substance use on road safety, work-place safety, reputation and career
Themes	Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Relationships	Living in the wider world
Skills	<ul style="list-style-type: none"> Helping students to deal with critical issues they face every day such as friendships, emotional wellbeing and change. Giving students a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope. From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they will face. Preparing students for final school qualifications Preparing students for education and life Post 18 					

Year 13	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Independence</p> <ul style="list-style-type: none"> Skills to improve adaptability and resilience during periods of change and strategies to manage change About the importance of monitoring personal health and wellbeing How to make informed, independent health choices and manage media messages about health (including about vaccination/immunisation) How to maintain a healthier diet About registering with and accessing doctors, opticians and other health services About screening and how to perform (e.g. Breast and testicular) self-examination About illnesses that particularly affect young adults, such as meningitis and 'freshers' flu' How to select appropriate contraception in different contexts and relationships How to reduce the risk of contracting or passing on an sti About accessing local and national advice, diagnosis and treatment in relation to sexual health 	<p>Next steps</p> <ul style="list-style-type: none"> How to evaluate strengths, skills and interests in relation to future opportunities and career development About the implications of the global market for future choices in education and employment How to identify appropriate 'next steps' post-18, such as higher education, further training or apprenticeships, and gap year opportunities About application processes, including how to write a concise and compelling personal statement, effectively refine and tailor a cv and prepare for interviews How to build and maintain a positive professional identity and online presence That creating and sharing content online can contribute to, or challenge, a positive online presence How to effectively challenge online content that adversely affects personal or professional reputation How social media can expand, limit or distort perspectives How to set and maintain boundaries around personal privacy. How to manage online safety in all its forms, including seeking help when appropriate 	<p>Intimate relationships</p> <ul style="list-style-type: none"> How to assertively communicate relationship expectations How to recognise manipulation and coercion, how to seek and assertively give, not give, or withdraw consent How to effectively evaluate and use the most appropriate methods of contraception in different circumstances (including emergency contraception) and communicate about use with a sexual partner About sexual health services, locally, nationally and online, and how to access and use them To recognise how fertility changes over time and evaluate the implications of this About the advantages of delaying conception About unintended pregnancy and young parenthood About the pathways available in the event of an unintended conception How to access appropriate advice and support in relation to pregnancy, including miscarriage 	<p>Financial choices</p> <ul style="list-style-type: none"> How to effectively plan expenditure and budget for changes in circumstances (e.g. When moving out or going to university) About salary deductions, including taxation, national insurance, student loan repayments and pensions, and how to manage these How to evaluate savings options About consumer rights, how to resolve disputes and access support How to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice How to manage loans and consumer rights How to evaluate the potential gains and risks of different debt arrangements and repayment implications About the risks involved in different financial ventures, including illegal schemes (e.g. Illegal money transfers) How to critically assess different media sources How to critically evaluate online content and recognise propaganda, manipulation, biased or misleading information 	<p>Building and maintaining relationships</p> <ul style="list-style-type: none"> How to manage mature friendships, including making friends in new places Strategies to confidently manage transitional life phases, such as leaving school, or leaving home for the first time About personal safety in new relationships, including online How to maintain healthy, pleasurable relationships and about different levels of emotional intimacy, the role of pleasure, and the difference between 'love' and 'lust' About relationship challenges and how to manage the ending of relationships safely and respectfully, including online How to assertively communicate and negotiate boundaries in relationships About professional relationships; how to build meaningful relationships in the workplace and establish and respect boundaries How to manage strong emotions, communicate constructively and negotiate difficulties Strategies to recognise, de-escalate and exit aggressive social situations How to evaluate the dangers and consequences of involvement in gangs, serious organised crime or carrying a weapon 	NA
Themes	Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Relationships	
Skills	<ul style="list-style-type: none"> Helping students to deal with critical issues they face every day such as friendships, emotional wellbeing and change. Giving students a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope. From making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they will face. Preparing students for final school qualifications Preparing students for education and life Post 18 					