

PSHE CURRICULUM OVERVIEW 2026-2027

A progressive PSHE curriculum that develops knowledge, skills and attributes for life.

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
HT1	<ul style="list-style-type: none"> Intro to PSHE Personal hygiene Vaccinations Sleep and relaxation Self esteem and Anxiety Tooth decay and dental health Energy Drinks and Caffeine Nicotine and Smoking 	<ul style="list-style-type: none"> Intro to PSHE Eating disorders Mental Health Conditions Healthy Eating and Cholesterol Stress Management Exercise Substance Misuse Alcohol Safety 	<ul style="list-style-type: none"> Intro to PSHE Cancer Prevention and Healthy Lifestyles Mental health illnesses Dealing with Grief and Loss Different types of addiction Vaping Drug Classifications Party Drugs & Illegal Drugs 	<ul style="list-style-type: none"> Intro to PSHE Organ and blood donation Suicide (Thoughts and Feelings) Self harm Fake news and Deep fake Online Gaming & Gambling Social Media Validation Cannabis 	<ul style="list-style-type: none"> Intro to PSHE Testicular and Prostate Cancer Breast Cancer, Cervical Cancer & Screening Post 16 Options Drugs: Addiction, Risk, Consequences and Society Drugs: NPS and Nitrous Oxide Binge drinking Alcohol, Parties & Bad Choices
HT2	<ul style="list-style-type: none"> Effects of drugs Alcohol and Risk E cigs, vaping and shisha Social media Online Gaming, Grooming & Addiction Friendships and online relationships Cyberbullying 	<ul style="list-style-type: none"> Influences online Managing screen time Sharing inappropriate pictures Positive Body Image Cyberbullying Online Grooming Child Exploitation & Online Protection 	<ul style="list-style-type: none"> Media and Airbrushing Sexism online Online scams Bullying in all its forms Relationships and Partners Domestic violence and abusive relationships Sexual consent and the law 	<ul style="list-style-type: none"> Screen Time Instagram & TikTok Generation Sexualisation of the Media Sexting, nudes and sharing explicit images Sextortion Keeping Your Data Safe Child sexual exploitation 	<ul style="list-style-type: none"> Revision techniques Revision timetable Managing exam stress CV Writing CV Writing Writing a Personal Statement Public order offences
HT3	<ul style="list-style-type: none"> Staying safe online Boys and puberty Girls and puberty Consent and personal space Friendships and toxic relationships Bullying or banter 	<ul style="list-style-type: none"> Child Abuse Friendship and gangs Toxic masculinity Sexual orientation What is Love? Dealing with Conflict 	<ul style="list-style-type: none"> Why have sex? Contraception Explored What are STI's Treating STI's and the clinic HIV and AIDS Delaying sexual activity 	<ul style="list-style-type: none"> Sexism and gender prejudice Extremism, Radicalisation and Grooming Incel culture Forced and arranged marriages Honour Based Violence Harrasment and Stalking 	<ul style="list-style-type: none"> Income tax National insurance Wealth distribution in the UK Renting Getting a Mortgage Credit cards
HT4	<ul style="list-style-type: none"> Positive relationships What does it mean to be a man today? Community Calling 999 and first aid kits Road safety - pol ed Avoiding Gangs & Criminal Behaviour 	<ul style="list-style-type: none"> Introduction to contraception Periods and the Menstrual Cycle Different types of bank accounts Opening a bank account Importance of budgeting and saving Finance - income and expenditure 	<ul style="list-style-type: none"> Menstrual and Gynaecological Health FGM and the Law Sexual harassment and stalking Role of the Police Law and young offenders How does knife crime impact on our lives 	<ul style="list-style-type: none"> Recognizing and Breaking the Cycle of Abuse Parenting Campaigning against FGM Pleasure and Delaying Sexual Activity Online Pornography (Myths vs Reality) Porn and its Impact on Society 	<ul style="list-style-type: none"> Gambling Debt Screen Addiction and Studying Group Chats & Anti-Bullying Online Reputation and Digital Footprints Using AI
HT5	<ul style="list-style-type: none"> county lines - what is it? Knife Crime and Safety Multicultural Britain Breaking Down Stereotypes Challenging Islamophobia 	<ul style="list-style-type: none"> Careers - communication skills Careers, aspirations and exploring careers Career - teamwork Importance of work Political parties 	<ul style="list-style-type: none"> Peer pressure First aid Bone, Muscle & Joint Injuries Staying safe Age restrictions and legal ages 	<ul style="list-style-type: none"> Fighting and violent behaviour CPR and Defibrillators Gangs and county lines Causes of Knife Crime Criminal justice system 	<ul style="list-style-type: none"> Importance of Sexual Health Teenage Pregnancy Choices Abortion Law, Morals and Ethics Parenthood for Teenagers Reflection
HT6	<ul style="list-style-type: none"> LGBTQ+ and Allies Offensive Language Prejudice and discrimination Careers and your future Financial education Reflection 	<ul style="list-style-type: none"> British values Knife crime Types of Bullying Racism and discrimination in society Gender equality Reflection 	<ul style="list-style-type: none"> County lines - who is at risk? Grooming Misogyny Immigration in the UK Saving and managing money Reflection 	<ul style="list-style-type: none"> Rights and Responsibilities Consumer rights Employment Rights Exploring a Pay Check Womens right and equality Reflection 	 <p>Personal Social Health Education</p>

KEY:



HEALTH & WELLBEING
Topics that support physical and mental health, choices and living a healthy lifestyle.



STAYING SAFE ONLINE
Building awareness of online risks, digital literacy and how to stay safe.



RELATIONSHIPS & SEX EDUCATION
Understanding relationships, respect, consent and health education.



LIVING IN THE WIDER WORLD
Developing life skills, financial literacy, careers and preparing for adulthood.