

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	- 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	- Intro to PSHE - Eating disorders - Mental Health Conditions - Healthy Eating and Cholesterol - Stress Management - Exercise - Substance Misuse - Alcohol Safety	- 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	- 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	- 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	- Effects of drugs - Alcohol and Risk - E cigs, vaping and shisha - Social media - Online Gaming, Grooming & Addiction - Friendships and online relationships - Cyberbullying	- Influences online - Managing screen time - Sharing inappropriate pictures - Positive Body Image - Cyberbullying - Online Grooming - Child Exploitation & Online Protection	- 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	- Screen Time - Instagram & TikTok Generation - Sexualisation of the Media - Sexting, nudes and sharing explicit images - Sextortion - Keeping Your Data Safe - Child sexual exploitation	- Revision techniques - Revision timetable - Managing exam stress - CV Writing - CV Writing - Writing a Personal Statement - Public order offenses
HT3	- Staying safe online - Boys and puberty - Girls and puberty - Consent and personal space - Friendships and toxic relationships - Bullying or banter	- Child Abuse - Friendship and gangs - Toxic masculinity - Sexual orientation - What is Love? - Dealing with Conflict	- Why have sex? - Contraception Explored - What are STI's - Treating STI's and the clinic - HIV and AIDS - Delaying sexual activity	- Sexism and gender prejudice - Extremism, Radicalisation and Grooming - Incel culture - Forced and arranged marriages - Honour Based Violence - Harassment and Stalking	- Income tax - National insurance - Wealth distribution in the UK - Renting - Getting a Mortgage - Credit cards
HT4	- 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	- 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	- 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	- 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	- Gambling - Debt - Screen Addiction and Studying - Group Chats & Anti-Bullying - Online Reputation and Digital Footprints - Using AI
HT5	- county lines - what is it? - Knife Crime and Safety - Multicultural Britain - Breaking Down Stereotypes - Challenging Islamophobia	- Careers - communication skills - Careers, aspirations and exploring careers - Career - teamwork - Importance of work - Political parties	- Peer pressure - First aid - Bone, Muscle & Joint Injuries - Staying safe - Age restrictions and legal ages	- Fighting and violent behaviour - CPR and Defibrillators - Gangs and county lines - Causes of Knife Crime - Criminal justice system	- Importance of Sexual Health - Teenage Pregnancy Choices - Abortion Law, Morals and Ethics - Parenthood for Teenagers - Reflection
HT6	- LGBTQ+ and Allies - Offensive Language - Prejudice and discrimination - Careers and your future - Financial education - Reflection	- British values - Knife crime - Types of Bullying - Racism and discrimination in society - Gender equality - Reflection	- County lines - who is at risk? - Grooming - Misogyny - Immigration in the UK - Saving and managing money - Reflection	- Rights and Responsibilities - Consumer rights - Employment Rights - Exploring a Pay Check - Womens right and equality - Reflection	

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.