

PSHE EDUCATION Key Stage 3 & 4: CURRICULUM OVERVIEW — THEMATIC MODEL

	Autumn 1 Health & wellbeing	Autumn 2 Relationships (RSHE)	Spring 1 Living in the wider world	Spring 2 Health & wellbeing	Summer 1 Relationships (RSHE)	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Understanding Who I Am Uniqueness, self-esteem, fertility	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Family & Friends Types of families/friendships, living responsibly – behaviour towards others	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Appreciating differences & others feelings Feelings and hormones, stages of pregnancy – how life begins	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Difficult relationships Exploring protected characteristics, tough relationships, prejudice and discrimination	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Intimate relationships Search for love, intimacy, fertility & contraception	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Commitment Types of families, healthy relationships, marriage, human rights – consent, sexual exploitation	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Respectful relationships Parenthood, pregnancy, abortion	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Exploring influence The influence and impact of drugs, gangs, role models and the media	Unhealthy relationships Self-image, Impacts of peer pressure, including the impact of the media, types of abuse	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Intimate relationships Birth control, the risks of STIs, and attitudes to pornography	Next steps Application processes, and skills for further education, employment and career progression	Independence Responsible health choices, and safety in independent contexts	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), coercive control	