

SECONDARY PSHE/RSE & CITIZENSHIP EDUCATION: LONG-TERM OVERVIEW

	Term 1 Health & wellbeing	Term 2 Citizenship & Living in the wider world	Term 3 Relationships	Term 4 Health & wellbeing	Term 5 Relationships
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Political Systems & Operation of parliament. The law and justice system. The role of public institutions & voluntary groups in society.	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries and social media.
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use.	Citizenship Political Systems & Operation of parliament. The law and justice system. The role of public institutions & voluntary groups in society.	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies and social media.	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.	Citizenship Political Systems & Operation of parliament. The law and justice system. The role of public institutions & voluntary groups in society.	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes.	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid.	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.	Citizenship Different electoral systems, other forms of government, human rights and international law, legal system in the UK, being an active citizen. Finance – credit debt, savings, pensions etc. * (same as below)	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism.
Year 11	Building for the future Self-efficacy, stress management, and future opportunities.	Citizenship Different electoral systems, other forms of government, human rights and international law, legal system in the UK, being an active citizen. Finance – credit debt, savings, pensions etc (Financial decision making *Saving, borrowing, budgeting, and making financial choices	Communication in Relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and Abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships