

Year 7 - PSHE		Year 8 - PSHE		Year 9 - PSHE		Year 10 - PSHE		Year 11 - PSHE	
Lesson	Year 7	Lesson	Year 8	Lesson	Year 9	Lesson	Year 10	Lesson	Year 11
Theme	Relationship & Sex Education (RSE)	Theme	Relationship & Sex Education (RSE)	Theme	Relationship & Sex Education (RSE)	Theme	Relationship & Sex Education (RSE)	Theme	Theme 3- Relationship & Sex Education (RSE)
1		1		1		1		1	
2	Communication in relationships	2	Healthy Relationships	2	What is domestic abuse?	2	Healthy/unhealthy relationships	2	Peer pressure
3	Cyberbullying	3	The differences between sex, gender identity and sexual orientation.	3	Understanding Domestic abuse.	3	Boundaries and personal safety.	3	Sex and Consent
4	Role models	4	Honour based violence and FGM	4	The cycle of abuse	4	Staying safe	4	Emotions in relationships
Theme	Rights and responsibilities	Theme	Human rights and Equality	Theme	Rights and responsibilities	Theme	Relationships and Sex education (RSE)	Theme	Employability skills
1	What makes our identity?	1	What are human rights?	1	Moral and legal issues	1	Sexual Violence	1	Employment rights and responsibilities
2	Being an active citizen	2	Why should human rights be protected.	2	Free speech	2	Sexual Harassment	2	Work and careers
3	Global citizens	3	Migration	3	Age of criminal responsibility Pt1	3	Honour based violence and FGM	3	Learning skills
4	British Values	4	Why is equality important?	4	Age of criminal responsibility Pt2	4	Alcohol, drugs and sex	4	Career options, advice and guidance
Theme	Money Management	Theme	Parliament and the Justice system	Theme	Drugs	Theme	Money management/Government	Theme	Sexual health and fertility (RSE)

1	How can we effectively budget	1	Parliament and its role	1	Drugs and the law	1	Income and expenditure pt1	1	Sexuality, gender and stereotyping
2	How can poor money management lead to issues	2	Political Parties	2	Drugs and mental health	2	Income and expenditure pt2	2	STI's and their treatment
3	Gambling	3	The purpose of the court system	3	Gangs and crime	3	Credit and debt	3	Fertility and lifestyle factors
4	Loans and Loan sharks	4	Does Prison work?	4	County lines	4	Financial exploitation	4	Pregnancy and lifestyle choices
Theme	Healthy Lifestyles	Theme	E-safety	Theme	E- safety	Theme	Citizenship	Theme	Money management and contractual terms
1	What is wellbeing?	1	How does the internet impact our lives?	1	Body image and behaviours	1	The role of international governance pt. 1	1	Borrowing money
2	How can we lead a healthy lifestyle?	2	Behaviour online	2	Youth produced self-imagery	2	The role of international governance pt. 2	2	Cost of living
3	Alcohol and caffeine	3	How is our information shared online	3	Boundaries online	3	Government pt. 1	3	Renting VS mortgages
4	Smoking and Vaping	4	Social Media	4	Grooming	4	Government pt. 2	4	Pay and taxes
Theme	Puberty and healthy relationships	Theme	Drugs	Theme	Contraception, personal safety and parenthood	Theme	Personal safety	Theme	Learning skills and employability
1	What are the key facts about puberty?	1	The choices we make.	1	What is contraception?	1	Porn and attitudes towards porn	1	Learning skills
2	What changes occur during puberty?	2	The laws relating to drugs	2	Personal safety	2	Online footprint	2	Personal strengths and areas for development

3	What emotional changes occur during puberty?	3	The risks and effects associated with drugs	3	Risks associated with unprotected sex	3	Online safety	3	Independent revision
4	What is consent?	4	Personal safety	4	Choices with pregnancy	4	Safety before summer	4	Independent revision
Theme	Managing risk and personal safety	Theme	Emotional wellbeing	Theme	Emotional wellbeing	Theme	Emotional wellbeing		
1	Identifying risks	1	Identifying emotions	1	Developing empathy	1	Body image		
2	Assessing and reducing risk	2	Challenging stigmas	2	Change and emotions	2	What influences emotional wellbeing?		
3	Coping strategies under pressure	3	Resilience and coping strategies	3	Emotional regulation	3	Building resilience		
4	Basic first aid	4	Unhealthy coping strategies	4	Recognising warning signs	4	Unhealthy coping strategies		