

PSHE Curriculum Overview

	PDD1	PDD2	PDD3	Half-Term 5	Half-Term 6
Year 7	Health & Wellbeing Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Relationships Diversity Diversity, prejudice, and bullying Relationships Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Health & Wellbeing Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Healthy Futures Taking responsibility A balanced diet Positive use of drugs Negative uses of drugs Employment Pathways	Making Safe Choices Presenting self-online Sharing images Reducing risk online Managing personal safety First aid Establishing personal values and clear boundaries
Year 8	Living in the wider world Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Health & Wellbeing Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Living in the wider world Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Building Perspectives Assessing Evidence Seeking Perspectives Discussing Issues Respectfully Disagreeing agreeably Stereotyping prejudice and discrimination Building resilience Managing stress and emotional challenges	Water Safety Hidden Dangers in inland water Coastal safety Lifeguards and water safety organisation Wild swimming and water quality Alcohol cold water and emergency awareness Rescue skills and first aid
Year 9	Living in the wider world Employability skills Employability and online presence	Relationships Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Health & Wellbeing Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Risk and Opportunities Dependence Addiction Financial exploitation Pressure to join gangs and exit strategies Risks and opportunities of social media	Consent Consent Online consent Exploitation Our perception of the media Forced marriages

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Year 10	<p>Health & Wellbeing Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>Living in the wider world Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>Relationships Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography Addressing extremism and radicalisation Communities, belonging and challenging extremism</p>	<p>Making Choices Blood donation Addressing addiction STIs Sexual health Abortion</p>	<p>Building Resilience Mental health- body standards Extremism on social media Gambling related harm Pros and cons of spending time online Serious organised crime</p>
Year 11	<p>Living in the wider world Next steps Application processes, and skills for further education, employment and career progression</p>	<p>Health & Wellbeing Building for the future Self-efficacy, stress management, and future opportunities Health & Wellbeing Independence Responsible health choices, and safety in independent contexts</p>	<p>Relationships Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>		

KEY	
	Relationships
	Health and Wellbeing
	Living in the Wider World