

## PSHE Curriculum Map 2023-2024

	Autumn 1 Health & wellbeing	Autumn 2 Relationships	Spring 1 Living in the wider world	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
<b>Year 7</b>	<b>Transition and safety (Q: How do we stay safe?)</b> Transition to secondary school and personal safety in and outside school, personal wellbeing incl understanding periods	<b>Diversity (What does it mean to be inclusive?)</b> Antbullying policy, Diversity, prejudice, and bullying, The Equality Act 2010 incl protected characteristics, LGBT+	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations *	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries - <b>consent</b>	<b>Finance and Careers</b> Saving, borrowing, budgeting and making financial choices, First aid
<b>Year 8</b>	<b>Managing Myself (Q: What can I do to help myself?)</b> Factors contributing to health, changes and coping with stress, coping with conflict, mental health, personal wellbeing incl understanding periods	<b>Discrimination</b> Antbullying policy, Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Rights and the law</b> British values, no one is 'above the law' rights and responsibilities, law relating to young people, First Aid recap	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies	<b>Identity and relationships</b> Gender identity, sexual orientation, <b>consent</b> , 'sexting', and an introduction to contraception	<b>Media Literacy and Digital Resilience</b>  Online safety, digital literacy, media reliability, and gambling hooks, knife crime, first aid
	Drugs and alcohol misuse and pressures, extreme views	The Equality Act 2010 incl protected characteristics, LGBT+				
<b>Year 9</b>	<b>Peer influence, substance use and gangs (Q: Who do I want to be?)</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation. Community and local issues.	<b>Being informed in relationships</b> Antbullying policy, Taking control online, grooming and sexual exploitation, characteristics of healthy relationships, including <b>consent</b> .	<b>Futures</b> Learning strengths, career options and goal setting as part of the <b>GCSE options process</b>	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Intimate relationships</b> Relationships and sex education including <b>consent</b> , contraception, the risks of STIs, and attitudes to pornography	<b>Safer Future</b> violence and knife crime, vaping, preventing involvement in crime, understanding the legal system

	Possibly SU2 managing myself	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes, The Equality Act 2010 incl protected characteristics, LGBT+	<b>Finance</b> Money, budgeting, spend and save, borrowing and interest rates.	<b>Wellbeing</b> Testicular cancer, physical and mental wellbeing, digital resilience, managing feeling and self-care	<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	<b>Exploring success</b> Employability and online presence, first aid
<b>Year 10</b>	<b>Mental health</b> <i>(Q: Do I have mental health?)</i> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Healthy relationships</b> Antibullying policy, Relationships and sex expectations - <u>consent</u> , myths, pleasure and challenges, including the impact of the media and pornography, choices for pregnancy, revision of The Equality Act 2010 incl protected characteristics, LGBT+	<b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media, first aid	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism	<b>Work experience</b> Preparation for and evaluation of work experience and readiness for work
	<b>Autumn 1</b> Living in the wider world	<b>Autumn 2</b> Relationships	<b>Spring 1</b> Living in the wider world	<b>Spring 2</b> Health & wellbeing	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 11</b>	<b>Careers and Post 16</b> <i>(Q: Where will I be in 5 years' time?)</i> Application processes, and skills for further education, employment and career progression	<b>Intimate relationships</b> <i>(Q: How do I keep myself safe in relationships?)</i> Relationships and sex education including <u>consent</u> , contraception, the risks of STIs, assertive communication, types of relationships and attitudes towards them, revision of The Equality Act 2010 incl protected characteristics, LGBT+	<b>Careers and Post 16</b> <i>(Q: Where will I be in 5 years' time?)</i> Application processes, and skills for further education, employment and career progression	<b>Transitions and Study Skills</b>		