

PSHE Overview

In all years, students will focus upon three key themes:

Health and wellbeing: This theme covers what is meant by a healthy lifestyle, the risks to physical and emotional health and wellbeing, and how to maintain health and wellbeing.

Relationships: This theme focuses on how to develop and maintain a range of healthy relationships.

Living in the wider world: This theme focuses upon living in a diverse community and the importance of rights and responsibilities. It also includes financial and careers education.

In each theme, there will be some key principles that will be revisited between Year 7 and Year 13. For example, the characteristics of healthy relationships will be discussed in Y7, and form a part of all future work on this theme.

To ensure that the curriculum is a progressive one, however, there will be a particular emphasis to the work in each year group.

| | Health and wellbeing Particular emphasis on... | Relationships Particular emphasis on... | Living in the wider world Particular emphasis on... |
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| Y7 | <ul style="list-style-type: none"> - Puberty - Personal hygiene - Emotional wellbeing in a new school (managing friendships and new expectations) | <ul style="list-style-type: none"> - Relationships in a school context – with peers and adults – and how to manage these, including conflict situations, effectively. | <ul style="list-style-type: none"> - The range of possible future career paths - Social media, and its potential for good and harm. Guidance on using social media responsibly (including information about age restrictions) |
| Y8 | <ul style="list-style-type: none"> - Exercise and healthy eating. - Alcohol use and misuse - Substance use and misuse - Smoking - Strategies for maintaining positive emotional wellbeing. - Body image | <ul style="list-style-type: none"> - The wide range of relationships in which young people and adults are involved – in families, schools, work places and beyond. - The qualities of healthy and unhealthy relationships. - Relationships with boyfriends and girlfriends. - Diversity in gender identity and sexual orientation - Consent | <ul style="list-style-type: none"> - Identifying personal strengths and aspirations in connection with careers |
| Y9 | <ul style="list-style-type: none"> - Contraception and STIs - Strategies for maintaining positive emotional wellbeing and self-esteem. | <ul style="list-style-type: none"> - Sexual relationships and the law. - Sexual violence. - The impact of pornography. - FGM | <ul style="list-style-type: none"> - Strategies for managing social media use responsibly, and what to do when things go wrong. - Choices at 14+ |
| Y10 | <ul style="list-style-type: none"> - Strategies for maintaining emotional wellbeing, and managing anxiety, in exam years. This includes work on research-informed revision techniques. - Neurological development during adolescence and early adulthood. - Substance use and misuse (to include a wide range of substances and long-term risks) | <ul style="list-style-type: none"> - Strategies for maintaining positive relationships in the KS4 years. - Positive and diverse relationships in families - Abusive relationships and sources of support | <ul style="list-style-type: none"> - The diverse nature of modern Britain, and how students can challenge discrimination. - Strengths, interests, skills and qualities in relation to future employability. - Interview skills. |
| Y11 | <ul style="list-style-type: none"> - Accessing support with physical and emotional health, and making confident use of the NHS - Mindfulness strategies. | Fertility, and pregnancy choices | <ul style="list-style-type: none"> - Social media – confirmation bias, filter bubbles and fake news - The impact of online presence on future employability - Choices at 16+ |

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| Y12 | <ul style="list-style-type: none"> - Recognising mental health challenges and seeking appropriate support - Strategies for positive mental health - Contraception, STIs and taking responsibility for sexual health - Making healthy use of social media | <ul style="list-style-type: none"> - Building new friendships - Healthy relationships - Levels of intimacy and consent - Abusive relationships and sources of support | <ul style="list-style-type: none"> - Building new friendships - Setting ambitious but realistic education and career goals - Leading positive change in local communities - Options at 18+ |
| Y13 | <ul style="list-style-type: none"> - Maintaining good mental health at a time of transition - Lifestyle choices linked to good health, including maintaining healthy work-life balance | <ul style="list-style-type: none"> - Online sexual content and pornography - Diversity in sexuality and gender identity | <ul style="list-style-type: none"> - Options at 18+ - Responding to bullying, including in online and workplace contexts - Managing personal finances at 18+ |