

PSHE Lessons

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<b>Transition</b>  Transition Aspirations	<b>Healthy relationships</b>  Friendships Peer pressure Bullying	<b>Being healthy</b>  Being healthy First aid	<b>Diversity</b>  Protected characteristics Valuing diversity Stereotypes	<b>Health &amp; puberty</b>  Promoting emotional wellbeing A healthy heart Puberty	<b>Family relationships</b>  Family The role of parents
Year 8	<b>Mental wellbeing</b>  Self-esteem Body image	<b>Healthy relationships</b>  Social media Healthy relationships Online relationships	<b>Mental wellbeing</b>  Mental wellbeing Unhealthy strategies Building resilience	<b>Discrimination</b>  Protected characteristics Discrimination Discrimination - ablesim	<b>Health</b>  Healthy choices Immunisation FGM	<b>Exploring influence</b>  Managing risks Risks & consequences
Year 9	<b>Drugs &amp; Alcohol</b>  Drugs Alcohol Smoking	<b>Identity &amp; sexuality</b>  Gender Sexuality Stereotypes & discrimination	<b>Exploring influence</b>  Managing risks Risks & consequences	<b>Long term relationships</b>  Types of long term relationship Consent Reproduction	<b>Core RE</b>  Spirituality	<b>Core RE</b>  Society, sport & leisure
Year 10	<b>Mental health</b>  Promoting good mental health Recognising ill health & when to seek help	<b>Respectful relationships</b>  Healthy relationships Managing conflict	<b>Exploitation</b>  Extremism Radicalisation Child Sex Exploitation	<b>Unhealthy relationships</b>  Forced marriage Co-ercive control Domestic abuse	<b>Core RE</b>  The natural world & humanity	<b>Core RE</b>  Animal rights
Year 11	<b>The Future</b>  Lifestyle decisions Stress management	<b>Healthy relationships</b>  The effect of pornography Managing unwanted attention	<b>Substance abuse</b>  Substance use & assessing risk Managing influence Seeking help	<b>Core RE</b>  Matters of life & death	<b>Core RE</b>  Matters of life & death	
Year 12	<b>Health &amp; wellbeing</b>  Mental and emotional health Body image		<b>Relationships</b>		<b>Health &amp; wellbeing</b> The impact of substance abuse	
					<b>Relationships</b> Living in a diverse society Challenging prejudice and discrimination	
Year 13	<b>Health &amp; wellbeing</b>  STIs & contraception Alcohol Cannabis		<b>Healthy relationships</b>  Something's not right Sexual harassment		<b>Risk</b>  Managing risk	

House tutorials

Autumn	Spring	Summer
<b>Developing skills and realising aspirations</b>  PSHE 1 Time management PSHE 2 Growth mindset PSHE 3 Resilience	<b>Being good citizens</b>  PSHE 4 Being a good citizen PSHE 5 A global citizen PSHE 6 Sustainability	<b>Online Safety</b>  PSHE 7 Our digital self PSHE 8 Digital resilience PSHE 9 Digital citizen
<b>Careers</b>  PSHE 1 PSHE 2 PSHE 3	<b>Democracy</b>  PSHE 4 Democracy PSHE 5 Local democracy	<b>Finance</b>  PSHE 6 What influences decisions? PSHE 7 Making informed decisions PSHE 8 Why decisions matter PSHE 9 Managing financial risk
<b>Human rights</b>  PSHE 1 Human rights in the UK PSHE 2 & 3 Citizenship - a privilege or a right?	<b>Law &amp; Justice</b>  PSHE 4 Democracy PSHE 5 The Justice system PSHE 6 Police powers	<b>Critical reading</b>  PSHE 7 Fake news PSHE 8 Media literacy PSHE 9 Filter bubbles
<b>Discrimination &amp; Hate crime</b>  PSHE 1 Sexism PSHE 2 Disability hate crime PSHE 3 Religious & racist hate crime	<b>Finance</b>  PSHE 4 Staying in control PSHE 5 Credit and debt PSHE 6 Keeping finances secure	<b>Personal Safety - knives</b>  PSHE 7 Choices & consequences PSHE 8 Keeping safe PSHE 9 Victims
<b>Careers</b>  PSHE 1 PSHE 2 PSHE 3	<b>Financial decision making</b>  PSHE 4 Online safety PSHE 5 Gambling	<b>Summer safety</b>  PSHE 6 Summer safety