

Year Group	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
Intent of Study	In Year 7, students begin their PSHCE journey by exploring topics such as identity, relationships, puberty, mental and physical health, online safety, and an introduction to financial understanding. This foundation is carefully chosen to support their transition from primary to secondary school, helping them build emotional resilience, self-awareness, and an understanding of personal safety in both physical and digital spaces. These early lessons establish the key knowledge and values that will be deepened in future years as they encounter more complex themes around risk, responsibility, and independence.					
Year 7	Identity & building healthy relationships: <ul style="list-style-type: none"> What are first impressions? who am I? what is self-esteem? what makes a healthy relationship? how families are different what do healthy friendships look like? 	Building healthy relationships & Equality/Discrimination <ul style="list-style-type: none"> What is bullying? what is cyberbullying? how can I take a stand against bullying? is everyone treated equally? what are stereotypes, how might people with disabilities be treated? how can we deal with racism? 	Healthy Lifestyles <ul style="list-style-type: none"> What is health? How can screentime affect my health? how much sleep should I get, what makes vaping addictive? How can I look after my teeth? what are the benefits of physical activity? 	Healthy Lifestyles <ul style="list-style-type: none"> How can I manage personal hygiene? what are physical changes of puberty? What happens during menstruation? how can I manage puberty? how can I share key information about puberty? 	Being Safe <ul style="list-style-type: none"> What is a risk? how can I be safe on or near roads? how can I be safe near train lines? how can I be safe around water? how can I be safe online? 	How to take care of monthly money <ul style="list-style-type: none"> What are some spending decisions? How do I budget for needs/wants and the future, What are different types of jobs and payslips? What is inflation? What is a critical consumer? Decision making – budgeting for a holiday
			CAREERS <ul style="list-style-type: none"> Who am I? Exploring possibilities: dream jobs 	CAREERS <ul style="list-style-type: none"> What is a career? What is an entrepreneur? 	CAREERS <ul style="list-style-type: none"> What is a work-life balance? Careers and the future 	
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Intent of Study	Year 8 students expand their understanding by looking at the influence of peers and social groups, including issues such as criminal grooming and gangs, alongside healthy lifestyles, drugs and alcohol, and growing financial independence. They also begin to consider early careers education and leadership skills. At this stage, students are developing increasing independence, and these lessons are timed to help them recognise risky situations and make informed choices. The content in Year 8 prepares them to better understand and manage personal risk, media influence, and goal setting in Year 9.					
Year 8	How to make informed financial decisions <ul style="list-style-type: none"> How do I open a bank account How do I read a bank statement How do I save money? How do I use a bank card? How can I manage a debt? Decision making – a student guide to banking 	Crime and influence <ul style="list-style-type: none"> How am I influenced, What do I need to know about gangs What should I know about knife crime What is grooming What do county lines' mean What is extremism What are hate crimes 	CAREERS – CDI Framework <ul style="list-style-type: none"> What are my interests? Job applications: superhero CVs Challenges and rewards of work Creating the life you want: making a vision board What does success mean to me? Careers and the climate 	Keeping Healthy <ul style="list-style-type: none"> Which common health conditions should I know about How can I help someone who has an accident? What is CPR and how do defibrillators work? Why is it important to use antibiotics responsibly? How do vaccinations work? Should vaccinations be compulsory. 	Drink, drugs and health <ul style="list-style-type: none"> What does caffeine do to my body What are prescription drugs What are units What are the physical effects of alcohol What are the social effects of drinking alcohol, How can I manage influence and pressure around alcohol	Youth social action <ul style="list-style-type: none"> What makes a great leader How can I work well in a team How can I solve problems successfully How can I communicate more effectively How can I meaningfully reflect on my actions
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Intent of Study	In Year 9, students explore identity and self-image through topics like media literacy, body image, and relationship and sex education. They also revisit drugs and alcohol with greater depth, begin to set SMART goals, and explore themes of social justice and financial risk. This year is crucial for strengthening critical thinking and personal values, especially as students mature emotionally and socially. These lessons lead directly into Year 10, where students apply this self-awareness to make real-life decisions about relationships, health, careers, and work experience.					
Year 9	Media Literacy/body image <ul style="list-style-type: none"> What is news How can I judge the reliability of a news article? How can I verify information? How might I be manipulated What is body image? How might the media influence how I feel about the way I look. 	Drug Education <ul style="list-style-type: none"> How might drugs affect us? Why do people use drugs? Why might people use steroids? What does the law say about drugs? What risks are linked to drug use, what is addiction, should cannabis be legalised. 	CAREERS – CDI Framework <ul style="list-style-type: none"> What are my skills? What comes after school: the main learning pathways Decision making: choosing what to study at KS4 Taking control of your career journey Working and earning: managing your money What is the labour market and why is it important? 	How to manage financial risk <ul style="list-style-type: none"> How do I make informed choices regarding mobile phones? What are cryptocurrency and how do they compare to traditional money? What are the effects of financial exploitation? What are the costs of in-app purchasing? How do I identify online scams? Pocket money debate 	Relationship, sex education <ul style="list-style-type: none"> What do healthy, romantic relationships look like? What is consent? What are the potential signs of abuse? What does the law say about sharing nudes? How are condoms used? What are STI's? 	Identity, Diversity and Change <ul style="list-style-type: none"> How are our differences protected by law? How have attitudes towards sex and gender changed over time? How have attitudes towards sexuality changed over time? How have attitudes towards race changed over time? Decision making – diversity.

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Intent of Study	Year 10 focuses on equipping students with practical knowledge for adult life. They study mental and physical health in greater detail, alongside topics such as pregnancy, parenting, contraception, first aid, and making informed health decisions. Students also prepare for the world of work through careers education, CV writing, mock interviews, and discussions about workplace rights and responsibilities. This content supports students at a key decision-making point in their education, helping them transition confidently into Year 11, where the focus shifts to independence and life beyond school.					
Year 10	Managing my Health <ul style="list-style-type: none"> What is mental health? How can social media affect me? How can I support someone using unhealthy coping mechanisms? How can I cope with grief? How can I develop my resilience? How can I optimise my physical health? What else should I know about drugs and alcohol? 	How to plan for the world of work <ul style="list-style-type: none"> What are the potential careers in the city? What are apprenticeships? What is an entrepreneur? What is gig economy and how has it changed over time? What pay related issues may arise at work? What are my educational and job experience options? 	CAREERS – CDI Framework <ul style="list-style-type: none"> Reflecting on my career journey: past, present and future Exploring employer profiles What type of career is best for me? Preparing to go on work experience Wellbeing in the workplace In person, hybrid and remote working: what works best 	Risks & Relationships: Sex education <ul style="list-style-type: none"> What is sexual harassment? How might people show their commitment to a partner? What might people think or feel about sex? What risks might be involved in sexual acts? What other forms of contraception exist? What factors might affect a person's fertility? 	Risks & Relationships: <ul style="list-style-type: none"> What options do people have if they are pregnant? What support is available for young parents or teens? What happens during pregnancy? Are all parents the same? How do relationships change when parenting is involved? 	Physical and Health Related Decisions <ul style="list-style-type: none"> What do I remember about essential first aid? How can I identify meningitis and strokes? Should vaping be banned? What is cancer? How can I identify potential cancers? What parts of our bodies can be donated to others? What services are available to manage my health?
Year 11	My next steps <ul style="list-style-type: none"> Where can I go and what can I do after year 11? How can I be ready with 21st Century skills? What is a CV and what should it contain? How can I prepare for an interview? 	Managing my Money <ul style="list-style-type: none"> What is phishing? How do loans and mortgages work? Do I really need insurance? What are pensions? How are taxes collected? 	CAREERS – CDI Framework <ul style="list-style-type: none"> What are my employability skills? Post 16 choices Decision making: choosing your post-16 pathway Researching volunteering and paid work Money talks: apprenticeships vs higher education Is AI a threat to our jobs? 	Relationship Realities <ul style="list-style-type: none"> How realistic is pornography? How can people maturely end a relationship? What does stalking look like? Where can young people access sexual health services? 	How to protect my financial future <ul style="list-style-type: none"> Take home pay, Budgeting for the future, Savings accounts Long-term investments Insurance Decision making – investing game	
Intent of Study	As students prepare to leave school, Year 11 PSHCE is designed to help them navigate the adult world. Lessons include managing stress and exam pressure, understanding realistic and respectful relationships, personal finance (including taxes, loans, and pensions), post-16 pathways, and how to access adult health services. The focus is on ensuring students are confident, capable, and informed as they take their next steps in life — whether that's into college, training, or employment. It consolidates all previous learning into practical, real-world readiness.					
Year 11	Resilience and readiness <ul style="list-style-type: none"> How can I deal with stress? How can I manage disappointment? How might health affect my exam performance 					

Theme	Health & Wellbeing	Relationships	Careers Education	Financial Education
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