

PSHE Curriculum Map 2022-2023

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

	Possibly SU2 managing myself	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes, The Equality Act 2010 incl protected characteristics, LGBT+	Finance Money, budgeting, spend and save, borrowing and interest rates.	Mental Health Not yet planned	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Exploring success Not yet planned
Year 10	Mental health (Q: Do I have mental health?) Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Healthy relationships Antibullying policy, Relationships and sex expectations - consent , 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+	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism ?	Work experience Preparation for and evaluation of work experience and readiness for work
	Autumn 1 Living in the wider world	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1	Summer 2
Year 11	Careers and Post 16 (Q: Where will I be in 5 years' time?) Application processes, and skills for further education, employment and career progression	Careers and Post 16 (Q: Where will I be in 5 years' time?) Application processes, and skills for further education, employment and career progression	Intimate relationships (Q: How do I keep myself safe in relationships?) Relationships and sex education including consent , contraception, the risks of STIs, assertive communication, types of relationships and attitudes towards them, revision of The Equality Act 2010 incl protected characteristics, LGBT+	Transitions and Study Skills		