

PSHE Simplified Overview



Year Group	Half -Term 1	Half- Term 2	Half -Term 3	Half-Term 4	Half-Term 5	Half- Term 6
Year 7	Life Beyond School: Managing Change 1/ What is PSHE? 2/ Getting to know people 3/ What is Loneliness? 4/ Careers and your future 5/ What is relaxation? 6/ Financial Education 7/ Peer pressure	Health and Wellbeing 1/ Introduction to Puberty 2/ Girl's Puberty - periods 3/ Boy's Puberty 4/ Personal Hygiene 5/ Growing up 6/ Self-esteem 7/ Tooth decay and dental health	Staying Safe on and offline 1/ Avoiding Gangs and Criminal Behaviour 2/ Staying Safe Online 3/ Online Gaming, Grooming and Addiction 4/ Alcohol and Risk 5/ Nicotine and Smoking 6/ Why has vaping become so popular? 7/ Energy drinks and caffeine 8/ Knife Crime and Society	RSHE 1/ Consent and boundaries 2/ Respect and Relationships 3/ What makes a good friend? 4/ Friendships and Online Relationships 5/ Being Positive 6/ Pressure, Influence and Friends 7/ What does it mean to be a man today?	Diversity and Equality 1/ What is your identity? 2/ Multi-cultural Britain 3/ The Importance of being Kind 4/ Breaking down stereotypes 5/ Learning Disabilities 6/ Prejudice and Discrimination 7/ Islamophobia	Rights, Responsibilities and British Values 1/ Why is politics important? 2/ How is the country run 3/ The role of the Prime Minister 4/ The Monarchy and King Charles III 5/ Political debates and parliament 6/ Elections and campaigning 7/ Forming a political party
Year 8	Life Beyond School: 1/ Employability and Enterprise skills 2/ Proud to be me 3/ Careers and Aspirations 4/ Self- Esteem and the Media 5/ The importance of being happy 6/ What makes me angry 7/ The importance of Careers	Health and Wellbeing 1/Health and Wellbeing 2/ What is Mental Health? 3/ Positive Body Image 4/ Child Abuse 5/ Types of Bullying 6/ Healthy Eating and Cholesterol 7/ Stress Management	Staying Safe Online and Offline 1/County Lines - What is it? 2/ County Lines- Who is at risk? 3/ Substance Misuse 4/ Cyber Bullying 5/ Online Grooming 6/ Alcohol Safety 7/ Child Exploitation and Online Protection	RSHE 1/ Relationships and Sex Education 2/Being Yourself and Self-Love 3/ Healthy, Respectful Relationships 4/ What is love? 5/ Dealing with Conflict? 6/ Periods and Menstrual Cycle 7/ Introduction to Contraception 8/ Sexual Orientation	Diversity and Equality 1/ Equality Act 2010 2/LGBTQ+ What is it? 3/ LGBTQ+ Rights across the world 4/ Gender Equality 5/ Ablism and Disability Discrimination 6/ Removing the Barriers - Equality for All 7/ Racism and Discrimination in Society	Rights, Responsibilities and British Values 1/ Desert Island - Living 2/ Desert Island - Building a Community 3/ Desert Island - Making Decisions 4/ Desert Island- Criminals, Law and Society 5/ How Laws are made 6/ Prison, Reform and Punishment

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Year 9	Life Beyond School 1/ From Failure to Success 2/ What are Deepfakes? 3/ First Aid 4/ Saving and Managing your money 5/ Labour Market Information 6/ Finance, Budgeting and Employment 7/ Social Media and Online Stress	Health and Wellbeing 1/ How self-esteem changes 2/ Personal Safety in unfamiliar personal or work settings 3/ What is a vulva? 4/ Bullying in all its forms 5/ Dealing with Grief and Loss 6/ Media and Airbrushing 7/ Cancer prevention and Healthy Lifestyles	Staying Safe Online and Offline 1/ What is a Drug? 2/ Different types of addictions 3/ Cannabis Products 4/ Drugs Classification 5/ Party Drugs and Illegal Drugs 6/ The War on Drugs 7/ Volatile Substance Abuse	Health and Wellbeing 1/ STIs 2/ Treating STIs and the clinic 3/ Contraception Explored 4/ Contraception - condoms 5/ Contraception Explored further 6/ HIV and AIDS 7/ HIV and discrimination	RSHE 1/ Sex, consent and the Law 2/ FGM and the Law 3/ Relationships and Partners 4/ Domestic Abuse and Domestic Violence 5/ Sextortion 6/ Delaying Sexual Activity 7/ Sexual Harassment and Stalking	Rights, Responsibilities and British Values 1/ Conspiracy Theories and Extremist Narratives 2/ Forms of Extremism 3/ What is Terrorism 4/ War and Conflict 5/ The Radicalisation Process 6/ How does counter-terrorism work? 7/ Anti-Semitism
Year 10	Life Beyond School 1/ TikTok and Insta Generation 2/ Targeted Advertising and your data 3/ What is Marriage? 3/ Rights and Responsibilities 4/ Consumer Rights 5/ Employment Rights 6/ How to write a cheque	Health and Wellbeing 1/ Child Sexual Abuse 2/ Screen Time 3/ Mental Health Illnesses 4/ Self-harm 5/ Suicide (thoughts and feelings) 6/ Promoting Emotional Wellbeing	Staying Safe Online and Offline 1/ Honour Based Violence 2/ Forced Marriage and Breast Ironing 3/ Online Gaming and Gambling 4/ Social Media Validation 5/ Modern Slavery 6/ Keeping your Data Safe 7/ Illegal Online Behaviours including Drug and Knife supply	RSHE 1/ Pleasure and Delaying Sexual Activity 2/ Campaigning against FGM 3/ Sexting and Nudes 4/ Online Pornography (Myths and Reality) 5/ Porn and its impact on society 6/ Unhealthy relationships, Sexual Assault and Rape 7/ Sexualisation and the Media	Diversity and Equality 1/ International Organisations 2/ Peace, War and Conflict 3/ Human Rights during War 4/ Aid and Supporting other countries 5/ Striking and Trade Unionism 6/ Women's Rights and Equality 7/ Fair Trade and Free Trade	Rights, Responsibilities and British Values 1/ Critical Thinking and Fake News 2/ Hate Crime in the UK 3/ British Values and Identity 4/ Mutual Respect and Tolerance 5/ Individual Liberty 6/ What are Human Rights? 7/ Democracy Explored
Year 11	Your Future and Beyond 1/ Screen Addiction and Studying 2/ Post 16 Options 3/ Exam Stress and Anxiety	Health and Wellbeing 1/ Organ and Blood Donation 2/ Teenage Pregnancy Choices	Staying Safe Online and Offline 1/ Virtual Reality and Live Streaming 2/ Online Reputation and Digital Footprint	RSHE 1/ Peer on peer abuse 2/ Fertility and what affects it 3/ Alcohol, Parties and Bad Choices	Exam Season Preparation 1/ Revision Techniques 2/ Exam Wellbeing	

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	4/ Social Media versus Real Life 5/ CV Writing 6/ Writing a Personal Statement	3/ Abortion Laws, Morals and Ethics 4/ Parenthood for Teenagers 5/ Testicular and Prostate Cancer 6/ Breast Cancer, Cervical Cancer and Screening 7/ Ai generated Sexual Activity and the Dangers	3/ Group chats and Anti-bullying 4/ Cosmetic and Aesthetic Procedures 5/ New Psycho-active substances 6/ Festivals and Nitrous Oxide 7/ Substance Addiction	4/ Importance of Sexual Health 5/ Re-visiting STIs 6/ Re-visiting Contraception 7/ Respect, Love and Relationships		
Year 12	Forming Respectful Relationships 1/ Importance of Building Respectful Relationships 2/ Importance of Family and Friends 3/ Online Dating and Personal Safety 4/ Exploring Emotional Intimacy 5/ Avoiding Toxic Friendships 6/Power differences in Relationships	Exploring Personal Finance 1/ Financial Resilience 2/ How to pick a Bank 3/ Saving Options 4/ How to use credit cards 5/Mortgage Deals 6/ How debt spirals 7/Planning for Retirement	Positive Wellbeing 1/ Dealing with Depression 2/ Stress and Performance 3/ Dealing with anxiety 4/ Coercion and Controlling Behaviour 5/ Promoting Emotional Wellbeing 6/ Resilience and Growing Up	Long Term Career Planning 1/ Career Challenges and how to deal with setbacks 2/ Decision Fatigue and Career Planning 3/ How can AI help me with me Career Journey? 4/Learning from Career Journeys 5/ Long term Career Goals and Planning 6/ Starting a Business as a Teen 7/ Work-Life Balance and Career Planning	Revisiting Sexual Health 1/ Porn and its impact on Society 2/ Masculinity and Misogyny 3/ Alcohol, Parties and Bad Choices 4/ Importance of Sexual Health 5/ Contraception Explored 6/ Re-visiting STIs 7/ Respect and Relationships	Life after School and Religion 1/ Abortion 2/ Euthanasia 3/ Animals 4/ Death and the Afterlife 5/ The Universe 6/ Crime and Punishment

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Year 13	Exploring Future Options 1/ Planning for the Future 2/ Choosing a Degree Subject 3/ Why are Uni Open Days important? 4/ University Clearing and Setbacks (Clearing) 5/ National Apprenticeship Week 6/ Understanding Different Job Markets 7/ How to find a job	Sexual Health and Self-Concept 1/ Managing Life's Phases 2/ Body Image and Pressure to Conform 3/ Appearance Versus Reality 4/ Body Modifications 5/ Importance of Sexual Health 6/ Sexual Health Misconceptions	Contraception and Parenthood 1/ Routes to Parenthood 2/ Unintended Pregnancies 3/ Fertility and what impacts it 4/ Pregnancy, Motherhood and Employment 5/ Menstrual Charting (Young men in Sixth Form to do Fatherhood) 6/ Consent and Boundaries (Young men taught separately) 7/ Revisiting Contraception	Human Rights and Social Justice 1/ Religious Freedom 2/ Wealth 3/ Charity and Giving to the Poor 4/ Punishment 5/ Exploitation of the Poor	Exam Season Preparation 1/ Revision techniques 2/ Exam Wellbeing	
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PSHE Simplified Overview

PSHE delivered during drop-down Enhancement days

	Yr 7	Yr 8	Yr 9	Yr 10	Yr 11
ED1 Oct'26	Healthy lifestyles and weight gain, Personal Safety Public Places and Water	Relationships, cohabitation, marriage, civil partnerships Ending Relationships	AI chatbots, Online and Offline Bullying, Use of Deepfakes in Politics	Role of GPs, Pharmacists and Healthcare workers, Anti-microbial Resistance	Health before, during and after pregnancy, Menstrual and Gynaecological health, Virginity testing, Vaginoplasty, Hymenoplasty
ED2 July '27	Forensics Day (Ethics)	Holocaust Day (Child of Survivor visit)	Expressive Arts Fashion Design and Theatre Skills	Technology – museums Trip	
ED3 July '27	Trips	Trips	Trips	Trips	

	Yr 12	Yr 13
ED1 Oct '26	Gender and Misogyny The Manosphere	Gender and Misogyny The Manosphere
ED2 July '27	Careers, Life skills and Media	
ED3 July'27	UCAS	