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| **PSHE** |  **Autumn Term 1** | **Autumn Term 2** |  **Spring Term 1** | **Spring Term 2** |  **Summer Term 1** | **Summer Term 2** |
| **Year 7**  | **Transition and safety** Transition to secondary school and personal safety in and outside school, including first aid. | **Developing skills and aspirations** Careers, teamwork and enterprise skills, and raising aspirations. | **Diversity** Diversity, prejudice, and bullying. | **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. | **Financial decision** making Saving, borrowing, budgeting and making financial choices |
| **Year8**  | **Drugs and alcohol** Alcohol and drug misuse and pressures relating to drug use | **Community and careers** Equality of opportunity in careers and life choices, and different types and patterns of work | **Discrimination** Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia | **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 | **Digital literacy** Online safety, digital literacy, media reliability, and gambling hooks |
| **Year 9**  | **Peer influence, substance use and gangs** Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation | **Setting goals** Learning strengths, career options and goal setting as part of the GCSE options process | **Respectful relationships** Families and parenting, healthy relationships, conflict resolution, and relationship changes | **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 |
| **Year 10**  |  **Mental health** Mental health and ill health, stigma, safeguarding health, including during periods of transition or change | **Financial decision making** The impact of financial decisions, debt, gambling and the impact of advertising on financial choices |  **Healthy relationships** Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography | **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 |
| **Year 11**  | **Building for the future** Self-efficacy, stress management, and future opportunities | **Next steps** Application processes, and skills for further education, employment and career progression | **Communication in relationships** Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse | **Independence** Responsible health choices, and safety in independent contexts |  **Families** Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships |  |