

Year	Autumn Terms		Spring Terms		Summer Terms		
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
7	Living in the Wider World -Introduction to Secondary -School, PSHE Introduction -Aspiration + Self Esteem lessons -Being a Resilient Student lesson -Online Safety Introduction lessons -Introduction to Budgeting, Saving & Finance Unit -Racism and Stereotypes introduction	Health & Wellbeing - Introduction to Healthy living Unit (inc. Nutrition, Exercise + Rest, Healthy Eating) - Introduction to Addiction, Drugs + Dangerous Substances Unit (inc. Smoking + Energy Drinks)	Health & Wellbeing - Introduction to Healthy living Unit (inc. Nutrition, Exercise + Rest, Healthy Eating) - Introduction to Addiction, Drugs + Dangerous Substances Unit (inc. Smoking + Energy Drinks)	Puberty, Emotional Health & Wellbeing - Mental Health, Depression Anger Management - Puberty, Periods FGM introductions - Mental Health, Depression Anger Management	Relationships and Sex - Family, Marriage + Civil Partnership lesson + workbook - Positive Friendships Introduction lesson - Love, Positive + Safe Relationships lessons - Bullying Online + Offline inc Cyberbullying & Trolling - Personal Identity + Diversity lessons - Introduction to Extremism + Radicalisation		
8	Looking after our Health - Cancer Awareness Introduction lesson - Vaping, Nicotine and Addiction lesson - Pregnancy + Parenting introduction	Goals, Behaviours and Emotions - Personal Development, Behaviour, Targets + Goals - Wellbeing Unit Mindfulness, Confidence, Self Awareness, Emotions + Emotional Literacy - Personal Safety First Aid lesson	Careers and Finance - Careers, Skills, Vocational Qualities, + Entrepreneurship Unit - Finance, Budgeting, Tax + Saving Unit	Discrimination, Prejudice and Challenges - Gangs + Crime (workbook) - Prejudice + Discrimination LGBT + Disability lessons - Internet Safety Online Dangers + Predators - Caring for the Environment introduction	Sex, Relationships & Conflict - Safe Sex Unit Consent & Contraception - Domestic Conflict + Running Away From Home - Pornography, Image Sharing, STIs + Sexual Health - Sexting + Body Image, Contraception (workbook)	Prejudice, Values, Extremism & Cults - Extremism + Radicalisation Unit - Online Predators - Tolerance + Anti Racism lessons	
9	Relationships - Child Sexual Exploitation, Predators + Danger (CSE) - Peer Pressure Unit: Bullying, Body Image + the Media —(unit includes Eating Disorders - Domestic Abuse and Conflict, Abusive Relationships - Our Community and Diversity Unit: - Exploring the LGBT+ and other UK Communities	Health and Personal Safety - Alcohol Awareness, Risks + Dangers - Drugs, Substance Abuse + the Law (plus workbook) - Vaccinations, Organ, Blood Stem Cell Donation - Self Harm Awareness - Personal Safety Acid Attacks	Behaving to Achieve - Behaviour, Achievement Education + Distractions - Human Rights + Responsibilities Unit - Mental Health Unit Stress, Anxiety + Mindset	Enterprise - Employability - Workplace Skills Unit	Finance - Personal Finance - Avoiding Debt - Navigating Financial Institutions Unit - Employability Workplace Skills Unit	Rights and Responsibilities - Human Rights + Responsibilities Unit - Sustainability - Law - Knife Crime - Youth Offenders	
10	Health & Wellbeing - Mental Health Unit inc. Social Anxiety, Grief + Bereavement - Suicide - Social Media + Self-Esteem - Screen Time Awareness	Living Responsibly - Managing time online - Living Sustainably - Homelessness - Hate Crime - Binge Drinking - Tattoos + Piercings Awareness	Wider World 1 - Employability, Careers - Workplace Awareness Unit - Rights, Responsibilities - Equality	Wider World 2 - Money Laundering - Fake News & Media Awareness, Racism, BLM + Activism (workbook) - Gangs, Crime & County Lines - The Criminal Justice System - Prejudice and Discrimination lessons	Relationships 1 - Conflict Management - Forced + Arranged Marriages - Harassment + Stalking - Revenge Porn	Relationships 2 - Same Sex and LGBT+ Relationships - Gender and Transgender Identity, - Honour based Violence (workbook) - Sexism and Gender Prejudice - Management, Parenting + Families	
11	Health & Wellbeing 1 - CPR + First Aid - Obesity + Body Positivity, - Pregnancy + Child care (workbook) - Fertility, STIs, Menopause - Reproductive Health	Health & Wellbeing 2 - Perseverance and Procrastination - The Importance of Sleep and Relaxation - Personal Safety + Taking Risks - Gambling, Addiction and Online Gaming	Relationships - Obesity + Body Positivity - Different Types of Relationships (inc. LGBT+), types of Committed Relationships, - Unhealthy Relationships (Consent, Rape Sexual Abuse) - Relationship Break Ups, Forced Marriage (workbook) -Bullying + Body Shaming, - Sex & Waiting for Sex, - Pleasure + Risk, Drugs, - Alcohol + Sex lessons	Wider World 1 - Multiculturalism, Globalisation + Sustainability - Internet Safety The Dark Web + Cybercrime	Wider World 2 - GCSE Revision + Study Skills - Applying to College & University -Preparing for Work and Living Independently Unit - Health Safety, Trade Unions		

PSHE Association's Themes:

Health and Wellbeing
 Relationships and Sex
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Additional Themes:
 Citizenship and British Values
 Careers - Gatsby Standards
 Financial Education

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