

Subject Overview 2022-23

Subject: PSHE

Statutory requirements: Relationships / Health and wellbeing (RSE Guidance 2020) : Living in the wider world contributes to (Gatsby Benchmarks)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6/ 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Health and puberty Healthy routines, influences on health, puberty, Unwanted contact, and FGM	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	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, disability, sexism, homophobia, biphobia and transphobia	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	Intimate relationships Relationships and sex education Including consent contraception, the risks of STIs, and attitudes to pornography E-safety in relationships	Healthy lifestyles Diet, exercise, lifestyle choices feeding yourself balance and healthy choices, and first aid	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	Money and looking after yourself Budgeting, borrowing & the dangers, how do banks work, gambling

Year 10	Exploring influence The influence and impact of drugs, gangs, role models and the media	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	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	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Lifestyle choices Personal safety in relationships, keeping healthy Alcohol misuse, personal and social consequences. Gangs and organised crime. Health promotion and self-examination	Families /Independence Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships Responsible health choices, and safety in independent contexts	Next steps Application processes, skills for further education, employment and career progression CV Writing Self-efficacy, stress management, and future opportunities	Money Money management Fraud & cybercrime Managing online profile for future employment Preparing for adult life	Relationships and sexual health Sexual relationship? Negotiation and communication within intimate relationships. The law, rights, responsibilities, and sexual relationships Contraception. Maintaining sexual health and STI's Managing relationship challenges and endings	

