**PSHE overview - 2026 - 2027**

**Year 7**

| | Term 1 & 2 | Term 3 & 4 | Term 5 & 6 |
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| | Bullying and Conflict<br>Online Bullying<br>Online Safety<br>Safety<br>Citizenship / Laws of the UK | Stereotype<br>Consent<br>Gender language<br>Identity language<br>Discrimination<br>Puberty / PMS<br>FGM | Healthy eating<br>Exercise<br>Drugs<br>Alcohol<br>Smoking & Vaping |
| Week 1 | What is bullying / conflict<br>Types of bullying | What is stereotype<br>Why does it happen | Drugs<br>Legal and illegal<br>How they are taken<br>Meaning of addiction and overdose<br>Effects on the body |
| Week 2 | Why do people bully<br>The effect of bullying<br>Bystander | Consent<br>Importance of communication | Drugs and the Law<br>Why do people take illegal drugs |
| Week 3 | How to stop a bully | Gender language & discrimination | Smoking & Vaping<br>The difference between smoking and vaping<br>The Law<br>Effects on the body |
| Week 4 | Online bullying<br>How does it happen | Identity language and discrimination | Alcohol<br>The Law<br>Why do people drink<br>Drink driving<br>Drink spiking - effects<br>Methanol poison |
| Week 5 | Online safety<br>How to be safe online | Puberty and changes to the body<br>Menstrual health | Healthy eating<br>Eatwell plate<br>Why is it important we eat well |
| Week 6 | Safety - road, water and rail | Puberty and your feelings<br>PMS<br>FGM | Exercise<br>Why is it important we exercise |
| Week 7 | What is citizenship / laws of the UK | | |

**Year 8**

| | Term 1 & 2 | Term 3 & 4 | Term 5 & 6 |
|---|---|---|---|
| | Emotional Health<br>CSE (including watching Chelsea's Story)<br>Relationships<br>Friendships | Relationships<br>Family<br>Peer pressure<br>Taking risks - illegal drugs<br>Knife crime<br>Communities<br>Online misinformation and conspiracy theory | Self image<br>Body image<br>Sugar / energy drinks<br>Relationships - marriage<br>Healthy relationships & abuse<br>AI and Fake news including the dangers<br>Chat bots |
| Week 1 | Emotional Health<br>What is it<br>Why is it important | Relationships<br>Family | AI<br>Fake news<br>Chat bots |
| Week 2 | Emotional Health<br>Challenges to this - what causes poor emotional health | Peer pressure<br>Taking risks<br>Why does peer pressure happen | Relationships<br>Marriage<br>Same sex marriage<br>Same sex families (having children)<br>Include:<br>Social pressure / prejudice / rights |
| Week 3 | Emotional Health<br>What do people do to cope | Peer pressure<br>Taking risks<br>Illegal drugs<br>Rachel's Story | Healthy relationships and abuse<br>Signs of unhealthy relationships<br>What abuse looks like |
| Week 4 | CSE<br>What is Exploitation<br>NB: Chelsea's Story will be watched after this lesson and before week 5 | Knife crime<br>Bystanders<br>Bereavement | Self image - how do you decode media messages<br>Photoshop - changes of images |
| Week 5 | CSE<br>Review Chelsea's Story<br>Stages of grooming<br>Signs of Exploitation<br>How and why | Communities and Facilities<br>What is a community<br>Safety within a community<br>Good neighbours | Self image and appearance |

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| Week 6 | Healthy relationships<br>What are the elements of a healthy relationship | Online misinformation and conspiracy theory | Sugar / energy drinks<br>Effects on body<br>Impact of too many energy drinks |
| Week 7 | Relationships - friends<br>How to be a good friend<br>When things go wrong | | |

**NB:**
**Term 1**
**Chelsea's story**
The date will vary each year as it is dependent on availability for the production company. The curriculum will be moved around during that term to ensure that this lesson 'what is exploitation' happens before the play and the lesson of discussing and reviewing Chelsea's story and the signs of grooming and exploitation are done the lesson after

**Year 9**

| | Term 1 & 2 | Term 3 & 4 | Term 5 & 6 |
|---|---|---|---|
| | Sexual health<br>Contraception<br>STI's<br>Healthy and unhealthy relationships<br>Consent - sexual | Consent<br>Dementia<br>Misogyny<br>Positive and negative role models<br>CSE<br>Grooming<br>Sharing nude and semi-nude images (sexting) | CSE<br>Sending nude and semi nude images (sexting)<br>Sextortion<br>CCE - County Lines<br>Unplanned pregnancy / abortion<br>Being a good citizen<br>First aid |
| Week 1 | Sexual Health<br>What it is - meaning<br>Importance | Consent as a process<br>How does it happen<br>Power balance within relationships | Sending nude and semi nude images<br>Consequences - all involved<br>Dee and Si story<br>AI |
| Week 2 | Contraception<br>What it is | Dementia<br>What it is<br>Symptoms | Sextortion<br>Meaning and impact<br>What to do if you are a victim |
| Week 3 | Contraception<br>Methods - including support for painful periods | Dementia<br>Types of dementia<br>How does it affect people - patient and family | CCE<br>County lines<br>What it is<br>Signs<br>What to do if you are a victim<br>Evan's story |
| Week 4 | STI's<br>How they happen<br>Types<br>How to prevent the spread<br>HIV prevention drug | Misogyny<br>Positive and negative role models | Unplanned pregnancy<br>Abortion<br>What to do / support |
| Week 5 | Healthy and unhealthy relationships<br>Recap<br>Safety in relationships | CSE<br>Grooming process<br>Eastenders - Whitney and Rob | First Aid |
| Week 6 | Consent<br>Sexual consent<br>Meaning | Sharing nude and semi nude images<br>What it is | Being a good citizen<br>How<br>Why is this |

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| | | The Law | important |
| Week 7 | Consent<br>Verbal / non verbal ways to give consent<br>The Law | | |

**Year 10**

| | Term 1 & 2 | Term 3 & 4 | Term 5 & 6 |
|---|---|---|---|
| | Domestic abuse (DA)<br>Teenage relationship abuse<br>Forced marriage (FM)<br>Honor based abuse (HBA)<br>Sexual Orientation | Sexual orientation<br>Gender questioning (transgender)<br>Upskirting<br>Female genital mutilation (FGM)<br>Trafficking and human slavery<br>Exploitation | Sexual Bullying<br>Porn - harmful behaviours<br>Revenge porn<br>Hate crime<br>Organ donation<br>Living in a multicultural society |
| Week 1 | Domestic abuse<br>What is it<br>Types | Gender questioning<br>What it is<br>Stages | Sexual Bullying<br>What it is<br>Effects |
| Week 2 | Teenage relationship abuse<br>What is it<br>How is it different<br>Types | Gender questioning / sexual orientation<br>Effects on the person / family<br>Key terms / terminology<br>The Law | Porn<br>The Law<br>Impact<br>Wrong / harmful behaviours including strangulation |
| Week 3 | Why do people stay in an abusive relationship | Upskirting<br>What is it<br>The Law<br>Effects<br>Story of Gina Martin | Revenge porn<br>Why this happens<br>The Law<br>What to do if you are a victim |
| Week 4 | FM<br>What is this<br>Signs of FM | FGM<br>What is it<br>Why does it happen<br>Different types | Hate crime<br>What it is<br>Different types<br>The Law |
| Week 5 | FM<br>Why does it happen<br>HBA<br>What is it<br>Why | FGM<br>Health implications<br>The Law | Organ Donation<br>What this is<br>Right to choose |
| Week 6 | HBA<br>Continue why<br>Effects of HBA | Trafficking and Human slavery<br>What it is<br>Different types<br>Signs<br>The Law<br>How it is similar to exploitation | Living in a multicultural society<br>Inequality<br>Benefits |
| Week 7 | Sexual Orientation | | |

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| | What it is<br>Conscious choice? | | |

**NB:**
**CPR**
Will be covered at some point in Y10
This will be dependent on availability from outside resources and visitors as to when this will fit into the curriculum

**Year 11**

| | Term 1 & 2 | Term 3 & 4 | Term 5 & 6 |
|---|---|---|---|
| | Identity<br>Diversity<br>Prejudice<br>Discrimination<br>CV's<br>Time management<br>Revision technique | Beyond fed up - mental health<br>Money - credit, debit and debt<br>Money - taxes and how to budget<br>Identity theft<br>Sex education<br>Women's sexual health<br>How to access medical services<br>Gillet competency | Risky behaviours - gambling<br>Voting |
| Week 1 | Identity<br>What this is<br>Importance | Mental health<br>What are your zombies<br>How to cope<br>Staying mentally healthy<br>Suicide prevention | Risky behaviours - gambling<br>Why do people gamble<br>Do adverts encourage this |
| Week 2 | Diversity<br>What this is<br>Why it is important | Money<br>What is credit, debit and debt<br>What does a bank card look like | Gambling<br>How to prevent getting into debt<br>What to do if this does happen<br>Signs of gambling |
| Week 3 | Prejudice and discrimination<br>What this is<br>Why it happens<br>Impact<br>The :Law | Money<br>What are taxes<br>National insurance<br>Income tax<br>What does a pay slip look like | Voting<br>How do we vote<br>Why is it important |
| Week 4 | CV's<br>How to write one<br>Why you need one | Identity theft<br>What is it<br>How does it happen<br>How to keep safe<br>Fraud<br>Scams | |
| Week 5 | Time management<br>The importance of this<br>Why we need it<br>How to do it | Sex Ed<br>Recap:<br>Sexual health<br>Consent<br>Contraception<br>STI's | |

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| Week 6 | Revision techniques<br>Different ways on how best to revise | Women's sexual health<br>Endometosis<br>PCOS<br>Menopause<br>How to access medical services<br>Gillet competency | |
| Week 7 | Mental health<br>How experiences affect you | | |