

PSHE Curriculum

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	<p><u>Being me in my world</u></p> <p>Perceptions about intimate relationships, consent, sexual exploitation, peer approval, peer on peer abuse, grooming, radicalization, county lines, risky experimentation, positive and negative self-identity, groups, influences, social media, abuse and coercion, coercive control</p>	<p><u>Celebrating difference</u></p> <p>Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, peer on peer abuse, bullying in the workplace, direct and indirect discrimination, harassment, victimisation, prejudice, discrimination and stereotyping</p>	<p><u>Dreams and goals</u></p> <p>Personal strengths, health goals, SMART planning, the world of work, links between body image and mental health, non-financial dreams and goals, mental health and ill health, media manipulation, self-harm, self-esteem, stigma, anxiety disorders, eating disorders, depression</p>	<p><u>Healthy me</u></p> <p>Misperceptions about young peoples' health choices, physical and psychological effects of drugs and alcohol, alcohol and the law, alcohol and drug poisoning, addiction, smoking, vaping, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support</p>	<p><u>Relationships</u></p> <p>Healthy relationships, Power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, age of consent, family planning, consequences of unprotected sex, STIs, support and advice services</p>	<p><u>Changing me</u></p> <p>Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on changes, benefits of relaxation</p>
10	<p><u>Being me in my world</u></p> <p>Human rights, societal freedom, understanding safety in UK and beyond, ending relationships safely, stages of grief, loss and bereavement, peer on peer abuse, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk, the law and social media, risk and emergency contacts, positive and negative relationships</p>	<p><u>Celebrating difference</u></p> <p>Equality including in the workplace, in society, in relationships, Equality Act 2010, vulnerable groups including disability and hidden disability, workplace expectations, rights and responsibilities, power and control in relationships, coercive control, benefits of multicultural societies, equity, equality and inequality, my health</p>	<p><u>Dreams and goals</u></p> <p>Impact of physical health in reaching goals, relationships and reaching goals, resilience, work/life balance, connections and impact on mental health, balanced diet, vital organs, blood donation, benefits of helping others, online profile and impact on future goals and employability</p>	<p><u>Healthy me</u></p> <p>Improving health, mental health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, substances and the body, common mental health disorders, positive impact of volunteering, common threats to health including chronic disease, epidemics, misuse of antibiotics, organ donation, stem cells</p>	<p><u>Relationships</u></p> <p>Sustaining long-term relationships, intimacy, healthy relationship with self-attraction, love, lust, relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, peer on peer abuse, revenge porn, grief-cycle, impact on family understanding love, fake news, pornography</p>	<p><u>Changing me</u></p> <p>Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, sexual identity gender, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, physical and emotional changes, family change, sources of support</p>

11	<p><u>Being me in my world</u></p> <p>Becoming an adult, age limits and the law, relationships and the law, consent, coercive control, peer on peer abuse, domestic abuse, honour based, violence, arranged and forced marriages, The Equality Act 2010 ,the law on internet use and pornography, social media concerns, sexting, keeping safe, emergency situations, key advice, first aid, scenarios and consequences</p>	<p><u>Dreams and goals</u></p> <p>Anxiety, solution focused thinking, sleep, relaxation, Aspiration on; career, finances, budgeting, borrowing, relationships, skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skill set, employment, education and training options, long-term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong</p>	<p><u>Healthy me</u></p> <p>Managing anxiety and stress, exam pressure, concentration strategies, work life balance, sexual health, hygiene, self-examination, STIs, sexual pressure, fertility issues, contraception, consent, pregnancy facts and myths, pregnancy choices including adoption, abortion, bringing up a baby, financial implications, identifying a range of risks including rape and strategies for staying safe, expectations in relationships</p>	<p><u>Relationships</u></p> <p>Stages of intimate relationships, positive and negative connotations of sex, spectrum of gender and sexuality, LGBT+ rights and protection under the Equality Act, “coming out” challenges, LGBT+ media stereotypes, peer on peer abuse, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses, hate crime, sources of support</p>		