

Appendix 1: PSHE Curriculum Overview

Ambition		Respect			Confidence	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Developing goal setting, organisation skills and self-awareness</p> <ul style="list-style-type: none"> Personal identity and values Learning skills and teamwork Making and maintaining friendships Communicating and managing online presence 	<p>Developing knowledge about our democracy.</p> <ul style="list-style-type: none"> Political system of UK and its development Formation of Parliament Liberties Rules and Laws Uses of money 	<p>Developing empathy, compassion and communication.</p> <ul style="list-style-type: none"> Puberty and managing change Body satisfaction and self-concept Identifying and challenging bullying 	<p>Developing agency, strategies to manage influence and decision making.</p> <ul style="list-style-type: none"> Diet and exercise Hygiene and dental health Sleep Smoking and vaping 	<p>Developing communication, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Rights in the community Relationship boundaries Unwanted contact FGM and forced marriage 	<p>Developing agency and strategies to manage influence and access support.</p> <ul style="list-style-type: none"> Drugs and alcohol Resisting peer influence Staying safe
Year 8	<p>Developing communication skills, clarifying values and strategies to manage influence.</p> <ul style="list-style-type: none"> Boundaries and consent Managing conflict 	<p>Developing agency, strategies to manage influence and decision making.</p> <ul style="list-style-type: none"> Drugs Alcohol Online choices and influences on mental health 	<p>Developing empathy, compassion and strategies to access support.</p> <ul style="list-style-type: none"> Puberty (contraception) Body image 	<p>Developing agency and strategies to manage influence and access support.</p> <ul style="list-style-type: none"> Importance of physical activity Regulating emotions Mental wellbeing 	<p>Developing empathy, compassion and communication.</p> <ul style="list-style-type: none"> Gender identity Sexual orientation Stereotyping - homophobia/ bullying 	<p>Developing analytical skills and strategies to identify bias and manage influence.</p> <ul style="list-style-type: none"> Financial decisions Saving and borrowing Gambling, financial choices and debt

Year 9	<p>Developing assertive communication, clarifying values and strategies to manage influence.</p> <ul style="list-style-type: none"> • Consent • Relationship expectations • Identifying and responding to abuse and harassment 	<p>Developing agency and strategies to manage influence and access support.</p> <ul style="list-style-type: none"> • Sexually transmitted infections (STIs) • Contraception / Fertility, adoption, abortion • Cancer awareness • First aid 	<p>Developing assertive communication, risk management and support seeking skills.</p> <ul style="list-style-type: none"> • Rights in the community • Relationship boundaries - friendships • Unwanted contact 	<p>Developing agency and strategies to manage influence and access support.</p> <ul style="list-style-type: none"> • Managing transition to key stage 4 including learning skills • Managing mental health concerns • Aspirations for the future 	<p>Developing respect for beliefs, values and opinions and advocacy skills.</p> <ul style="list-style-type: none"> • Stereotypes, prejudice and discrimination • Promoting diversity and equality • Body image 	<p>Developing decision making, risk management and support seeking skills.</p> <ul style="list-style-type: none"> • Friendship challenges and assertive communication • Drugs and alcohol • Gangs and violent crime - weapons
Year 10	<p>Developing self-confidence, risk management and strategies to manage influence.</p> <ul style="list-style-type: none"> • Sexual assault • Relationship expectations • Impact of pornography 	<p>Developing analytical skills and strategies to identify bias and manage influence.</p> <ul style="list-style-type: none"> • Money management • Fraud and cybercrime • Preparing for adult life 	<p>Developing self-confidence, risk management and strategies to manage influence.</p> <ul style="list-style-type: none"> • Gangs and violent crime • Drugs and alcohol • Assertive communication 	<p>Developing confidence, agency and support-seeking skills.</p> <ul style="list-style-type: none"> • Making safe and healthy lifestyle choices • Health promotion (including mental health and sexual health (link to science) and self-examination • Blood, organ, stem cell donation 	<p>Developing respect for diversity, risk management and support-seeking skills</p> <ul style="list-style-type: none"> • Difference between an arranged marriage and forced marriage • Trafficking • Extremism • FGM 	<p>Developing confidence, agency and support-seeking skills.</p> <ul style="list-style-type: none"> • Personal Safety Online • First aid
Year 11	<p>Developing agency and strategies to manage influence and access support.</p> <ul style="list-style-type: none"> • Managing mental health concerns • Mental health (including self- 	<p>Developing assertive communication, clarifying values and strategies to manage influence.</p> <ul style="list-style-type: none"> • 'Sexting' • Healthy/unhealthy relationships 	<p>Developing assertive communication, clarifying values and strategies to manage influence.</p> <ul style="list-style-type: none"> • Promoting diversity • Stereotyping and discrimination 	<p>Developing empathy, compassion and strategies to access support.</p> <ul style="list-style-type: none"> • Change, loss and bereavement • Healthy coping strategies 	<p>Citizenship</p> <ul style="list-style-type: none"> • Role of Parliament • Electoral systems • Other democratic and non-democratic governments • Commonwealth • Local governance 	

	<p>harm and eating disorders)</p> <ul style="list-style-type: none"> Substance and alcohol abuse 	<ul style="list-style-type: none"> Nature of committed relationships · Boundaries and Consent · Sex in the media 	<ul style="list-style-type: none"> LGBTQ 	<ul style="list-style-type: none"> Families and parenting Fertility, adoption, abortion Pregnancy and miscarriage 	<ul style="list-style-type: none"> Religious, ethnic regional identities in the UK and respect 	
Year 12	<p>Developing empathy, compassion and communication.</p> <ul style="list-style-type: none"> Mental health and emotional wellbeing Managing stress Healthy coping strategies 	<p>Developing agency and strategies to manage influence and access support.</p> <ul style="list-style-type: none"> Drugs and their impacts Alcohol abuse Managing influence - festivals and pressure 	<p>Developing self-confidence, risk management and strategies to manage influence.</p> <ul style="list-style-type: none"> Self Concept Body image and the media Cosmetic procedures and their risks 	<p>Developing respect for beliefs, values and opinions and advocacy skills:</p> <ul style="list-style-type: none"> Sex, gender and identity Challenging prejudice and discrimination 	<p>Developing self-awareness, goal setting, adaptability and organisation skills.</p> <ul style="list-style-type: none"> Career opportunities Preparing for the world of work 	
Year 13	<p>Developing self-awareness, goal setting, adaptability and organisation skills.</p> <ul style="list-style-type: none"> Application processes Future opportunities and career development 	<p>Developing agency and strategies to manage influence and access support.</p> <ul style="list-style-type: none"> Responsible health choices Tobacco First aid 	<p>Developing confidence, agency and support-seeking skills.</p> <ul style="list-style-type: none"> Contraception and Parenthood Fertility Unplanned pregnancy 	<p>Developing assertive communication, clarifying values and strategies to manage influence.</p> <ul style="list-style-type: none"> Consent Assertive communication Positive relationships and recognising abuse Dangerous situations or relationships 	<p>Developing self-awareness, goal setting, adaptability and organisation skills.</p> <ul style="list-style-type: none"> Exploring future opportunities Post-18 options The impact of financial decisions Saving and Debt 	