

PSHE Curriculum Map 2021/2022

Health and Wellbeing

Relationships and responsibilities

Living in the wider world

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Safe and happy school community Transition to secondary school and personal safety in and outside school, including first aid	Managing change Trust, society and the concept of money	Looking out for each other Diversity, prejudice, and bullying	Healthy, happy me Healthy routines, influences on health, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Aiming high Careers, teamwork and enterprise skills, and raising aspirations
Year 8	Unhealthy Choices Alcohol and drug misuse and pressures relating to drug use and smoking	Careers and Finance Opportunity in careers and life choices and introduction to finances.	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Health and Wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 10	Being Mentally healthy Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Preparing for work experience Preparation for and evaluation of work experience and readiness for work	Healthy relationships Relationships and sex expectations, myths, relationship challenges and abuse, forced marriage	Exploring influence The influence and impact of drugs, gangs, role models and the media	Crime and terrorism Community cohesion and challenging extremism	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices
Year 11	Building for the future Future opportunities, perseverance and stress management	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships and families Personal values, assertive communication (including in relation to contraception and sexual health) delaying pregnancy. The impact of the media and pornography	Independence Responsible health choices, and safety in independent contexts	SUMMER EXAMS	

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Year 12	<p>Becoming independent learners Transition, study skills, managing risk and personal safety (alcohol, drugs, road safety)</p>	<p>Preparing for work experience Preparation for and evaluation of work experience and readiness for work. Digital citizenship</p>	<p>Values in relationships How to articulate values, respectful relationships, difference between love and lust, using constructive dialogue to negotiate difficulties.</p>	<p>Mental health and emotional well-being Strategies for building positive mental health and dealing with stress and anxiety.</p>	<p>Pregnancy and Parenthood Delaying pregnancy and parenthood, pregnancy choices, pregnancy planning</p>	<p>Choices and pathways Realistic goals, evaluate next step options, UCAS registration</p>
Year 13	<p>Preparing for life beyond school Application processes, and skills for higher education, employment and career progression</p>		<p>Bullying, abuse and discrimination Recognise manipulation and influence, exit strategies from unhealthy relationships, forced marriage, harassment and stalking and how to access help.</p>	<p>Healthy and safe me Responsibility for monitoring personal health and wellbeing, awareness of illnesses that affect young people, personal safety</p>	<p>SUMMER EXAMS</p>	