



"Be the best you can be"
happy brave independent kind

Whole School Overview- PSHE & RSE

1 year cycle	Autumn 1 Health & Well-being	Autumn 2 Living in the Wider World	Spring 1 Relationships	Spring 2 Health & Well-being	Summer 1 Relationships	Summer 2 Living in the Wider World
	Year 7					
	Transition and safety <i>Transition to secondary school and personal safety in and outside school, including first aid.</i>	Developing Skills and aspirations <i>Careers, teamwork and enterprise skills, and raising aspirations.</i>	Diversity <i>Diversity, prejudice and bullying</i>	Health and puberty <i>Healthy routines, influences on health, puberty, unwanted contact and "my body*".</i>	Building relationships <i>Self-worth, romance and friendships (including on-line) and relationship boundaries.</i>	Financial decision making <i>Saving, borrowing, budgeting and making financial choices.</i>
Cycle A	Years 8 & 9					
	Drugs and alcohol <i>Alcohol and drug misuse and pressures relating to drug use.</i>	Community and careers <i>Equality of opportunity in careers and life choices, and different types of patterns of work.</i>	Discrimination <i>Discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism, homophobia,</i>	Emotional wellbeing <i>Mental health and emotional wellbeing, including body image and coping strategies</i>	Identity and relationships <i>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</i>	Digital Literacy <i>Online safety, digital literacy, media reliability, and gambling hooks</i>

			biphobia and transphobia.			
	Years 10 & 11					
	Mental Health <i>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.</i>	Financial Decision Making <i>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.</i>	Healthy Relationships <i>Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography.</i>	Exploring Influence <i>The influence and impact of drugs, gangs, role models and the media</i>	Addressing extremism and radicalisation <i>Community cohesion and challenging extremism</i>	Work experience <i>Preparation for and evaluation of work experience and readiness for work</i>
Cycle B	Years 8 & 9					
	Peer influence, substance use and gangs <i>Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation.</i>	Setting goals <i>Learning strengths, career options and goal setting.</i>	Respectful Relationships <i>Families and parenting, healthy relationships, conflict resolution and relationship changes.</i>	Healthy lifestyle <i>Diet, exercise, lifestyle balance and healthy choices, and first aid</i>	Intimate relationships <i>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</i>	Employability skills <i>Employability and online presence</i>
	Years 10 & 11					
	Building for the future <i>Self-efficacy, stress management and future opportunities.</i>	Next steps <i>Application processes, and skills for further education, employment and career progression</i>	Communication in relationships <i>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse.</i>	Independence <i>Responsible health choices, and safety in independent contexts</i>	Families <i>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.</i>	Work experience <i>Preparation for and evaluation of work experience activities and readiness for work/post 16 settings.</i>

[DfE guidance](#)

Teachers should ensure that their teaching is sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law.