

PSHE Curriculum Overview 2021						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Transition to secondary school. What does it mean to be a compelling Individual?	Changing Adolescent Body: Puberty and Menstrual Wellbeing. S	Families: Relationships and human happiness.	Mental Wellbeing: Talking about emotions. S	Internet Safety and Harms: Reality vs the online world.	Healthy Lifestyles: Physical fitness and healthy eating.
	Respectful Relationships: Respect and friendship.		Online Media: Rights, responsibilities and keeping safe.			Health and Prevention: Basic health.
Year 8	Families: Stable relationships and marriage.	Online and Media: Harmful contact.	Mental Wellbeing: Recognising concerns. S	Drugs and Alcohol: Smoking and Alcohol. S	First Aid	Careers and Finance
	Respectful Relationships: Stereotypes and bullying.	Internet Safety and Harms: Body image. S	Health and Prevention: Sleep and routines.	Respectful Relationships: Discrimination.		
Year 9	Families: Unsafe relationships. S	Online and Media: Indecent image sharing. S	Being Safe: The Law (consent, exploitation and harassment). SE	Drugs and Alcohol: Prescription and illegal Drugs. S	Mental Wellbeing: Common types of ill health. S	Careers and Finance
	Respectful Relationships: Sexual harassment and violence. S	Internet Safety and Harms: Relationships and social media. S	Intimate Relationships: Positivity and health (including STIs). SE	Respectful Relationships: Negative peer pressure including - Gangs and Knife crime. S	Health and Prevention: Immunisation and vaccination	
Year 10	Online and Media: Dangers of viewing explicit material. S	Mental Wellbeing: Impact of our actions on mental health. S	Drugs and alcohol: Addiction and alcohol dependency. S	Intimate Sexual Relationships: Reproductive health and impact of alcohol/ drugs. SE	Healthy Lifestyles: Choices approaching adulthood	Careers and Finance
	Internet safety and harms: Online relationships and harmful behaviour. S			Being Safe: Communicating consent. SE		
Year 11	Careers education: Planning for the future.	Internet Safety and Harms: Gambling, debt and targeted advertising. S	Drugs and Alcohol: Dangers of recreational drug use. S	Intimate Sexual Relationships: Pregnancy and parenting. SE, S	Mental Wellbeing: Entering adulthood. S	

*SE: Parents/carers are advised that these lessons form part of the **sex education** curriculum, of which parents can 'opt out' for their child).*

S = Potentially sensitive content.