

PSHE Content Overview by Year (Years 7-11)

The following topics from 'Family Life' are covered in RE lessons in the various year groups:

Family Life Year 7	Family Life Year 8	Family Life Year 9
<ol style="list-style-type: none">1. What do families look like?2. How do people show their commitment to each other?3. What do healthy families look like?	<ol style="list-style-type: none">1. Why is stability important in relationships?2. How can I manage change in relationships?3. How can I manage bereavement and loss?	<ol style="list-style-type: none">1. How can I communicate effectively in a relationship?2. Why is trust so important in a relationship?3. What does the law say about marriage?
Family Life Year 10	Family Life Year 11	
<ol style="list-style-type: none">1. How can I adapt to change in relationships?2. What does the law say about marriage?3. What do religions say about relationships?	<ol style="list-style-type: none">1. What are the options to aid fertility?2. How can lifestyle choices effect fertility?3. What are the other routes to parenthood?	

Year 7 PSHE- Content

Staying Healthy	Gangs	Bullying and Peer Pressure	Diversity
<ol style="list-style-type: none"> 1. What changes can I expect in puberty? 2. How can I maintain hygiene and good health? 3. The importance of a healthy lifestyle 	<ol style="list-style-type: none"> 1. Why do people join gangs? 2. What are the dangers of joining a gang? 3. How can I stay safe in the community? 	<ol style="list-style-type: none"> 1. Types of bullying 2. Why do people bully? 3. Where and how to get support 	<ol style="list-style-type: none"> 1. What does diversity look like in the UK? 2. What is racism and how can we tackle this? 3. An introduction to LGBTQ+
British Values/ Citizenship	Finance and the world of work	Staying Safe	Physical Wellbeing
<ol style="list-style-type: none"> 1. What does democracy look like in the UK? 2. Who are the main UK parties and what do they stand for? 3. How can we contribute to our school and local communities? 	<ol style="list-style-type: none"> 1. Looking after your money and saving for the future 2. How can I spend money ethically? 3. How can I recognise exploitation and scams? 	<ol style="list-style-type: none"> 1. How can I stay safe at home? 2. How can I stay safe when I am home alone? 3. How can I stay safe in the street? 	<ol style="list-style-type: none"> 1. How can I maintain a healthy and balanced diet? 2. Why is physical activity and a positive attitude important? 3. What are the consequences of an unhealthy lifestyle?
Mental Wellbeing	Relationships/ RSE		
<ol style="list-style-type: none"> 1. What is good mental health? 2. Things that can affect mental health 3. How to look after your mental health 	<ol style="list-style-type: none"> 1. What does a healthy relationship look like? 2. How does the media portray relationships and gender roles? 3. How can I keep my relationship healthy? 		

Year 8 – Content for the year

Staying Healthy	Gangs	Bullying and Peer Pressure	Diversity
1. Where can I get help in an emergency? 2. An introduction to First Aid I 3. An introduction to First Aid II	1. What are the dangers of knife crime? 2. How can I help those at risk of being in a gang? 3. How can being in a gang damage your future?	1. What is peer pressure and what forms does it take? 2. What are the consequences of peer pressure? 3. Where can I get support for dealing with peer pressure?	1. What is stereotyping and how it can be harmful? 2. Stereotypes of the disabled community. 3. How does the UK promote equalities for all?
British Values/ Citizenship	Finance and the world of work	Staying Safe	Physical Wellbeing
1. How does law enforcement in the UK work? 2. What does a fair trial look like? 3. How should politicians behave?	1. What are the different types of employment? 2. What are the different routes into employment? 3. How can I expand my opportunities?	1. Understanding fraud and the impact it has on the individual and our society 2. Identifying online scams 3. Understanding the risks associated with acting as a 'money mule'	1. What is body image? 2. What causes and how can I identify an eating disorder? 3. Support for eating disorders
Mental Wellbeing	Relationships/ RSE		
1. Identifying unhealthy coping mechanisms 2. Helping others with their mental health 3. How mental health is presented in the media	1. What can damage a stable relationship? 2. What does an unhealthy relationship look like and what are the consequences? 3. Getting support with an unhealthy relationship		

Year 9 PSHE Content

Staying Healthy	Gangs	Bullying and Peer Pressure	Diversity
1. The benefits of vaccinations 2. Using the NHS to support physical health 3. Self-examination	1. What are the effects of being involved in a gang and how to get help? 2. How do gangs affect communities? 3. What is county lines?	1. What is a Hate crime and who is targeted? 2. What forms does sexism take ? 3. How can we challenge discrimination?	1. Gender identity 2. What does homophobia look like? 3. Homophobia around the world
British Values/ Citizenship	Finance and the world of work	Staying Safe	Physical Wellbeing
1. An introduction to the Fundamental British Values 2. An introduction to freedom of speech 3. What is extremism and how can we fight it?	1. Finding your dream career 2. Expectations in the workplace 3. Workers' rights in the UK	1. The different forms of abuse 2. What are the signs of abuse? 3. Where and how to get support	1. Why do some people turn to substance abuse? 2. What are the consequences of drug abuse? 3. How can we support those with addiction?
Mental Wellbeing	Relationships/ RSE		
1. What is mental health stigma? 2. Tackling mental health stigma 3. Getting support for self-harm	1. What is consent and why is it so important? 2. What are the risks of unprotected sex and how can this be avoided? 3. What are the options in an event of an unplanned pregnancy?		

Year 10 PSHE Content

<p>Staying Healthy</p> <ol style="list-style-type: none"> 1. Where can I access reliable information to support my health? 2. What methods can I use to monitor health? 3. How do medical donations save lives? 	<p>Gangs</p> <ol style="list-style-type: none"> 1. Why do people commit crimes and what are the consequences? 2. How does gang involvement affect my opportunities in the future? 3. How are people re-integrated after crime? 	<p>Bullying and Peer Pressure</p> <ol style="list-style-type: none"> 1. Identifying and challenging sexual harassment 2. Consequences of sexual harassment and where to get support 3. How does the law support victims of sexual harassment? 	<p>Diversity</p> <ol style="list-style-type: none"> 1. Developing sexuality 2. The Equality Act and challenging discrimination 3. How can we promote inclusion?
<p>British Values/ Citizenship</p> <ol style="list-style-type: none"> 1. What are the key institutions of UK government and how do they work? 2. What does government look like around the world? 3. What are Human Rights and why are they so important? 	<p>Finance and the world of work</p> <ol style="list-style-type: none"> 1. How can I effectively budget? 2. Gambling, debt and relationships 3. Where can I access support for financial help? 	<p>Staying Safe</p> <ol style="list-style-type: none"> 1. What are the risks and benefits of online relationships? 2. How can we ensure we are safe online? 3. How can we identify and respond to safety risks? 	<p>Physical Wellbeing</p> <ol style="list-style-type: none"> 1. Why is a balanced lifestyle important? 2. How can the media promote an unbalanced lifestyle? 3. How can we develop resilience to pressures from the internet?
<p>Mental Wellbeing</p> <ol style="list-style-type: none"> 1. Understanding mental health 2. Change and the impact on mental health 3. Avoiding unhealthy coping strategies and accessing help. 	<p>Relationships/ RSE</p> <ol style="list-style-type: none"> 1. How do drugs and alcohol impact sex? 2. How does the media affect expectations of sex? 3. Where can I get credible information about STIs? 		

+Year 11 PSHE Content (Drop Down Days)

Healthy Relationships (RSE)	Mental Health and Wellbeing	Staying Healthy
1.What contraceptive options are available? 2.Consequences of unprotected sex and options available 3. Where can I access help for sexual health?	1.How can I handle stress? 2. Building resilience 3,Healthy coping techniques	1.How does industry and advertising influence harmful behaviours? 2. What are the risks of cosmetic procedures?
Financial Literacy	Citizenship	Fundamental British Values
1.Options after GCSEs and playing to your strengths 2. What are employers looking for/ expectations at work 3. Interview practice	1.How is public money raised and spent? 2. How can I manage debt? 3.Why are savings and pensions so important?	1.Advocating Human Rights 2. Promoting Fundamental British Values 3. Practicing Freedom of Speech in a diverse society
Gangs	Physical Wellbeing	Staying Safe (Summer 1)
1.What are the dangers of gangs 2. Why do people join gangs 3. Exit strategies	1.How can drug abuse affect relationships with others? 2.How can drug abuse affect my opportunities for the future? 3. How can drug abuse affect the wider community?	St John Ambulance First Aid Training