

Roadmaps for PSHE at Cardinal Pole

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y7	Being a Cardinal Pole student: Mutual respect and healthy relationships		RSE (Ten Ten)		Citizenship and British Values: Elections and Voting	Staying healthy and safe
Y8	Exploring online issues	Knowing myself and others	RSE (Ten Ten)		Citizenship and British Values: Rule of Law	Looking after my mental health
Y9	Keeping safe in my local area	Preparing for my future	RSE (Ten Ten)		Citizenship and British Values: Individual liberty	Navigating online risks
Y10	Being a successful GCSE student	Navigating online risks	RSE (Ten Ten)		Citizenship and British Values: Politics and the law	Drugs and alcohol education
Y11	RSE (Ten Ten)		Planning for my post-16 future	Citizenship and British Values: Respect + Tolerance	Wellbeing and revision skills	

Y7 PSHE

Accessing health information

Where to find reliable information and avoid health misinformation.

Personal health and hygiene

How to stay healthy and prevent illness

Being safe in public

How to manage risks and avoid negative peer pressure.

Living responsibly

Understanding how our actions can affect other people.

My life on screen

How to stay safe and safeguard our online lives.

Family and friends

Knowing different family and friendship structures.

Where we come from

Knowing that sex is a gift from God.

Keeping well

Understanding personal hygiene and healthy habits.

Starting school: Boundaries and personal space

Understanding personal boundaries and ensuring they are respected.

Starting school: Building healthy friendships

What makes a good friend and how to build trust with others.

Starting school: Respecting yourself + others

Learning self-respect, personal values and respect for others.

Sleep, screentime and mental health

Understanding the impact of healthy daily routines to support our mental health

Elections and voting

How voting works and why elections are an important part of British society.

Democracy in school

How our voice can be heard in school and why it is important to give it.

Introduction to democracy

The role ordinary people play in decision making

Who am I?

To know we are created and loved by God.

Starting school: Resolving conflict

Communication skills and repairing relationships.

Starting school: Being a positive part of the community

Kindness, respect and being active.

Starting school: Online responsibility

The importance of good online behaviour and how to stay safe online.

Starting school: Recognising and responding to bullying

Defining bullying and knowing how to respond and who to turn to at Cardinal Pole.

Starting school: Tolerance and inclusion

Understanding diversity and what makes an inclusive school culture.

Y8 PSHE

Supporting others with their mental health

Ways and where to find support for other people.

Looking after my mental health

Positive steps for better mental health.

Mental health crisis

Recognising signs of crisis and where to find support.

Wider World

Understanding how prejudice can turn into discrimination.

Think Before You Share

Knowing the law around sharing of images online.

Appreciating differences

Understand the relationship between sex, gender and identity.

Tough Relationships

Understanding the protected characteristics and forgiveness.

Before I Was Born

Exploring the different stages of pregnancy and its emotional impact

Feelings

How hormones and puberty impacts on sexual attraction.

Online safety: The law

Understanding the law around image sharing and online abuse and exploitation.

Online safety: AI, misinformation and scams

How to protect yourself from online risks and false information.

Online safety: Digital identity

Setting online boundaries and being safe and forming respectful online relationships.

Factors that impact our mental health

Understanding what can affect our mental health, both positively and negatively.

Equal under the law

The principles and characteristics of a fair trial in the UK.

Protecting the law

The role of the police, courts and justice in the UK.

Introduction to the rule of law

What are laws and why do we have them?

Created and chosen

To know we are unique and how we are loved and long for love.

Teambuilding skills

Knowing and developing how to be a good team player.

Respecting the values of others

Understanding that others are different to us and appreciating diversity.

Internal and external influences

Understanding how peers, family and culture can impact and influence identity.

Positive self-image and self-esteem

Focusing on building confidence and challenging negative self-talk.

Online safety: Social media

The impact social media can have on unrealistic expectations

Y9 PSHE

Staying safe online

Ways to manage exposure to harmful online materials.

Online harms

Legal consequences of image sharing and disturbing content.

Online relationships

Understanding trust, exploitation and grooming.

Human rights

How are they protected by law.

Understanding consent

Exploring what it means to really say yes.

Commitment and marriage

Different forms of committed relationships.

Fertility and contraception

Understanding the different forms of contraception.

Drug and smoking awareness

Exploring the risks of substance abuse.

Knife crime

Understanding how to make safe and informed decisions about knives.

High risk situations

How to respond in dangerous and unsafe environments.

Peer influence on decision making

How online and offline pressure can impact our decision making.

Online decision making

Understanding and avoiding making risky decisions online.

Discrimination

The types of discrimination and legal protections against them.

Respect and tolerance

How to build positive and inclusive communities.

Introduction to individual liberty

Understanding how beliefs are protected by the law.

The search for love

Exploring the concept of what human love is.

Career pathways

How to identify your own strengths and skills.

Influences on spending

Understanding how advertising and peer pressure impacts spending.

Managing money

Understanding how to make sensible financial decisions.

Positive self-image and self-esteem

Focusing on building confidence and challenging negative self-talk.

Drugs, alcohol and vaping

The reality and dangers of using these substances.

Out and about

Making safe choices by railways and water.

Love people, use things

The impact of consumerist mindset to relationships.

In control of my choices

Exploring desire, lust and the role of patience.

Y10 PSHE

Accessing support

Practical strategies to get help and avoid risks related to drugs and alcohol.

The law around drugs

Knowing the legal and personal consequences of drugs.

Drugs and health

Understanding how drugs and alcohol can impact on health.

Solidarity

Exploring FGM, forced marriage and honour-based violence

Online influences

How harmful content can normalise harmful behaviours.

Abuse

Identifying unhealthy relationships and signs of abuse.

Pregnancy and abortion

Understanding the different views around abortion.

Parenthood

The role of parenthood and the qualities it requires.

Gambling

The dangers and consequences of gambling and addiction.

Borrowing and debt

Understanding the long-term consequences of financial decisions.

Values and attitudes to money

Managing your money – understanding the difference between wants and needs.

Drugs and alcohol - Peer pressure

Understanding how peer pressure influences choices around these substances.

Active citizenship

Different ways to participate in the democratic process.

Government and power

The role of the Prime Minister and separation of powers.

Structure of Parliament

Understanding the roles within Parliament and how laws are made.

Out in public

Safe responses to dangerous situations.

Self-image

Body image and how we express ourselves.

Authentic freedom

Thinking about when the right time for sex is.

Acting against harmful content

Where to go for help and support.

Sharing content online

The law around sharing images and AI created content.

Understanding risks online

Spotting and getting help with online scams and exploitation.

Budgeting and financial advice

Understanding how to budget and where to find reliable financial advice.

Y11 PSHE

Revision skills and managing stress

Final techniques and preparation ahead of GCSE examinations.

Power and responsibility

Understanding the impact of inequality and power dynamics.

Tolerance and respect

What does tolerance and respect look like in a diverse, modern Britain?

Employability and applications

Exploring different CV and interview techniques.

Making informed career decisions

Exploring career values and ambitions.

World of work

How the world of work is changing in the 21st century.

Eating disorders

Recognising poor mental health and its manifestations.

Mental wellbeing

Recognising the ups and downs of life.

Self-worth

Understanding dignity and what it means to be made in the image of God.

Exploring pathways

Looking beyond GCSE studies.

Family planning and fertility

Understanding how fertility can change.

Challenging discrimination

Practical ways and examples of tackling discrimination.

Influences of perception

How the media can help reinforce stereotypes.

Coercive control

Different forms of coercive control in relationships.

Pornography

The impact pornography can have on relationships.

Sexual health

Exploring peer pressure, STIs and drugs and alcohol.

Health and fitness

The importance of healthy lifestyles.

Addiction

How addiction to drugs and alcohol can change lives.

Y12 PSHE

Preparing for work experience

Developing the skills and expectations for successful work experience placements.

Addiction and support

Exploring how addiction impacts lives, and where support can be found.

Drugs, consent and safety

Knowing how drugs can impact on the ability to give consent and to stay safe.

AI, misinformation and extremism

Exploring the prevalence of AI, and the rise of misinformation and extremism.

Protecting yourself online

Understanding the dangers of our online presence.

Sexual violence and FGM

Exploring signs and ways to respond to different forms of sexual violence.

Abuse within relationships

Signs of abuse and negative relationship behaviours.

Finding support for mental health issues

Where to go for help, support and advice if someone is struggling with their mental health.

Common mental health difficulties

Looking at the challenges that many face with their mental health.

Building positive mental health

Understanding how to improve our mental health.

Alcohol and independence

Exploring the increased risks and exposure to alcohol students will experience.

Responsibility for sexual health

Understanding there is personal responsibility for maintaining sexual health.

Testing and treatment

Knowing how to get tested for STI and what treatments are available.

Preventing STIs

Understanding STIs and the best ways to prevent their transmission

Communicating boundaries

Understanding our own boundaries and how to share them with others.

Communication in relationships

Exploring how to effectively respond to others.

Intimacy and relationships

The role of intimacy in relationships and the challenges around it.

Relationship values

Understanding the different things that can impact our own relationship values.

Managing change and being independent

Exploring how starting sixth form will bring great change and chances for independence.

Y13 PSHE

Revision skills and managing stress

Final techniques and preparation ahead of A-Level examinations.

First aid and emergency response

How to respond in an emergency, including performing life-saving skills.

Risk assessment skills

How to decide which situations are safe, and which are not.

Financial planning

Considering how to ensure successful long-term financial planning.

Banking, budgeting and student finance

Living on a budget at university.

Credit, debt and contracts

Exploring how credit and contracts work, alongside the dangers of debt

How tax works

Understanding how tax works and will impact income.

Planning for parenthood

Considering the different aspects of what being a parent involves.

Factors that affect fertility

Understanding that fertility can change over time and is affected by multiple factors.

Health choices and information

Knowing where to find accurate information about different health choices.

Healthy eating and budgeting

Exploring ways to eat healthily on a small budget.

Violence, weapons and exploitation

Considering the risks and dangers that can be faced from violent behaviour.

Travelling safely

Looking at strategies to ensure that travel at home or abroad is as safe as possible.

Workplace culture and behaviour

Thinking about what makes a good work culture and acceptable behaviours.

Options for unintended pregnancy

Exploring options for an unintended pregnancy, such as abortion and adoption.

Pregnancy

Seeing the different stages of pregnancy and the journey involved.

Contraception and its effectiveness

Exploring different forms of contraception and its effectiveness.

Work life balance and wellbeing

Understanding ways to ensure wellbeing is protected by finding balance in life.