

Updated: September 26
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Notes: Y10 PSHE time is through tutor sessions and extended assemblies.

Y7-11 PSHE Curriculum					
Week	Year 7	Year 8	Year 9	Year 10	Year 11
1	Health & Wellbeing: How can we support our own transition to a new school?	Health & wellbeing: Are all drugs dangerous?	Health and Wellbeing: How do I recognise healthy and unhealthy friendships?	Health and wellbeing: Citizenship tutor sessions and assemblies	Health and Wellbeing: How can we overcome barriers to a healthy lifestyle?
2				Living in the wider world: Citizenship tutor sessions and assemblies	Health and Wellbeing: How to deal with grief and loss?
3	Health & Wellbeing: How can I keep myself safe in and out of school?	Health & wellbeing: What are the risks of energy drinks, alcohol, tobacco and nicotine?	Health and Wellbeing: What are the risks in relation to gangs and knife crime?	Relationships and Sex Education: Citizenship tutor sessions and assemblies	Health and Wellbeing: How can someone stop smoking or vaping?
4				Health and wellbeing: Citizenship tutor sessions and assemblies	Health and Wellbeing: What are the effects of illegal drugs?
5	Health & Wellbeing: What can I do in an emergency?	Health & wellbeing: What influences me?	Health and Wellbeing: What are the social norms and risks around alcohol and drugs?	Living in the wider world: Citizenship tutor sessions and assemblies	Health and Wellbeing: How can people stay safe around alcohol?
6				Relationships and Sex Education: Citizenship tutor sessions and assemblies	Health and Wellbeing: How does addiction affect mental health?
7					
AUTUMN HALF TERM					
8	Living in the wider world: How can our interests link to our future career? (Xello)	Living in the wider world: Discover learning pathways (Xello)	Living in the Wider World: How does school, extra-curricular and leisure activities help build skills? (Xello)	Health and wellbeing: Citizenship tutor sessions and assemblies	Relationships and Sex Education: Healthy decisions around contraception
9				Living in the wider world: Citizenship tutor sessions and assemblies	Relationships and Sex Education: Protection against STIs
10	Living in the wider world: How will our school subjects help us at work? (Xello)	Living in the wider world: Explore learning styles (Xello)	Living in the Wider World: To explore career matches through Xello	Relationships and Sex Education: Citizenship tutor sessions and assemblies	Relationships and Sex Education: Becoming a parent
11				Health and Wellbeing: Extended assembly with YZUP	Relationships and Sex Education: The choice to continue or end a pregnancy
12	Living in the wider world: Why is time management important? (Xello)	Living in the wider world: Biases and career choices (Xello)	Living in the Wider World: Self Advocacy (Xello)	Health and wellbeing: Citizenship tutor sessions and assemblies	Relationships and Sex Education: How does the media affect body image?
13				Living in the wider world: Citizenship tutor sessions and assemblies	Relationships and Sex Education: How can people make healthy choices around cosmetic procedures?
14			Living in the Wider World: KS4 Options (Xello)	Relationships and Sex Education: Citizenship tutor sessions and assemblies	
CHRISTMAS BREAK					
15	Relationships and Sex Education: What is my identity and what are my rights and responsibilities?	Relationships and Sex Education: How do I develop and maintain healthy relationships?	Relationships and Sex Education: What are the different types of family structure?	Health and wellbeing: Citizenship tutor sessions and assemblies	Living in the wider world: Work Values (Xello)
16				Living in the wider world: Citizenship tutor sessions and assemblies	Living in the wider world: What are my rights and responsibilities at work?
17	Relationships and Sex Education: How do we challenge prejudice, stereotypes and discrimination?	Relationships and Sex Education: What is gender and sexual identity?	Relationships and Sex Education: How do I stay safe at home and how to reduce homelessness?	Relationships and Sex Education: Citizenship tutor sessions and assemblies	Living in the wider world: Workplace skills (Xello)
18				Health and wellbeing: Citizenship tutor sessions and assemblies	Living in the wider world: How can the internet help me achieve my goals?
19	Relationships and Sex Education: How do we respond to bullying and support others?	Relationships and Sex Education: How is consent communicated?	Relationships and Sex Education: What causes conflict at home?	Living in the wider world: Citizenship tutor sessions and assemblies	Living in the wider world: Transition into further education (Xello)
20				Relationships and Sex Education: Citizenship tutor sessions and assemblies	Living in the wider world: Making decisions for the future
21		Relationships and Sex Education: How do I reduce online risk?			
SPRING HALF TERM					
22	Health & wellbeing: How can I keep myself healthy?	Health & wellbeing: Why is it important to talk about mental health?	Healthy lifestyle: What is the relationship between physical and mental health?	Living in the Wider World: Extended assembly with Police	Relationships and Sex Education: How can people communicate honestly in a relationship?
23				Health and wellbeing: Citizenship tutor sessions and assemblies	Relationships and Sex Education: How can someone be a positive long-term romantic partner?
24	Health & wellbeing: Puberty and personal hygiene	Health & wellbeing: How do we develop mental resilience?	Healthy lifestyle: How do I make informed healthy eating choices?	Living in the wider world: Citizenship tutor sessions and assemblies	Relationships and Sex Education: What can be the impact with mixing alcohol and drugs with intimacy?
25				Relationships and Sex Education: Citizenship tutor sessions and assemblies	Relationships and Sex Education: How can we prevent controlling behaviour in a relationship?
26	Health & wellbeing: Respectful and disrespectful behaviours	Health & wellbeing: What are healthy coping strategies?	Healthy lifestyle: How to apply first aid treatment for minor injuries?	Health and wellbeing: Citizenship tutor sessions and assemblies	Relationships and Sex Education: How can we repair when things go wrong?
27				Living in the wider world: Citizenship tutor sessions and assemblies	
28			Healthy lifestyle: How do I take responsibility for my physical health?	Relationships and Sex Education: Citizenship tutor sessions and assemblies	
EASTER BREAK					
29	Relationships and Sex Education: What does a good relationship look like?	Relationships and Sex Education: How do we manage influence?	Relationships and Sex Education: How do I know if I am ready for sexual activity?	Health and wellbeing: Citizenship tutor sessions and assemblies	Living in the wider world: How might AI affect our lives?
30				Living in the wider world: Citizenship tutor sessions and assemblies	Living in the wider world: Why is talking about discrimination complex?
31	Relationships and Sex Education: What does a healthy romantic relationship look like?	Relationships and Sex Education: How can we respect people's gender identity and challenge discrimination when we see it?	Relationships and Sex Education: What are the consequences of unsafe sex?	Relationships and Sex Education: Citizenship tutor sessions and assemblies	Living in the wider world: How is data used to make money and influence us?
32				Health and wellbeing: Citizenship tutor sessions and assemblies	Living in the wider world: How important is money for happiness?
33	Relationships and Sex Education: how does the media affect our relationships?	Relationships and Sex Education: What is racism and how do we challenge it?	Relationships and Sex Education: Contraception	Living in the wider world: Citizenship tutor sessions and assemblies	Living in the wider world: How can we make healthy decisions around gambling?
34				Relationships & Sex Ed: Extended assembly with Brook	Living in the wider world: Saving money and budgeting wisely
35			Relationships and Sex Education: What is the role of the media on sexual relationships?	Relationships and Sex Education: Citizenship tutor sessions and assemblies	
SUMMER HALF TERM					
36	Living in the wider world: How to make safe financial choices	Living in the wider world: Digital literacy	Living in the wider world: What are my employment rights and responsibilities?	Health and wellbeing: Citizenship tutor sessions and assemblies	
37				Living in the wider world: Citizenship tutor sessions and assemblies	
38	Living in the wider world: What are ethical and unethical business practices?	Living in the wider world:	Living in the wider world: How do I make a personal brand online?	Relationships and Sex Education: Citizenship tutor sessions and assemblies	
39				Health and wellbeing: Citizenship tutor sessions and assemblies	
40	Living in the wider world: How to stay safe when spending money	Living in the wider world:	Living in the wider world: Online safety	Living in the wider world: Citizenship tutor sessions and assemblies	
41				Relationships and Sex Education: Citizenship tutor sessions and assemblies	
SUMMER BREAK					