

Living in the wider world

How can I develop self esteem?

How can I use social media in a positive and healthy way?

How can I recognise and stand up to discrimination?

Puberty and changing bodies

How does the body change throughout puberty?

How does body image and self-perception link to mental health and self-confidence?

First Aid

What responsibilities do I have?

How can I perform basic first aid in a range of emergency situations?

On to Year 8...

Relationships, identity and safety

How do healthy relationships deal with conflict, pressure and emotions?

How do I understand the boundaries between banter and bullying?

Finance & Employment

What opportunities are available to me in the future?

How can stereotypes about job opportunities be challenged?

How can my digital footprint impact on my employability?

Health Education

How can I maintain good physical, dental, and mental health?

How can I ensure I have a balanced lifestyle?

How important is sleep?

Year 7 PSHCE

Risk

How can we assess risk to keep ourselves safe?

How do we become both independent and healthy?



Financial Awareness

How can I budget and plan for my future?

What financial support is available to me for specialising in my career?



Safety

How can I stay safe online and offline?

How can I prevent becoming a victim of county lines or CSE?

What are the laws around youth produced sexual imagery?



On to Year 9...



Diversity

How do views and opinions segregate people?

How can diversity enrich our lives and community?

How can we challenge discrimination?



Mental Health

What is mental health?

How can I maintain good mental health?

What support is available to me?



Rights and Responsibilities

What are rights and responsibilities?

What rights do I have?

What rights come with age?



Year 8 PSHCE

Citizenship & Justice

How are laws made and enforced?

What approaches are there to justice?

How does the court system work?



Physical Health & Prevention

What is consent?

How can STIs and pregnancy be prevented?

What are the risks of smoking, alcohol and vaping?

What is FGM?



Citizenship & Politics

What is a democracy?

How does the UK political system work?

Who are the different political parties?



On to Year 10...



Mental health and prevention

How can our upbringing affect our mental health?

What are the different mental health conditions and how do they affect people?



Careers

What are the different job sectors?

What do I need to do to access my dream career?



Have a voice, use your voice

What is activism?

How to challenge unacceptable behaviour?

What examples have there been of discrimination and how have people responded in a positive way?



Year 9 PSHCE

Employability

What options are available to me?
How do different models of employment work?

Informed citizens

How can I keep myself informed?
What is misinformation and disinformation?
How does the British legal and political system work?

REP

How do we treat living things?
What are different views towards living things?

On to Year 11...

Revision and management

How can I best revise for different subjects?
How can I manage my own finances?

Work experience

How can I make the most of my work experience placement?

Steps to success

What can I reflect on from my time in Year 10?
How can I ensure I am successful in Year 11?



Year 10 PSHCE

Post-16 pathways

What are the different Post-16 options available to me?

How do I write personal statements and applications?

REP

Why is there conflict in the world?

What are different views towards conflict and peace?

Exam preparation

How can I best prepare for my GCSE exams?

Health and awareness

How can I check myself to stay healthy?

How can I keep myself safe and well?

Mock exams

How can I use my mock exams to inform my next steps in my revision and learning?

On to Post-16...



Year 11 PSHCE