

PSHEE Curriculum Map: Senior Department

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Self-awareness	Mental and emotional wellbeing	RSE	Valuing differences	Keeping myself safe	The world we live in
YEAR 7	<ul style="list-style-type: none"> • Introduction to PSHE, improving concentration • Recognising our personal strengths • Managing pressure and bullying • Prejudice and discrimination • Skills for learning • Black History Month – historical figures 	<ul style="list-style-type: none"> • Friendships and empathy • Feeling frightened and worried, personal space • Understanding the difference between public and private information • Keeping safe online • Elements of a healthy lifestyle • Mental and emotional health 	<ul style="list-style-type: none"> • Introduction to RSE, romantic feelings • Consent • Healthy and unhealthy relationships • Puberty • FGM 	<ul style="list-style-type: none"> • Long-term relationships and families • Self-esteem and unkind comments • Healthy eating and physical activity • Body image 	<ul style="list-style-type: none"> • Addictive substances – tobacco • Accidents and risk • Managing finances • First aid and emergencies • The environment • Diversity 	<ul style="list-style-type: none"> • Pride Month • Looking ahead and planning for the future • The world of work • Transitioning to Year 8 • Review week
	Extra events: Black History Month, Pride Month					

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YEAR 8	Self-awareness	Mental and emotional wellbeing	RSE	Valuing differences	Keeping myself safe	The world we live in
	<ul style="list-style-type: none"> • Core values in PSHE, improving concentration, zones of regulation • Identifying what makes us unique • Managing pressure and bullying • Prejudice and discrimination • Skills for learning • Black History Month – modern day heros 	<ul style="list-style-type: none"> • Trust and respect in relationships • How to challenge unwanted attention • Identifying what is safe information to share in private and public settings • The risks of social media 	<ul style="list-style-type: none"> • Introduction to RSE – revision of Y7 RSE, romantic feelings • Consent • Spotting unhealthy and abusive relationships • Puberty – recap • FGM 	<ul style="list-style-type: none"> • Coping with change: bereavement, separation and divorce • Self-esteem and unkind comments • Healthy eating and physical activity • Body image 	<ul style="list-style-type: none"> • Addictive substances – smoking • Managing finances • Risk and gambling • First aid and emergencies • The environment • Diversity 	<ul style="list-style-type: none"> • Pride Month • Ambitions • Careers • Transitioning to Year 9 • Review week
	Extra events: Black History Month, Pride Month					

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Self-awareness	Mental and emotional wellbeing	RSE	Valuing differences	Keeping myself safe	The world we live in
YEAR 9	<ul style="list-style-type: none"> Core values in PSHE, improving concentration Identity and self-esteem Dealing with conflict and pressure Thinking for ourselves, challenging discrimination Metacognition Black History Month – learning from history 	<ul style="list-style-type: none"> Assertive communication Dealing with encroachment on personal space, exploring how some actions are crimes The dangers of sharing information and photographs online How social media distorts reality, using social media safely 	<ul style="list-style-type: none"> Introduction to RSE – revision of Y7 RSE, romantic feelings Consent Relationships and conflict Puberty – recap FGM 	<ul style="list-style-type: none"> Understanding marriage, civil partnership and commitment Self-esteem and unkind comments Healthy lifestyles Body image 	<ul style="list-style-type: none"> Addictive substances – alcohol Managing finances Risk and gambling First aid and emergencies The environment Diversity 	<ul style="list-style-type: none"> Pride Month Ambitions Careers Preparing for GCSEs Review week
	Extra events: Black History Month, Pride Month					

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YEAR 10	Self-awareness	Mental and emotional wellbeing	RSE	Valuing differences	Keeping myself safe	The world we live in
	<ul style="list-style-type: none"> • Core values in PSHE, improving concentration • What impacts self-esteem, resilience • Managing pressure and making moral decisions • Challenging stereotypes • Metacognition • Black History Month – looking to the future 	<ul style="list-style-type: none"> • Navigating relationship changes, communication • Using strong emotions as indicators that something is wrong, how to get help • Identifying appropriate information to share online, the legal implications of sharing sexual images online • Staying safe on social media platforms 	<ul style="list-style-type: none"> • Introduction to RSE – revision of Y7 RSE, romantic feelings • Consent • The impact of relationships • Sex, relationships and the media • Puberty - recap <p>FGM</p>	<ul style="list-style-type: none"> • Family life: parenthood and caring • Pornography • STIs • Contraception • Health services, vaccinations and self-examination <ul style="list-style-type: none"> • Body image 	<ul style="list-style-type: none"> • Addictive substances – drugs • Managing finances • Risk and gambling • First aid and emergencies • The environment • Diversity 	<ul style="list-style-type: none"> • Pride Month • Ambitions • Careers • Preparing for Year 11 anGCSEs • Review week
	Extra events: Black History Month, Pride Month					

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 11	Self-awareness	Mental and emotional wellbeing	RSE	Valuing differences	EXAMS	EXAMS
	<ul style="list-style-type: none"> • What we have learnt in PSHEE over the years; concentration • How we can improve our self-esteem, resilience • Navigating moral decisions and managing pressure • Standing up for what is right, challenging prejudice • Metacognitive skills • Black History Month 	<ul style="list-style-type: none"> • Healthy boundaries in friendships, conflict resolution • Dealing with unwanted attention, getting help • Identifying online scams and phishing attempts, safe sharing of information • How to recognise when we are being manipulated by online content or contact 	<ul style="list-style-type: none"> • Introduction to RSE – revision of Y7 RSE, romantic feelings • Understanding consent and intimacy – on and offline • Respectful relationships • Puberty – recap • FGM 	<ul style="list-style-type: none"> • Commitment and relationships • Pornography • STIs • Contraception • Healthy lifestyles and substances • Body image • 		
	Extra events: Black History Month, Pride Month					