

Mark Rutherford School PSHE Curriculum 2025-26

Living in the wider world	Health and Wellbeing	Relationships
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	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Transition <ul style="list-style-type: none"> Setting goals Dealing with change Peer Pressure Positive friendships 	Unifrog (careers) <ul style="list-style-type: none"> What are my interests Creating the life you want vision board What does success mean to me? Challenges and rewards of work 	Unifrog (careers) <ul style="list-style-type: none"> What are my skills Decision making - what to study at KS4 Taking control of my career journey 	Unifrog (careers) <ul style="list-style-type: none"> Reflecting on my career journey What type of career is best for me? Labour market information Developing learning skills 	Unifrog (careers) <ul style="list-style-type: none"> Decision making: choosing post 16 pathways Post 16 choices What are my employability skills?
Autumn 2	Equality and Diversity <ul style="list-style-type: none"> Diversity Discrimination and the protected characteristics Misogyny causes and consequences 	Drugs and alcohol <ul style="list-style-type: none"> Understanding drugs Tobacco and vaping risks and influences Alcohol risks, influences and the law 	Respectful relationships: conflict resolution <ul style="list-style-type: none"> Conflict and conflict resolution skills Different types of families Positive relationships in the home 	Belonging and addressing extremism <ul style="list-style-type: none"> Equality Act 2010 Valuing diversity Understanding and preventing extremism 	Mental health and emotional wellbeing <ul style="list-style-type: none"> Recognising mental ill health Reframe negative thinking Exam stress Change loss and grief
Spring 1	Unifrog (careers) <ul style="list-style-type: none"> What is a career Careers and the future What is an entrepreneur? 	Emotional wellbeing <ul style="list-style-type: none"> Impact of media Celebrating difference Body image and confidence 	Peer influence, substance use and gangs <ul style="list-style-type: none"> Drugs and alcohol Gangs County lines 	First aid and body modifications <ul style="list-style-type: none"> Bleeding, choking, Bone, muscle and joint injuries Cosmetic procedures and sunbeds Body modifications 	Communication in relationships (RSE) <ul style="list-style-type: none"> Long term commitment Sexual health, fertility routes to parenting Pregnancy choices and outcomes Social attitudes to sending nudes
Spring 2	First Aid <ul style="list-style-type: none"> Allergies and asthma Basic life support (practical) Bleeding and head injuries 	Community and belonging <ul style="list-style-type: none"> Identity and community Bias, stereotypes and protected characteristics Values and constructive disagreement Discrimination 	Health and Lifestyle <ul style="list-style-type: none"> Body modifications Sleep factor Cancer prevention 	Financial Literacy <ul style="list-style-type: none"> Take home pay Investing and insurance Budgeting for the future Savings accounts 	Pol-Ed <ul style="list-style-type: none"> Fighting, risks, knives and substances Freedom, law, mitigating factors, public order offence Incel and toxic culture
Summer 1	Health, puberty and building relationships (RSE) <ul style="list-style-type: none"> Puberty, emotional changes and menstrual wellbeing Healthy and unhealthy relationships Introduction to consent 	Identity and relationships (RSE) <ul style="list-style-type: none"> Relationship values and expectations Sexual orientation and gender identity Consent and introduction to contraception 	Intimate relationships (RSE) <ul style="list-style-type: none"> Freedom and capacity to consent Sexual Health Contraception 	Healthy Relationships (RSE) <ul style="list-style-type: none"> The role of intimacy and pleasure The impact of pornography Pressure, persuasion and coercion Addressing relationship abuse 	Independence <ul style="list-style-type: none"> Responsible health choices and safety in independent contexts Importance of screening and self-examinations Registering and accessing doctors, sexual health clinics and other health services
Summer 2	Financial decision making <ul style="list-style-type: none"> Understand credit and debt Types of account Planning a simple budget Consumer rights Money choices and mental health 	Digital literacy <ul style="list-style-type: none"> Managing online influence Feeding the algorithm Revealing reality: social attitudes to sharing nudes 	Employability skills <ul style="list-style-type: none"> Growth mindset Developing resilience Staying positive Being a role model to younger people Recognising and building skills 	Under the influence (social media) <ul style="list-style-type: none"> Performative nature of social media Can it be trusted Taking control of the feed 	