

**PSHE: Curriculum Map
KS3-5**

2022-23

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Autumn 1	Transition, Identity and Unity: -Motivation -Thriving in Secondary School and Goal Setting -Attitudes to mental health -Promoting emotional wellbeing -Digital resilience -Coping Strategies -Dealing with change, loss and grief	Transition and Unity: -Motivation -Dealing with Change -Self-confidence -Staying positive (resilience) -Adaptability -Setting Goals -Aiming High (proactivity)	Lifestyle Choices: -Motivation -Knife Crime -Drugs and Alcohol -Gangs -County Lines -One Punch Can Kill -Addictions	Mental Health: -Motivation -Emotional Well-being -Wellbeing Action Plan -Grief -Self-concept -Resilience -Helping those struggling to cope	Health: -Motivation -Lifestyles and Wellbeing -Influences on lifestyle decisions -Self-care -Sleep -Knowing your NHS -Tattoos & piercings	Mental Health and Well-being: -Motivation -Suicide Awareness -Young Men and Suicide -Common Mental health issues and strategies -Being a resilient student -Body Image and Social media -De-escalating aggressive situations	Careers and Education: -Motivation -Suicide Prevention Training -Making the Right Choices -What drives you -UCAS -CVs -Interviews
Autumn 2	Inclusion, Diversity & Bullying: -A welcoming and inclusive school - Difference and Diversity in the Community -Impact of Prejudice and Discrimination -Verbal bullying and banter	Mental Health: -Anxiety and depression -Connecting with others -Mental health stigma -Positive self-talk -Unhealthy comparison -Healthy ways to manage	Intimate Relationships: -Positive and respectful intimate relationships -Communication skills for relationships (intimate) -Am I ready for a sexual relationship? (including consent)	Relationships: -Being lesbian, gay or bisexual -Gender Diversity -Stages of a romantic relationship -Why do people choose to have a sexual relationship? -Safer Sex	Careers: -My study plan -Sleep, rest and study -Growth Mindset -My work and other choices at 16 -The changing job market -Applying for work and training how to stand out in a good way	Sexual Health and Relationships: -Is this love or lust? -Online dating pros and cons -Contraception and choices -Sexual health and STIs -Pregnancy and young parenthood	Personal Safety & Health: -Personal safety in relationships -Young adult illnesses -Substance misuse -Alcohol misuse personal and social consequence - Managing emergency situations

	<ul style="list-style-type: none"> -Respect works both ways -Challenging stereotypes -Reducing my carbon footprint 	<ul style="list-style-type: none"> relationship feelings -Mental benefits of physical activity 	<ul style="list-style-type: none"> -Contraception -Sexually transmitted infections (STIs) -Unintended pregnancy -Relationship loss and change 	<ul style="list-style-type: none"> -Faith, culture, values, sex and relationships -Dark web, harmful content and pornography 	<ul style="list-style-type: none"> -Managing my online profile for future employment 	<ul style="list-style-type: none"> -Rape and sexual assault -Sexual exploitation and abuse 	<ul style="list-style-type: none"> - Positives & negatives of gaming and gambling - Managing exam and study stress
Spring 1	<p>Healthy Lifestyles:</p> <ul style="list-style-type: none"> -Fit and Active -Food choices -Food Safety -Personal Hygiene & oral health -Attitudes of young people toward alcohol -Tobacco, vaping and cannabis 	<p>Identity:</p> <ul style="list-style-type: none"> -Am I ready for a boyfriend / girlfriend? -Perceptions & expectations in romantic relationships -Positive romantic relationships -Relationships and the media -Family disputes -What can I do to promote inclusion in my community? 	<p>Careers:</p> <ul style="list-style-type: none"> -What careers are available to me? -What career would I like? -Self-employment options -Being a young entrepreneur -Managing money worries -Being in financial debt 	<p>Financial Choices and Careers:</p> <ul style="list-style-type: none"> -Budgeting skills -Gambling Addiction -Advertising, social media & regulation -My Education Ambitions -Do job stereotypes still exist? -Safety in the workplace 	<p>Abuse & Discrimination:</p> <ul style="list-style-type: none"> -Where do my values come from? -The law, rights and responsibilities in sexual relationships - Domestic abuse -Why do some young people choose crime? -Hate crime -Radicalisation & extremism 	<p>Careers and Study:</p> <ul style="list-style-type: none"> -Keeping physically healthy while studying -Staying motivated -Work or study my next steps -Goal setting and contingency planning -My career ambitions -Marketing yourself 	<p>Discrimination & Personal Relationships:</p> <ul style="list-style-type: none"> -Differences in Societal Values -What is extremist behaviour? -Influence of faith and cultural views on relationships -Understanding gender diversity -Understanding sexuality and sexual orientation -Preparing to live independently
Spring 2	<p>Relationships:</p> <ul style="list-style-type: none"> -Relationship types -Personal values -Family roles -Recognising abuse -Values 	<p>Drugs & Alcohol:</p> <ul style="list-style-type: none"> -Legal drugs -Tobacco, vapes & alcohol -Illegal drugs <p>Media Literacy:</p> <ul style="list-style-type: none"> -The internet -Social media 	<p>Wider World:</p> <ul style="list-style-type: none"> -Managing information -Online information -Extremism -World events -Debate 	<p>Managing Relationships:</p> <ul style="list-style-type: none"> -Intimacy -Sexual images -Sexual harassment -Sexual abuse/assault -Revenge porn 	<p>Fertility & Pregnancy:</p> <ul style="list-style-type: none"> -Contraception -Pregnancy and miscarriage -Abortion -Adoption -Parenting 	<p>Finances and Budgeting:</p> <ul style="list-style-type: none"> -Loans/Credit Cards - Mortgages/Renting -Learning to ride/drive and insurance 	<p>Employment Rights & Financial Choices:</p> <ul style="list-style-type: none"> -Professional relationships -Workplace rights -Unions -Payslips -Budgeting

		-Sharing private information -Cyber bullying					-Contracts -Fraud
Summer 1	Personal Safety, Sexual Health & Hygiene: -Puberty -FGM -Managing risk -First Aid -Peer pressure -Crime	Careers: -Skills and attributes -Types of employment -Employment rights -Work/life balance -Financial management -Unusual careers	Managing Relationships: -Online relationships -Conflict resolution - Separation/divorce -Abusive relationships -Bereavement and grief -Grooming	Managing Safety: -Drugs & alcohol -Smoking -Substance abuse Personal Safety: -Managing risk -Emergencies -First Aid	Gangs & Peers: -Peer influence -Crime Social Media: -Issues with social media -Data usage	Healthy Lifestyles and Personal Safety: -Self-screening -Diet -Exercise -Work: life balance -Travel -Car/road safety	Media Literacy: -Online presence & safety -Fake news -LinkedIn
Summer 2	Skills & Careers: -Teamwork & communication -Opportunities -Different careers/pathways -Personal skills -Hobbies -Overcoming prejudice	Relationships: -Marriage -Staying single -Pornography -Social Media -Social influence -Peer pressure	Personal Health: -Accessing services -Sun safety -Physical examinations -Vaccinations -Sexual health -Gambling	Values, Rights and Responsibilities: New unit		Student Identified Topics: -World issues -Injustice	