

Year 7-11 PSHE Curriculum 2025-2026

	Term 1 Health & wellbeing 	Term 2 Health & wellbeing 	Term 3 Relationships 	Term 4 Relationships 	Term 5 Living in the wider world 	Term 6 Living in the wider world 
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school (including river/water safety and rail safety) and first aid	Health and puberty Healthy routines, influences on health, puberty & periods, unwanted contact, and FGM	Diversity Diversity, prejudice, discrimination and bullying (including protected characteristics – with a focus on racism and misogyny)	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use and vaping	Respect and relationships Consent, 'sexting', and an introduction to contraception	Discrimination The Equality Act 2010- discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Exploring influence The influence and impact of drugs, gangs, role models and the media	Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography	Extremism and radicalisation Communities, belonging and challenging extremism (including misogyny)	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Independence Responsible health choices, and safety in independent contexts	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Next steps Application processes, and skills for further education, employment and career progression	Exams/Revision