

Year 7-11 CPSHE Curriculum 2026-2027

	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, self-esteem and unwanted contact	Diversity Diversity, prejudice, discrimination and bullying (including protected characteristics – with a focus on racism and misogyny) and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Developing skills and aspirations Citizenship, careers, teamwork and enterprise skills, and raising aspirations	Financial decision making Citizenship, saving, borrowing, budgeting and making financial choices
Year 8	Emotional wellbeing Mental health and emotional wellbeing, including body image, risks of online content and coping strategies	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use and vaping, tobacco products, caffeine and alcohol risks and consequences	Respect and relationships Consent, 'sexting', sextortion, and an introduction to contraception, protected characteristics	Discrimination The Equality Act 2010- discrimination in all its forms, including: racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia	Community and careers Citizenship, careers, quality of opportunity in careers and life choices, and different types and patterns of work	Digital literacy Online safety, AI, Deepfakes, AI chatbots, digital literacy, misinformation, media reliability, how your information is used and gambling hooks
Year 9	Peer influence Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Healthy lifestyle Diet, exercise, lifestyle Balance, vaccinations, and healthy choices	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, misogyny, and attitudes to pornography	Respectful relationships Families and parenting, healthy relationships, harassment, peer pressure, conflict resolution, and relationship changes	Setting goals Citizenship, learning strengths, career options and goal setting as part of the GCSE options process	Employability skills Employability and online presence, online presence, AI, deepfakes and the law, citizenship rule of law, democracy and other systems of government
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, grooming, role models and the media and advertisement	Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography, sextortion and harassment including online	Extremism and radicalisation Communities, belonging and challenging extremism (including misogyny and incel), gangs, knife crime and illegal online behaviours, managing online influence including AI and deepfakes	Financial decision making Citizenship, 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, citizenship – rule of law, electoral system
Year 11	Building for the future Self-efficacy, stress Management, risks of harmful social media content and future opportunities	Independence Responsible health choices, and safety in independent Contexts and Gillick Competency, the healthcare system inc A&E, GPs and pharmacies and organ donation	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), sexual ethics, power dynamics, sexual violence, relationship challenges and abuse and coercive control including use of technology	Contraception, Fertility and Families Contraceptive choices, different family types and parental responsibilities, pregnancy and pregnancy choices, menstrual and reproductive health, marriage, co-habiting and forced marriage (link to FGM) and changing relationships	Next steps Application processes, and skills for further education, employment and career progression	Exams/Revision

Year 12-13 PSHE Curriculum 2025-2026

	Term 1 Health & wellbeing 	Term 2 Health & wellbeing/Relationships 	Term 3 Relationships/ Living in the wider world 	Term 4 Relationships/ Living in the wider world 	Term 5 Living in the wider world 	Term 6 Living in the wider world 
Year 12	Transition to KS5 Effective study strategies & skills to support the transition to Sixth Form as well as ways to support mental wellbeing.	Independence & Safety Staying safe in new independent contexts (including drug & alcohol education). Support with Unifrog* & next steps.	Healthy Relationships Positive relationships features and unhealthy relationships, including coercive control. Support with work experience*.	Relationship Safety & Health Online safety, including in relation to meeting new people/online relationships. Fertility & sexual health. Preparation for Future's Week*.	Financial Choices Student finance, debt and mortgages	Future Pathways Politics, Post-16 & UCAS
Year 13	Lifestyle Routines & Wellbeing Independent living and exploring the challenges of leaving home as well as politics, inclusion and intersectionality and the relationship between finances and wellbeing.	Healthy Relationships & Sexual Health Sexual health, sexual pleasure and sexual harm.	Financial Wellbeing Financial independence, budgeting and debts/savings in relation to student life and the future.	Next Steps Preparation for next steps and exam preparation.	Exams/Revision	Exams/Revision