

PSHE Curriculum Map

Month	week number	yr 7	yr 8	yr 9	yr 10	yr 11
		<b>Healthy Living</b>	<b>Healthy Living</b>	<b>Healthy Living</b>	<b>Healthy Living</b>	<b>Healthy Living</b>
<b>Half term 1</b>	1	Starting at Secondary School	What influences food choices?	Sleep	Life Saving Science	Sleep, rest & Study
	2	Personal Hygiene & Oral Health	Physical Activity & Mental Health	Prevention of Infection	Women's Safety	Finding & using health services
	3	How to keep Fit & Active	Taking responsibility for my health	First Aid (From Year 8 SoW)	Substances & Addiction	Consent & relationships
	4	Puberty & Changes	Science & Health	Physical Activity Choices	Why do people choose crime?	Domestic Abuse
		<b>Values, Rights &amp; responsibilities</b>	<b>Values, Rights &amp; responsibilities</b>	<b>Values, Rights &amp; responsibilities</b>	<b>Values, Rights &amp; responsibilities</b>	<b>Values, Rights &amp; responsibilities</b>
<b>Half term 2</b>	1	Prejudice & Discrimination	Extremism	LGBTQ+ & the Law	Marriage, partnership & rights	Rights, responsibilities & the law in sexual relationships
	2	Challenging Stereotypes	Promoting Inclusion	What career would I like	Where do my values come from?	Emergency First Aid
	3	Careers Focus	Careers Focus	Careers Focus	Hate Crime	Substances & future life choices
	4	Community Diversity	Environmental Impact of Fast Culture	Being in Financial Debt	LGBTQ+ History	Preparing for Change
<b>Christmas Break</b>						
		<b>Keeping Safe</b>	<b>Keeping Safe</b>	<b>Keeping Safe</b>	<b>Emotional &amp; Mental Health</b>	<b>Relationships</b>
<b>Half Term 3</b>	1	Grooming	Alcohol	Kinfe & Gang culture	Unhealthy warning signs & triggers	Addiction
	2	Travel Safety	Substances & the Media	Drugs & the Law	Stress Anxiety & Depression	Stress Anxiety & Depression
	3	Tobacco, Vaping & Cannabis	Financial Exploitation	Abusive Behaviour	Developing self esteem & Confidence	Mock Exams
<b>Half Term</b>		<b>Relationships</b>	<b>Relationships</b>	<b>Relationships</b>	<b>Relationships</b>	<b>Relationships</b>
<b>Half Term 4</b>	1	Friendships	Positive Romantic Relationships	Types of Contraception	Parenting & Teenagers	Managing Unwanted Attention
	2	Families	Perceptions in Romantic Relationships	Communication Skills including Consent	Being LGBTQ+	Substances & Risky Sex
	3	Emotional Influence & Peer Pressure	Relationship Feelings	Sexting	Being a young parent	Preparing for Change
<b>Easter Break</b>						
		<b>Emotional &amp; Mental Health</b>	<b>Emotional &amp; Mental Health</b>	<b>Emotional &amp; Mental Health</b>	<b>Online Life &amp; the Media</b>	<b>Exams</b>
<b>Half Term 5</b>	1	Feelings & Behaviour	Anxiety & Depression	Managing Peer Approval	Advertising, Social Media & Regulation	REVISION
	2	Learning from my Mistakes	Mental Health Stigma	Support for Mental Health	Gambling Addiction	REVISION
	3	Careers Focus	Careers Focus	Careers Focus	Radicalisation & Extremism	REVISION
<b>Half Term</b>		<b>Online Life &amp; the Media</b>	<b>Online Life &amp; the Media</b>	<b>Online Life &amp; the Media</b>	<b>Work &amp; Careers</b>	<b>Exams</b>
<b>Half Term 6</b>	1	Online Privacy	What does the Internet know about me?	Why do people behave differently online?	Preparation for Work Experience	EXAMS
	2	Social Media & Image	Online Bullying	Positive use of the Media	Jobs & Stereotyping	EXAMS
	3	Online Personality	Positive Online Relationships	Bullying & Mental Health	Changing Job Market	EXAMS
	4	Body Image	Unhealthy Comparison	What affects mental health?	Work Experience	EXAMS
<b>activities week</b>						

