



PSHE and RSE topic overviews

Year	Michaelmas 1 Being Me in my world	Michaelmas 2 Celebrating difference	Lent 1 Dreams and goals	Lent 2 Healthy Me	Trinity 1 Relationships	Trinity 2 Changing Me
KS3						
Year 7	Unique me, my influences, peer pressure and online safety.	Bullying, discrimination, stereotyping and how to challenge negative behaviours and attitudes.	Celebrating success, identifying goals, overcoming challenges and safe and unsafe choices.	Managing mental health, nutrition, sleep and making healthy choices.	Healthy relationships, emotions within friendships and managing change.	Puberty changes, media and self image/self esteem.
Year 8	Family and identity, stereotypes and respecting the beliefs of others.	Positive behaviour, social injustice, race and religion.	Careers, money and happiness, budgeting and the impact that money has.	Stress triggers, understanding our moods and understanding our own responsibility for our health.	How to manage a range of relationships, personal space, online privacy and the impact of social media within relationships.	Legal statuses of relationships, physical attraction and risky behaviours.
Year 9	The perceptions of intimate relationships, peer approval, risky behaviours and recognising abuse.	Direct and indirect discrimination, stereotyping and the legal consequences of bullying and discrimination.	Body image, the impact of the media and the links between body image and mental health.	Alcohol and the law, emergency situations and first aid.	Intimate relationships and the risks, contraception choices and the importance of consent.	Mental health, resilience, the importance of sleep and managing emotional changes.
KS4						
Year 10	Human rights, safety in the UK, ending relationships safely and understanding the stages of grief.	Equality including in the workplace, in society and in relationships.	Work/life balance, the benefits of helping others and having an online profile.	Improving health, sexual health, organ donation and stem cells.	Sustaining long term relationships, the consequences of ending a relationship and understanding abusive behaviours.	Sexual identity, gender and changes within families.
Year 11	Equality in relation to disability and the Equality act.	MOCK EXAMS	Career aspirations, finances, debt and what to do when things go wrong.	Managing stress+anxiety, exam pressure, sexual health+hygiene, sexual pressure, STIs and contraception.	Intimate relationships, LGBT+ rights, protection and hate crime.	STUDY LEAVE



KS5

Year 12	Creating and managing relationships, prejudice and discrimination and bullying .	Equality in society, vulnerable groups and understanding power and control.	Finance and money matters, media literacy and digital resilience.	Healthy lifestyles, mental health and emotional well-being, anxiety and depression.	Sexual and reproductive health, hate crime, safely ending relationships and understanding abusive behaviours.	Managing risk and personal safety and consent.
Year 13	UCAS preparation and one to one meetings.	MOCK EXAMS	Financial choices, budgeting, money skills and creating the university cook book.	Drugs and alcohol, alcohol abuse, being independent and how to stay safe when leaving home.	Leaving Plans and study leave.	

