

PSHE curriculum plan

	Core theme 1: Health & Wellbeing	Core theme 2: Relationships and sex education	Core theme 3: Living in the wider world	Core theme 4: Study of world religions		
	HT1	HT2	HT3	HT4	HT5	HT6
Year 7	<p>Transition to secondary school.</p> <p>Diet, exercise and making healthy choices.</p> <p>The risks of alcohol, tobacco and other substances.</p> <p>Mental health and emotional wellbeing including body image.</p>	<p>Introduction to careers.</p> <p>Challenging career stereotypes and raising aspirations</p> <p>Exploring Christianity.</p>	<p>Diversity, prejudice and bullying, including cyber-bullying.</p> <p>Managing on and off-line relationships.</p> <p>Exploring Islam.</p>	<p>Managing puberty and issues of unwanted contact and FGM.</p> <p>Managing change and loss.</p> <p>Exploring Sikhism.</p>	<p>Self-esteem, romance and friendships.</p> <p>Exploring family life.</p> <p>Managing change, grief and bereavement.</p>	<p>Making ethical financial decisions.</p> <p>Saving, spending and budgeting our money.</p> <p>Exploring Judaism.</p>
Year 8	<p>First aid and personal safety including road safety.</p> <p>Alcohol and drug misuse and managing peer influence.</p> <p>Peer pressure, assertiveness and risk, gang crime.</p>	<p>Rights and responsibilities in the community, including tackling age and disability discrimination.</p> <p>Evaluating value for money in services.</p> <p>Risks and consequences / making financial decisions.</p>	<p>Tackling racism and religious discrimination, promoting human rights.</p> <p>Online safety and digital literacy.</p> <p>Exploring Buddhism.</p>	<p>Dieting, lifestyle balance and unhealthy coping strategies.</p> <p>Mental health and ill health, tackling stigma.</p>	<p>Relationships and sex education including healthy relationships and consent.</p> <p>Introduction to contraception.</p> <p>Tackling homophobia, transphobia and sexism.</p>	<p>Employability skills and careers.</p> <p>Exploring careers from a local perspective.</p> <p>Exploring Hinduism.</p>
Year 9	<p>Managing peer pressure in relations to illicit substances.</p> <p>Assessing the risks of drug and alcohol abuse and addiction.</p>	<p>Understanding careers and future aspirations.</p> <p>Understanding the causes and effects of debt.</p> <p>Understanding the risks associated with gambling.</p>	<p>Managing conflict at home.</p> <p>Understanding different families and identifying positive parenting skills.</p> <p>Managing romantic challenges including breakups.</p>	<p>Evaluating the social and emotional risks of drug use.</p> <p>Exploring the influence of role models.</p> <p>Health and safety in independent contexts.</p>	<p>The risks of STIs, sexting and pornography.</p> <p>Tackling relationship myths and expectations.</p> <p>Prejudice and discrimination.</p>	<p>British values, human rights and community cohesion.</p> <p>Challenging extremism and radicalisation.</p> <p>Tackling domestic abuse and forced marriage.</p>

