

PSHE curriculum – Autumn term 1



Year 7

Topic: personal education

In this topic students reflect on themselves as individuals and their own identity, along with factors which influence who they are- including their friends, family, culture, and people they admire. We address the fundamental British values of respect and tolerance. They learn about how to express opinions and give feedback to others in a kind way. They also learn about the importance of routines.

Year 8

Topic: social education

This topic covers digital literacy. Students will address the dangers of social media, look at how to identify and avoid scams, and how to spot fake news. They finish this topic by learning about the laws and rights of children, the role of the police in keeping them safe, and the concept of joint enterprise.

Topic: personal education

In this topic, students learn about a range of different feelings and emotions that they will experience and how to manage those feelings in a healthy manner. This includes knowing the difference between right and wrong.

Year 9

Topic: personal education

In this topic, students learn about becoming a young adult and the responsibilities which come with it. They learn about resolving issues with parents and family members, how to manage their mental wellbeing and how to deal with worries and anxieties. In the second part of this topic, students learn about finances- including bank accounts, saving and borrowing money and problem gambling and support.

Year 10

Topic: personal education

In this topic students learn about how to look after themselves and others regarding mental wellbeing. Initially they learn about facing new challenges, and how to build confidence and self-esteem. They learn about how to manage stress and reframe negative thoughts during periods of change or loss. They learn about self-harm and suicide. Finally, they learn how to promote wellbeing, and how to get or give help for mental health problems.

Year 11

Topic: health education

Students learn about maintaining a healthy lifestyle and mental wellbeing ahead of year 11. They learn about how to make positive lifestyle choices, Which includes diet, exercise and sleep choices. They learn about time management, and the importance of mental wellbeing in addition to physical. They learn about the dangers of caffeine and nicotine, and the impacts these substances can have on their body.

You can find more details on statutory RSE here: [Relationships Education, Relationships and Sex Education and Health Education guidance](#).

Our school policy on RSE education can be found on the school website: [RSE-Policy-2025-2026.pdf](#)

PSHE curriculum – Autumn term 2



Year 7

Topic: relationships education

Students learn about how to make friends and be a good friend. They learn about empathy, resolving conflicts, saying sorry and bullying.

Topic: social education

Students learn deeper knowledge about bullying and specifically cyberbullying. They learn about how to stay safe online

Year 8

Topic: personal education

In this topic, students learn about a range of different feelings and emotions. This includes knowing the difference between right and wrong and how this relates to 'regret'. They then learn about stress, fear and anxiety- where students look at causes of stresses and anxiety and ways to manage these feelings. At the end of the topic students learn about jealousy and managing this emotion.

Year 9

Topic: social education

This topic centres on the topic of urban street gangs. As part of this, students learn about how to manage difficulties in friendships and peer pressure situations. These are then linked to wider issues in society such as youth crime, gang violence and knife crime. Students look at gang pressure, the risks and the consequences of joining a gang, and then finally where they can turn for help, guidance, and exit strategies for gangs.

Year 10

Topic: health education

Students learn about the different influences on health choices, including choices for diet, exercise and sleep. They learn about planning for a healthy life and being health aware- looking at government or NHS campaigns to improve public health. They learn about the importance of immunisations and health checks at different stages of their life including different screenings offered by the NHS. Finally, students learn about their skin, including tattoos and piercings -the laws around body modifications and how to stay healthy if getting them done.

Year 11

Topic: social education

Short topic due to pre public examinations taking place this half term.

Extended topic on gangs which crosses into next half term. This half term students learn about youth crime and the police. They also learn about urban street gangs, how they operate and how they lure people in..

PSHE curriculum –Spring term 1



Year 7

Topic: personal education

In this topic, students learn about how to recognize, express and manage their emotions. They will learn about the differences between good and poor mental wellbeing, and what they can do to improve their wellbeing if they are feeling low. Students learn about worries, anxieties and how to manage these feelings when they develop. The end of this topic covers grief – in the context of bereavements and in other forms. Students learn what grief is, when it is usually felt, and how to manage these feelings.

Year 8

Topic: health education

This topic addresses different factors which contribute towards a healthy or unhealthy lifestyle. Students learn about the importance of sleep and exercise for both their mental and physical health. They learn about hobbies, free time away from school and the dangers of mobile phone and gaming addiction. They cover healthy diets, unhealthy diets and eating disorders. The topic ends by equipping students with methods to maintain a positive body image.

Year 9

Topic: relationships education

In this topic, students start the sex education aspect of sex and relationships education. As part of this, they learn about consent and the law – building on their understanding of consent in non-sexual situations from Y7 and Y8. They then look at different attitudes towards sex and understand that it is okay for different people to have different attitudes and feelings. Finally, they learn about pornography and the problems and dangers associated with it. They are equipped with the knowledge and skills to keep themselves safe.

Year 10

Topic: social education

In this topic students learn about their digital footprint. Students are equipped with information about how to protect themselves when navigating the online world. This includes topics such as the dangers of livestreaming, and explicit content online. We learn about the laws surrounding explicit content online, and the dangers associated with accessing or posting this material. We then link this knowledge and learning to criminal activity online, and online blackmail. We equip students with the knowledge and information to keep themselves safe.

Year 11

Topic: social education

Extended topic on gangs which continues from last half term. They learn about the dangers and consequences of gangs. The topic develops and covers knife crime, including the choices involved when knife crime happens, the consequences of knife crime, and the impact on the victims of these violent crimes. Students cover case studies of different offenders and learn about how to keep themselves and others safe, and how to recognise and exit a gang.

You can find more details on statutory RSE here: [Relationships Education, Relationships and Sex Education and Health Education guidance](#).

Our school policy on RSE education can be found on the school website: [RSE-Policy-2025-2026.pdf](#)

PSHE curriculum –Spring term 2



Year 7

Topic: health education

In this topic, students learn about puberty and the physical and emotional changes which they can expect to go through as they progress through their teenage years. They also learn specifically about the menstrual cycle and periods. Students learn about the physical and emotional symptoms felt during the menstrual cycle, and how to support friends who are struggling with them. The topic ends by addressing self-confidence, developing a positive body image, and how to manage influences on body satisfaction such as from social media.

Year 8

Topic: social education

This topic centres on discrimination and equality. Students learn what stereotypes are and how they should challenge them. They learn what prejudice and discrimination are, and what the equality act stands for. They then look in depth at specific types and examples of inequality, including disability and deaf awareness, learning differences, neurodivergences, and ageism.

Year 9

Topic: social education

This topic focuses on discrimination and prejudice. Students learn about what oppression is and how different groups of people have historically or currently experience oppression. They take some time to specifically study racism in education, in the workplace and in wider society. We also take time to specifically study and consider classism, as well as homophobia, transphobia, and LGBTQ+ rights.

Year 10

Topic: relationships education

This topic covers the characteristics and details of both healthy and unhealthy relationships. Students recap the characteristics of a healthy relationship and learn what intimate relationships are, tying this into prior learning on the law and consent. They then learn about the characteristics of unhealthy relationships, including abuse in relationships. They learn about forced marriage, how this is different to arranged marriage, and honour-based violence. The end of this topic students learn about contraception and how to access sexual health clinics and services.

Year 11

Topic: relationships education

In this topic students learn about the different types of family, and different types of partnership / long term relationship – including marriage and cohabitation. The second half of this topic looks in depth at pregnancy and fertility. Building on knowledge from science lessons, students learn about what happens at the different stages of pregnancy. They then learn about miscarriage, fertility support, and different options available for pregnancy. These lessons are designed to provide students with information and facts for them to develop their own opinions and views on these topics

PSHE curriculum –Summer term 1



Year 7

Topic: relationships education

In this topic, students learn about the different types of family and different types of long-term relationship. They learn about what makes a healthy relationship in terms of familial, friendship and romantic relationship. They consider different family structures- including separated parents, LGBTQ+ families, and extended families. Students will learn about the concept of consent, the law around consent, and how to keep themselves safe.

Year 8

Topic: relationships education

In this topic students build on their knowledge of healthy friendships and healthy familial relationships. Students learn about what romantic relationships are, and how to recognize if a romantic relationship is healthy or unhealthy. They build on their knowledge of consent from Y7 and primary schools to look at the laws around the topic of consent. The end of the topic teaches students how to keep themselves safe- learning about the dangers of sexting, signs of grooming and child abuse.

Year 9

Topic: social education

Students continue the social education topic started in the previous half term and build on it. This half term is dedicated to sexism, where students get to learn about misogyny and misandry. They learn about how harmful views and behaviours can lead to violence against women, and how false standards of 'masculinity' harm men. They learn about how to spot and avoid sexism in online spaces, as well as about their responsibilities online. Students are equipped with knowledge to keep themselves and each other safe.

Year 10

Topic: social education

This topic is short due to students sitting pre-public examinations this half term.

Students cover the topic of climate change extensively, including what it is, what is causing it, and what can be done to deal with it and minimise the impacts. .

PSHE curriculum –Summer term 2



Year 7

Topic: relationships education

FGM (female genital mutilation) is taught in primary school. Building on the topic of consent from last half term, students learn what FGM is, who is at risk, how to spot warning signs in themselves or their peers, and what to do.

Topic: health education

Students learn about their physical wellbeing and how to keep healthy. They learn about the dangers of cigarettes, vapes and nicotine. Students also learn about drugs – what they are and the risks they pose to our bodies.

Year 8

Topic: social education

This topic centres on the idea of healthy communities. As part of this topic, students learn about the fundamental British value of democracy, and learn about what it means to live in a democratic country. Students learn about the process of voting and how this shapes the leadership of a democratic country. They then move onto pressure groups and how these influence people and the way in which they vote. Students learn about what makes a healthy community, and the importance of contributing to your community. The end of this topic ties students learning on healthy communities to their learning at the start of the year on safety online by looking at the warning signs and risks of radicalisation.

Year 9

Topic: health education

This topic equips students with the knowledge of how to keep themselves and others safe as they progress through adolescence. They look at how to stay safe at parties, how to manage influences on them and how to deal with peer pressure situations. They learn about what to do when they find themselves in situations they are uncomfortable with. They then learn about the dangers and risks of alcohol use, drug use, and the laws around these topics.

Year 10

Topic: social education

Students spend this half term studying various social and ethical issues. We teach these topics in a balanced way, allowing students to make informed opinions based on the information given. They learn about the ethics of blood, organ and stem cell donation. They learn about what genetic engineering is and the ethical considerations which need to be considered. They learn about fake news, censorship and free speech. Finally, students study consumer rights and ethical consumerism- within this, students learn what boycotting is, and why people may choose to do it.