

PSHE Content Map 2022 – 2023:

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Autumn 1	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Building for the future Self-efficacy, stress management, and future opportunities	Self Concept And Mental Health	Health & Wellbeing In Adulthood
Autumn 2	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Next steps Application processes, and skills for further education, employment and career progression	Careers – Cv's & Interviews	Financial Literacy
Spring 1	Diversity Diversity, prejudice, and bullying	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Consent & Contraception	Sex & Relationships
Spring 2	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Exploring influence The influence and impact of drugs, gangs, role models and the media	Independence Responsible health choices, and safety in independent contexts	Managing Risk & Personal Safety	Sexual Health, Alcohol & Drugs
Summer 1	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to Contraception (Spring 1)	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Addressing extremism and radicalisation Community cohesion and challenging extremism	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Respectful Relationships	Bullying
Summer 2	Financial decision making Saving, borrowing, budgeting and making financial choices	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Employability skills Employability and online presence	Work experience Preparation for and evaluation of work	N/A	Being Safe Online	N/A

				experience and readiness for work			
When key issues are covered	Bullying – Spring 1 FGM – Spring 2 Consent – Summer 1	Honour based violence – Autumn 1 Racism – Spring 1 Gender & identity – Summer 1 Consent – Summer 1 Grooming – Summer 2 *Safety Day – County lines, Knife crime, drugs)	Autumn 1 – gangs, knife crime, drugs and alcohol Spring 1 – bullying Summer 1 – RSE	Spring 1 – RSE & consent Spring 2 – gangs, drugs Summer 1 - radicalisation	Spring 1 – abusive relationships Spring 2 - sexual health Summer 1 – pregnancy, abortion, recap honour based violence	Spring 1 – consent, sexual abuse, pregnancy, being assertive, contraception Summer 1 – intimacy, prejudice Summer 2 – radicalisation, extremism	Spring 1 – sexual abuse, consent, exploitation, pregnancy, contraception Spring 2 –sexual health, STIs, alcohol and drugs Summer 1 – de-escalating situations, harrassment, gangs and knife crime