



YEAR	TOPICS	TERMLY INDEPENDENT WORK
7	<i>The order of these topics may change depending on topical events and pupil needs. Speakers and theatre groups will be invited in when possible.</i> Valuing Myself and Others • Sharing Perspectives • Respecting Differences • Factors affecting different relationships • Mental and emotional health • Risky behaviour • Presenting myself well Responsibilities and Values • Self-Review: Who am I? • Balance and Responsibility • Qualities and Behaviours • Familial Roles and Responsibilities • Financial Ethics • Values and Boundaries Amplifying Voices • Representations of Mental Health • Social Media Opportunities and Benefits • Media and Self-Image • Media Representations of Relationships • Responding when things go wrong online • Social and Environmental Impact of Financial Decisions	



	Making Safe Choices • Presenting Self Online • Sharing Images • Reducing Risk Online • Managing Personal Safety • First Aid and Common Injuries • Establishing personal values and clear boundaries Growing and Thriving • What is FGM? • Peer Influence and Consent • Triggers for unhealthy coping strategies • Strategies for managing puberty • Gender and sexuality • Recognising bullying Healthy Futures • Taking Responsibility for my physical health • A balanced diet • Positive use of drugs • Negative use of drugs • Employment Pathways	
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	Building Perspectives • Judging how trustworthy and up to date information is • Difference between causation and correlation • Support your opinions with evidence • Listen to and consider different points of view • Reflecting on other's views before speaking • The Law relating to Freedom of Speech Everyday Safety • Social Identity, Pack Mentality and Decision-making • Peer Pressure in social and online contexts • Recognising triggers that escalate conflict • Strategies to reduce unsafe influence • Road and rail safety • Safety in the home Changing Bodies • Understanding brain changes that take place during puberty • Understanding the effects of sleep • Male and Female body changes: breast changes Water Safety • Hidden dangers in inland water • Coastal safety • Lifeguards and water safety organisations Responding to Risk • Connection, choice, and risk • Hidden online risks • Friendship or exploitation?	
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	• Knife crime: rights, responsibilities, and the Law • Safe family relationships and protecting rights Intimate Relationships • Relationship boundaries • Health intimacy • Commitment and values • Marriage: Rights and Legalities	
9	<i>The order of these topics may change depending on topical events and pupil needs. Speakers and theatre groups will be invited in when possible.</i> Building Healthy Connections • Relationship dynamics • Respect and allyship • Negotiating changing relationships • Representation and response • Understanding online influences • Deconstructing digital manipulation Making Good Decisions • Social media, food trends and healthy eating • Healthy lifestyles', weight, and life expectancy • Exercise, stress and tobacco • Alcohol, addiction, and dependency • Alcohol, health campaigns, and pregnancy • Spice, vaping and drug awareness Risks, Attitudes, and Influences • Screentime, online behaviour and mental well being	



- Online risks, gambling, and compulsive behaviours
- Alcohol, mental health, and peer pressure
- Resisting peer pressure and staying safe around substances
- Alcohol emergencies and personal safety
- Online exploitation, criminal exploitation and staying safe

Changing Relationships

- Understanding change, stress, and the brain
- Family change, responsibilities, and financial impact
- Life changes, parenthood, and financial planning
- Understanding grief, loss, and coping strategies
- Healthy relationships, change, and ending relationships respectfully
- Online relationships, abuse sextortion, and sources of support

Intimacy, Consent and Safer Sex

- Healthy relationships, gender expectations, and social pressures
- Trust, boundaries, and consent
- Sexual consent, the Law, and harmful sexual behaviours
- Coercive control, forced marriage and relationship safety
- Relationship breakdown, respect, and intimate images
- Pornography, consent, and healthy relationships
- Strangulation, safety, and support
- Contraception
- STIs
- Accessing Sexual health services



10	<i>The order of these topics may change depending on topical events and pupil needs. Speakers will be invited in when possible.</i> Taking Charge of my Health • Stress, mental health and the teenage brain • Exercise, mood and supporting others • Nutrition, healthy weight, and meal planning • Menstrual health, medical consent, and screening • Self-examination, infection, and vaccination • Sleep Online Influence and Personal Responsibility • Understanding extremism and online recruitment • Simplifying complex issues and challenging narratives • Online relationships, grooming, and exploitation • AI, deepfakes, and disinformation • Online communities, self-esteem, and vulnerability • Harmful online content, suicide awareness, and seeking support Money Matters • Understanding income, payslips, and personal budgets • Financial Decision making and setting priorities • Financial stability, credit and borrowing • Scams, phishing, and online financial safety • Unsafe lending and financial exploitation • Gambling, gaming, and the risks of 'quick money' World of Work • Rights at work and worker protection • Stereotypes, expectations, and career choices	
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	• Discovering my future career path • Career pathways and financial goals • Setting goals and building employability • Adapting plans and creating a plan B Making Choices • Giving Life – Organ, blood, and stem cell donation • Body modification, identify and self-expression • Pierings, cosmetic procedures and staying safe • Social media influence and appearance pressures • Sun safety and skin cancer reduction risk • Understanding addiction and seeking support Independent Life: Socialising and Safe Travel • Staying Safe when socialising • Alcohol, drugs, and vulnerability • Drink spiking and alcohol poisoning • Safe independent travel and nighttime safety • Staying safe abroad • Supporting friends and managing unsafe situations	
11	<i>The order of these topics may change depending on topical events and pupil needs. Speakers will be invited in when possible.</i> Changing Bodies, Changing Roles • The Human Life Cycle • Nature, Nurture, and influences on development • Relationships, transition and well being • Fertility, perimenopause, or menopause	



- Attitudes of aging
- Caring, intergenerational relationships and support

Pregnancy, Families and Preparing for Adult Life

- Healthy pregnancy and giving a child a best start
- Pregnancy, fertility, and reproductive health
- Infertility, pregnancy loss, and miscarriage
- Parenting, attachment, and early childhood development
- Family Diversity, Adopting and Fostering
- The reality of raising a family

Complex Relationships

- Recognising domestic abuse and coercive control
- Why people do not always seek help
- Technology, social media, and abuse
- Financial abuse and exploitation
- Honour based violence, forced marriage and FGM
- Culture, faith, relationships, and personal values

Pleasure, Media Representation and Sexual Ethics

- Understanding sexual well being
- The science of sexual response
- Understanding pleasure and individual difference
- Communication, boundaries, and consent
- Enthusiastic, on-going consent
- Faith, culture, and diverse perspectives
- Sexual scripts and relationship expectations
- Media, pornography, and equality
- Gender expectations equality and ethical relationships



PSHE CURRICULUM OVERVIEW

Key Stages 3 & 4

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