

PSHE

Year 7

Subject
PSHE: What is Diversity? (R)
PSHE: What is resilience?
PSHE: What is self-esteem?
PSHE: Black History Month
PSHE: Healthy Lifestyle – Maintaining a balanced Diet
PSHE: Remembrance Day
PSHE: Healthy Lifestyle exercising for wellbeing
PSHE: Healthy lifestyle: achieving balance
PSHE: Addictive substances - Legal and Illegal drugs
PSHE: Media literacy – staying safe online
PSHE: Growing Up: Physical and Mental Changes
PSHE: Understanding Menstruation
PSHE: Sexuality and gender identity – an introduction (R)
PSHE: Challenging gender stereotypes (R)
PSHE: Growing up – Physical and Mental
PSHE: Understanding menstruation
PSHE: Marriage (R)
PSHE: Coping with change, bereavement, divorce and separation (R)
PSHE: Domestic Violence, Controlling and Cohesive behaviour (R)
PSHE: FGM- facts and risks (R)
PSHE: What consent means in friendships and online interactions (R)
PSHE: Online Safety – Consent in friendships and online interactions.
PSHE: Personal Data
PSHE: Online Subculture
PSHE: What is mental health
PSHE: Social Media & Mental Health
PSHE: Mental health - coping strategies
PSHE: Mental health – Talking about emotions
PSHE: Healthy lifestyle for wellbeing inc Vaping
PSHE : Diet, Exercise, Meditation

Year 8

Subject
PSHE: Budgeting and Saving
PSHE: Income and Expenditure
PSHE: Tax and National Insurance
PSHE: Black History Month
PSHE: Gambling the facts
PSHE : Remembrance

PSHE

PSHE: Addictive substances - legal and illegal drugs.
PSHE: Leadership Skills
PSHE: Media Literacy: Interpreting Online Information
PSHE: Sexuality and Gender Identity (R)
PSHE: Consent what it is and why it is essential (R)
PSHE: Contraception (S)
PSHE: An introduction to body image
PSHE: Self Esteem
PSHE: Types of families (R)
PSHE: Marriage (R)
PSHE: Domestic Violence, Controlling and Cohesive behaviour (R)
PSHE: Relationships – Ending respectfully and Power dynamic (R)
PSHE: Grooming (R)
PSHE: Mental Health – talking about emotions
PSHE: Mental Health Coping Strategies
PSHE: Self Esteem & Body Image
PSHE: Diet, Exercise, Meditation (Vaping)
PSHE: Social Media & Mental Health
PSHE: Online Safety
PSHE: Online Subculture
PSHE: Growing up - Physical & Mental
PSHE: Understanding menstruation
PSHE: Change & Coping with Change

Year 9

Subject
PSHE: Health Lifestyles: Health Services, Self-Examination and Vaccination
PSHE: Physical health: long-term illness, resilience and accessing support
PSHE: Legal and Illegal Drugs
PSHE: Who am I
PSHE : Black History Month
PSHE: Financial Choices: Budgeting, Saving, Debt
PSHE: Remembrance
PSHE: Financial Choices: Income and expenditure
PSHE: Social Influences: Young People and Gangs Inc Knife Crime
PSHE: Recognising and preventing discrimination
PSHE: Sex and Consent Online (R)
PSHE: Practicing Safe Sex (S)
PSHE: Sex and consent online (R)
PSHE: Relationships and Conflict (R)
PSHE: Family life - Parenthood and Caring (R)

PSHE

PSHE: Relationships: Healthy and abusive (R)
PSHE: Relationships: Ending respectfully & power dynamics. (R)
PSHE: Marriage (R)
PSHE: Types of families, Early years and brain development. (R)
PSHE: Domestic Violence, Controlling and Cohesive behaviour (R)
PSHE: Sex and Consent (S)
PSHE: Sexual Health – Contraception (S)
PSHE: Understanding menstruation
PSHE: Social influence – Peer Pressure
PSHE: Digital safety – image based abuse and privacy
PSHE: Online Subculture
PSHE: Social media & mental health
PSHE: Self-esteem & confidence
PSHE: Discrimination
PSHE: British Values & Protected characteristics

Year 10

Subject
PSHE: Managing Risks: Unsafe and Emergency Situations
PSHE: Gambling: risks, Consequences and Safety
PSHE: Financial Choices: Managing finances in the world of work.
PSHE: Who am I?
PSHE: Black History Month
PSHE: Challenging prejudice and discrimination
PSHE: Remembrance
PSHE: Know your rights: The Equality Act 2010
PSHE: Navigating social influence and pressure
PSHE: The impact of relationships (R)
PSHE: Changing relationships: managing your feelings (R)
PSHE: Staying Safe online: protecting your personal data
PSHE: Staying safe online: misinformation and extremism
PSHE: Long term health risks – Alcohol & drugs
PSHE: Addiction & its impact
PSHE - How long-term conditions and unhealthy coping strategies can interact
PSHE: Immunisation & disease prevention
PSHE: Sexuality and gender identity
PSHE: Relationships - Healthy & Abusive (R)
PSHE: Relationships - Ending respectfully & power dynamics (R)
PSHE: Marriage (R)
PSHE: Types of families, early years & brain development (R)
PSHE: Domestic Violence, Controlling and Cohesive behaviour (R)

PSHE

PSHE: Consent & intimacy (S)
PSHE: Sexual Health: Contraception (S)
PSHE: Sexual Health: Sexual health: STIs (including HIV/AIDS), prevention and stigma (S)
PSHE: Understanding pornography, Law & consent (S)
PSHE: RE Focus
PSHE: Mental Health: Exam Stress (GCSE)
PSHE: Body Image & Self Esteem
PSHE: Staying safe online – Personal data
PSHE: Staying safe online - Misinformation
PSHE: Online subculture

Year 11

Black History Month
Online Safety: misinformation/deep fakes
Mental Health: revisited
Sexual Violence and Harassment. (R)
Fertility and Menopause. (S)
Conflict in Relationships (R)

(S) – Content defined as Sex Education in the academy’s Relationships and Sex Education Policy.

(R) – Content defined as Relationships Education in the academy’s Relationships and Sex Education Policy.