



PSHE PROGRAMME
September 2024/2025

Highlighted in yellow are the Sex Education aspects of Relationships and Sex Education Policy.

From September 2021 Health and Relationship Education is a statutory requirement, see the RSE Policy for further details

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	<p>Transition and safety Transition to secondary school and personal safety in and outside school, including first aid</p> <p>Students to receive a knowledge Book covering the following:</p> <p>Timetabled Lessons – Our Society (PSHE) Celebrating Difference, Identity, Respectful Relationships, Pressures and Influences, The Equality Act, Stereotypes in society.</p> <p>Form Activities</p> <ul style="list-style-type: none"> o How to manage the challenges of moving to a new school o how to improve study skills <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o Show to establish and manage friendships. o Bullying o how to respond in an emergency including basic practical first aid <p>Good News UK – Provide students with Bibles and Well-being reads.</p> <p>Key Date Celebrations –</p> <ul style="list-style-type: none"> - Black History Month - International Day of Democracy – Student vote for their Student Council. - Mental Health Awareness Day 	<p>Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations</p> <p>Students to receive a knowledge covering the following: KS3 Newsletter to parents.</p> <p>Timetables Lessons – Our Society (PSHE) Men in society, consent and Boundaries, The Dangers of Drugs and Alcohol. Gaming Safety, What is AI.</p> <p>Form Activities</p> <ul style="list-style-type: none"> o About equality of opportunity o About a broad range of careers and the abilities and qualities required for different careers. <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o How to be enterprising, including skills of problem-solving, o communication, teamwork, leadership, risk-management, and creativity <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Remembrance Day - Anti-Bullying Week - Diwali - Children in Need - Christmas Jumper Day 	<p>Diversity Diversity, prejudice, and bullying</p> <p>Students to receive a knowledge Book covering the following:</p> <p>Timetabled Lessons – Our Society (Citizenship) How is a country Run, Why is politics important, The role of the Prime Minister, The Monarchy, Political Debates and Parliament?</p> <p>Form Activities</p> <ul style="list-style-type: none"> o About identity, rights and responsibilities o How to challenge prejudice, stereotypes and discrimination <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o The signs and effects of all types of bullying, including online <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Children’s Mental Health Week - LGBT History Month 	<p>Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM</p> <p>Students to receive a knowledge Book covering the following: KS3 Newsletter to parents.</p> <p>Timetabled Lessons – Our Society (Citizenship) Elections and Campaigning, Creating a Campaign, Speech Writing.</p> <p>Form Activities</p> <ul style="list-style-type: none"> o How to manage influences relating to caffeine, smoking and alcohol o How to manage physical and emotional changes during puberty about personal hygiene <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o How to make healthy lifestyle choices including diet, dental health, physical activity and sleep <p>External Programmes: Bikeability</p> <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Red Nose Day - Eid - Easter - Vaisakhi - International Women’s Day 	<p>Building relationships Self-worth, romance and friendships (including online) and relationship boundaries</p> <p>Students to receive a knowledge Book covering the following:</p> <p>Timetabled Lessons – Our Society (Religious Studies) The 6 big Religions. Existence of God, what do I believe about God, Creations Stories.</p> <p>Form Activities</p> <ul style="list-style-type: none"> o how to develop self-worth and self-efficacy o qualities and behaviours relating to different types of positive relationships <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o how to recognise unhealthy relationships o how to recognise and challenge media stereotypes o how to evaluate expectations for romantic relationships <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Mental Health Awareness Week 	<p>Financial decision making Saving, borrowing, budgeting and making financial choices</p> <p>Students to receive a knowledge Book covering the following: KS3 Newsletter to parents.</p> <p>Timetabled Lessons – Our Society (Religious Studies) Life After Death, God in Hinduism & Sikhism, God in Islam & Christianity, Connection between the major religions.</p> <p>Form Activities</p> <ul style="list-style-type: none"> o about ethical and unethical business practices and consumerism <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o how to make safe financial choices o how to manage risk-taking behaviour <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Windrush Day - Pride Month

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 8	Students to receive a knowledge Book covering the following:	Students to receive a knowledge covering the following: KS3 Newsletter to parents.	Students to receive a knowledge Book covering the following:	Students to receive a knowledge Book covering the following: KS3 Newsletter to parents.	Students to receive a knowledge Book covering the following:	Students to receive a knowledge Book covering the following: KS3 Newsletter to parents.
	<p>Timetabled Lessons – Proud to be me. Proud to be me, Self-Esteem and the media, importance of happiness, Child Abuse, Alcohol Safety.</p> <p>Form Activities</p> <ul style="list-style-type: none"> how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes how to recognise and promote positive social norms and attitudes <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about medicinal and recreational drugs about the relationship between habit and dependence how to manage influences in relation to substance use <p>External Programmes - School Nurse – Refresher on Puberty.</p> <p>Key Date Celebrations – Black History Month International Day of Democracy – Student vote for their Student Council. Mental Health Awareness Day</p>	<p>Timetabled Lessons – Proud to be me. Exploring Careers, CEOP, County Lines, Stress Managements. Preventing Community Violence, involvement in series crime, Vaping.</p> <p>Form Activities</p> <ul style="list-style-type: none"> how to set aspirational goals for future careers and challenge expectations that limit choices <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about equality of opportunity in life and work how to challenge stereotypes and discrimination in relation to work and pay about employment, self-employment and voluntary work <p>Key date celebrations –</p> <ul style="list-style-type: none"> Remembrance Day Anti-Bullying Week Diwali Children in Need Christmas Jumper 	<p>Timetabled Lessons – Proud to be me. (Citizenships) How are Laws Made, Prison, Reform & Punishment, Critical Thinking and Fake News, Mutual Respect and Tolerance, Individual Liberty.</p> <p>Form Activities</p> <ul style="list-style-type: none"> how to develop self-worth and confidence Equality Act 2010 <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to manage influences on beliefs and decisions about group-think and persuasion Masculinity Neurodiversity. <p>Key date celebrations –</p>	<p>Timetabled Lessons – Proud to be me. (Citizenship) What are Human Rights, Democracy Explored, Debating - Lowering the Voting Age to 16, Bringing back Capital punishment?</p> <p>Form Activities</p> <ul style="list-style-type: none"> What affects our mood. Developing a passion <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> about attitudes towards mental health how to challenge myths and stigma how to manage emotions about healthy coping strategies. Healthy Eating <p>External Programme – SMASHED – Dangers of Alcohol.</p>	<p>Timetabled Lessons – Proud to be me. (Religious Studies) Where do we come from, what is humanism, morality, conscience, Miracles?</p> <p>Form Activities</p> <ul style="list-style-type: none"> about the risks of 'sexting' and how to manage requests or pressure to send an image <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships about forming new partnerships and developing relationships <p>Key date celebrations –</p> <ul style="list-style-type: none"> Mental Health Awareness Week 	<p>Timetabled Lessons – Proud to be me. (Religious Studies) Evil and Suffering, Rites of Passage, Marriage.</p> <p>Form Activities</p> <ul style="list-style-type: none"> how to use social networking sites safely how to assess and manage risks in relation to gambling and chance-based transactions <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation how to respond and seek support in cases of online grooming how to recognise biased or misleading information online about age restrictions when accessing different forms of media and how to make responsible decisions <p>Key date celebrations –</p> <ul style="list-style-type: none"> Windrush Day Pride Month

		Day	<ul style="list-style-type: none"> - Children's Mental Health Week - LGBT History Month 	Key date celebrations – <ul style="list-style-type: none"> - Red Nose Day - Eid - Easter - Vaisakhi - International Women's Day 	
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	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 9	Students to receive a knowledge Book covering the following: Philosophy & Ethics Arguments for the existence of God. Form Activities <ul style="list-style-type: none"> o how to assess risk and manage influences, including online o about 'group think' and how it affects behaviour o how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively o how to distinguish between healthy and unhealthy friendships PSHE Drop Down Day <ul style="list-style-type: none"> o to manage risk in relation to gangs o about the legal and physical risks of carrying a knife o about positive social norms in relation to drug and alcohol use External Programmes: Haven Gender Disparity in Media and Society, Consent, Street Harassment, Gender Based violence, gender equality, body shaming, gender roles in family, Mental Health, Suicide Prevention.	Students to receive a knowledge Book covering the following: Philosophy and Ethics Arguments against the existence of God. Form Activities <ul style="list-style-type: none"> o about transferable skills, abilities and interests o how to demonstrate strengths o how to manage feelings relating to future employment o about GCSE and post-16 options PSHE Drop Down Day <ul style="list-style-type: none"> o about different types of employment and career pathways External Programmes: Haven Gender Disparity in Media and Society, Consent, Street Harassment, Gender Based violence, gender equality, body shaming, gender roles in family, Mental Health, Suicide Prevention.	Students to receive a knowledge Book covering the following: Philosophy & Ethics Debate for and against the existence of God. Form Activities <ul style="list-style-type: none"> o about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering o about positive relationships in the home and ways to reduce homelessness amongst young people o how to access support services PSHE Drop Down Day <ul style="list-style-type: none"> o conflict resolution strategies o about conflict and its causes in different contexts, e.g. with family and friends o how to manage relationship and family changes, including relationship breakdown, separation and divorce 	Students to receive a knowledge Book covering the following: Philosophy & Ethics The Problem of evil and suffering Form Activities <ul style="list-style-type: none"> o about balancing work, leisure, exercise and sleep o how to make informed healthy eating choices PSHE Drop Down Day <ul style="list-style-type: none"> o how to manage influences on body image o to take increased responsibility for physical health. o Media Literacy External Programmes School Nurse – Self Examination.	Students to receive a knowledge Book covering the following: Philosophy & Ethics Ideas about Morality Form Activities <ul style="list-style-type: none"> o about myths and misconceptions relating to consent o about the consequences of unprotected sex, including pregnancy o how to secure personal information online PSHE Drop Down Day <ul style="list-style-type: none"> o about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex o about the continuous right to withdraw consent and capacity to consent o about STIs, effective use of condoms and negotiating safer sex o how the portrayal of relationships in the media and pornography might affect expectations how to assess and manage risks of sending, sharing or passing on sexual images 	Students to receive a knowledge Book covering the following: Philosophy & Ethics Miracles Form Activities <ul style="list-style-type: none"> o how to give and act upon constructive feedback skills for enterprise and employability o how to identify and access support for concerns relating to life online PSHE Drop Down Day <ul style="list-style-type: none"> o about young people's employment rights and responsibilities o habits and strategies to support progress
		Key Date Celebrations – <ul style="list-style-type: none"> - Black History Month - International Day of 	Key date celebrations – <ul style="list-style-type: none"> - Remembrance Day - Anti-Bullying Week 	Key date celebrations – <ul style="list-style-type: none"> - Children's Mental Health 	Key date celebrations – <ul style="list-style-type: none"> - Red Nose Day - Eid - Easter 	Key date celebrations – <ul style="list-style-type: none"> - Mental Health Awareness Week

	Democracy – Student vote for their Student Council. - Mental Health Awareness Day	- Diwali - Children in Need - Christmas Jumper Day	Week - LGBT History Month	- Vaisakhi - International Women's Day	- Pride Month
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	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 10	<p>Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p>Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>	<p>Exploring influence The influence and impact of drugs, gangs, role models and the media</p>	<p>Addressing extremism and radicalisation Communities, belonging and challenging extremism</p>	<p>Work experience Preparation for and evaluation of work experience and readiness for work</p>
	<p>Students to receive a knowledge Book covering the following:</p> <p>Philosophy & Ethics The sanctity of life</p> <p>Form Activities</p> <ul style="list-style-type: none"> o how to reframe negative thinking o strategies to promote mental health and emotional wellbeing o how to access support and treatment o about the portrayal of mental health in the media o how to challenge stigma, stereotypes and misinformation <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o about the signs of emotional or mental ill-health o how to manage challenges during adolescence <p>Key Date Celebrations – Black History Month International Day of Democracy – Student vote for their Student Council.</p>	<p>Students to receive a knowledge Book covering the following:</p> <p>Philosophy & Ethics Origins and value of human life</p> <p>Form Activities</p> <ul style="list-style-type: none"> o how data is generated, collected and shared, and the influence of targeted advertising o how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling o strategies for managing influences related to gambling, including online about the relationship between gambling and debt o about the law and illegal financial activities, including fraud and cybercrime o how to manage risk in relation to financial activities <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o how to effectively budget and evaluate savings options o how to prevent and manage debt, including understanding credit rating and pay day lending <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Remembrance Day - Anti-Bullying Week - Diwali - Children in Need 	<p>Students to receive a knowledge Book covering the following:</p> <p>Philosophy & Ethics Life after death</p> <p>Form Activities</p> <ul style="list-style-type: none"> o about relationship values and the role of pleasure in relationships o how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support o how to recognise and challenge victim blaming about asexuality, abstinence and celibacy <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent o about myths, assumptions, misconceptions and social norms about sex, gender and relationships o about the opportunities and risks of forming and conducting 	<p>Students to receive a knowledge Book covering the following:</p> <p>Philosophy & Ethics Abortion</p> <p>Form Activities</p> <ul style="list-style-type: none"> o about the media's impact on perceptions of gang culture o how drugs and alcohol affect decision making o how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime o exit strategies for pressurised or dangerous situations o how to seek help for substance use and addiction <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o about the impact of drugs and alcohol on individuals, personal safety, families and wider communities o how to keep self and others safe in situations that involve substance use o Sexual Violence <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Red Nose Day - Eid 	<p>Students to receive a knowledge Book covering the following:</p> <p>Philosophy & Ethics Euthanasia</p> <p>Form Activities</p> <ul style="list-style-type: none"> o about the Equality Act, diversity and values o about how social media may distort, mis-represent or target information in order to influence beliefs and opinions o how to manage conflicting views and misleading information o how to safely challenge discrimination, including online <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o how to recognise and respond to extremism and radicalisation <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Mental Health Awareness Week 	<p>Students to receive a knowledge Book covering the following:</p> <p>Philosophy & Ethics Issues in the natural world</p> <p>Form Activities</p> <ul style="list-style-type: none"> o how to evaluate strengths and interests in relation to career development o strategies for overcoming challenges or adversity o how to manage practical problems and health and safety <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o about opportunities in learning and work o how to evaluate and build on the learning from work experience <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Windrush Day - Pride Month

	Mental Health Awareness Day	- Christmas Jumper Day	<p>relationships online</p> <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Children's Mental Health Week - LGBT History Month 	<ul style="list-style-type: none"> - Easter - Vaisakhi - International Women's Day 		
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	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	
Year 11	<p>Building for the future Self-efficacy, stress management, and future opportunities</p>	<p>Next steps Application processes, and skills for further education, employment and career progression</p>	<p>Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Independence Responsible health choices, and safety in independent contexts</p>	<p>Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	

	<p>Philosophy & Ethics Peace and Peace-making</p> <p>Form Activities</p> <ul style="list-style-type: none"> o about the nature, causes and effects of stress o stress management strategies, including maintaining healthy sleep habits o how to balance time online <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o how to balance ambition and unrealistic expectations o how to develop self-efficacy, including motivation, perseverance and resilience o how to maintain a healthy self-concept <p>Key Date Celebrations – Black History Month International Day of Democracy – Student vote for their Student Council. Mental Health Awareness Day</p>	<p>Philosophy & Ethics Pacifism</p> <p>Form Activities</p> <ul style="list-style-type: none"> o how to use feedback constructively when planning for the future o how to set and achieve SMART targets o effective revision techniques and strategies o how to manage work/life balance <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o about application processes, including writing CVs, personal statements and interview technique o how to maximise employability, including managing online presence and taking opportunities to broaden experience o about rights, responsibilities and challenges in relation to working part time whilst studying <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Remembrance Day - Anti-Bullying Week - Diwali - Children in Need - Christmas Jumper Day 	<p>Philosophy & Ethics Just War Theory</p> <p>Form Activities</p> <ul style="list-style-type: none"> o about core values and emotions o how to communicate assertively o how to communicate wants and needs o about gender identity, gender expression and sexual orientation <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o how to handle unwanted attention, including online o how to challenge harassment and stalking, including online o about various forms of relationship abuse o how to access support in abusive relationships and how to o overcome challenges in seeking support <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Children's Mental Health Week - LGBT History Month 	<p>Philosophy & Ethics Weapons of Mass Destruction</p> <p>Form Activities</p> <ul style="list-style-type: none"> o how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o about the links between lifestyle and some cancers o about vaccinations and immunisations o about registering with and accessing doctors, sexual health clinics, opticians and other health services o how to manage influences and risks relating to cosmetic and aesthetic body alterations o about blood, organ and stem cell donation <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Red Nose Day - Eid - Easter - Vaisakhi - International Women's Day 	<p>Philosophy & Ethics Issues Surrounding Conflict</p> <p>Form Activities</p> <ul style="list-style-type: none"> o about different types of families and changing family structures o about adoption and fostering <p>PSHE Drop Down Day</p> <ul style="list-style-type: none"> o how to evaluate readiness for parenthood and positive parenting qualities o about fertility, including how it varies and changes o how to manage change, loss, grief and bereavement o about 'honour based' violence and forced marriage and how to safely access support <p>Key date celebrations –</p> <ul style="list-style-type: none"> - Mental Health Awareness Week 	
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