



Curriculum Overview: Personal, Social, Health, and Economic (PSHE) education

Identify the Golden Threads in your Curriculum that are common to all key stages (KS3 – KS5)

Diversity and inclusion/ Relationships, family, and friends/ Wellbeing and mental health/ Physical health/ Reproductive health, consent, and sex/ Online safety/ Life skills/ First aid/ Financial literacy/ Careers

Year 7

AM registration sessions (15-minutes, weekly)

- Induction/transition to secondary school
- Induction to PSHE – ground rules, Unifrog, and the year ahead
- Careers; who am I?
- Careers; exploring possibilities- dream jobs
- Careers; What is a career?
- Careers; what is an entrepreneur?
- Careers; what is a work-life balance?
- Careers; careers and the future
- Life skills; developing your leadership skills
- Physical health; healthy lifestyles- maintaining a balanced diet
- First aid; basic life support (including CPR)
- First aid- bleeding
- First aid- bites and stings
- First aid- burns and scalds
- Financial literacy; spending decisions- needs vs wants
- Financial literacy; spending decisions- influences and impact
- Financial literacy; budgeting- what is a budget and why is it important?
- Financial literacy; budgeting- analysing budgets
- Financial literacy; inflation- what is inflation and how is it measured?
- Financial literacy; inflation- how can inflation impact people's cost of living?
- Financial literacy; the critical consumer- pressures that influence spending choices
- Financial literacy; the critical consumer- what makes a persuasive advertisement?

Rolling Tutor Programme sessions (1-hour, fortnightly)

- Diversity and inclusion; What is diversity?
- Life skills; recognising and preventing bullying
- Life skills; managing risk- travelling safely
- Reproductive health, consent, and sex; growing up- physical and mental changes
- Reproductive health, consent, and sex; understanding menstruation
- Physical health; female genital mutilation (FGM)- facts and risks
- Physical health; smoking and vaping- risks and consequences
- Relationships, family, and friends; what makes a healthy relationship?
- Relationships, family, and friends; coping with change- bereavement, divorce and separation
- Wellbeing and mental health; what is mental health?
- Wellbeing and mental health; social media and mental health
- Online safety; media literacy- staying safe online
- Online safety; media literacy- becoming a responsible digital citizen



Year 8	AM registration sessions (15-minutes, weekly)	Rolling Tutor Programme sessions (1-hour, fortnightly)
	• Induction to PSHE – ground rules, Unifrog, and the year ahead • Careers; what are my interests? • Careers; job applications– superhero CVs • Careers; challenges and rewards of work • Careers; Creating the life you want – making a vision board • Careers; What does success mean to me? • Careers; Careers and the climate • Life skills; managing risk- looking after your personal safety • First aid; basic life support (including CPR)- recap • First aid; basic life support- using AEDs • First aid; allergies • First aid; asthma • Physical health; healthy lifestyles- exercising for physical and mental wellbeing • Financial literacy; setting up a bank account- why do people need a bank account? • Financial literacy; setting up a bank account- setting up and choosing a bank account • Financial literacy; setting up a bank account- advantages and disadvantages of different bank accounts • Financial literacy; how to read a bank statement • Financial literacy; how to save money- different ways to save • Financial literacy; how to save money- creating a savings plan • Financial literacy; how to use a bank card- the difference between a debit and credit card • Financial literacy; how to use a bank card- comparing credit card payment options • Financial literacy; how to use a bank card- making spending decisions • Financial literacy; how to manage debt- good debt vs bad debt • Financial literacy; how to manage debt- how borrowing works and different borrowing options	• Wellbeing and mental health; mental health– talking about our emotions • Wellbeing and mental health; self-esteem and confidence • Reproductive health, consent, and sex; sexuality and attraction- an introduction • Reproductive health, consent, and sex; consent: what is it and why is it essential? • Relationships, family, and friends; spotting unhealthy and abusive relationships • Relationships, family, and friends; overcoming conflict and finding forgiveness • Relationships, family, and friends; harmful relationship behaviours- recognising the signs • Physical health; healthy lifestyles- taking responsibility for your physical health • Physical health; addictive substances- alcohol • Life skills; gambling- the facts • Diversity and inclusion; challenging gender stereotypes • Online safety; media literacy- interpreting information online • Online safety; media literacy- data, advertising, and persuasive design



Year 9	AM registration sessions (15-minutes, weekly)	Rolling Tutor Programme sessions (1-hour, fortnightly)
	• Induction to PSHE – ground rules, Unifrog, and the year ahead • Careers; what are my skills? • Careers; what comes after school- the main learning pathways • Careers; decision making- choosing what to study at KS4 • Careers; taking control of your career journey • Careers; working and earning- managing your money • Careers; what is the labour market and why is it important? • Life skills; financial choices- budgeting, saving, debt • Life skills; social influences- young people and gangs • First aid; basic life support (CPR and AEDs) – recap • First aid; choking • First aid; head injuries • Physical health; healthy lifestyles- achieving balance • Financial literacy; mobile phone products- the costs of and requirements for having a mobile phone contract • Financial literacy; mobile phone products- comparing different mobile phone contracts • Financial literacy; mobile phone products- strategies to manage mobile phone costs • Financial literacy; cryptocurrency- what is it and how does it compare to traditional money? • Financial literacy; cryptocurrency- factors that influence financial decisions • Financial literacy; financial exploitation- identifying situations where young people are vulnerable • Financial literacy; financial exploitation- the impact and strategies to respond to unwanted pressure • Financial literacy; online gaming- identifying the cost • Financial literacy; online gaming- calculating the cost • Financial literacy; online gaming- managing spending • Financial literacy; online gaming- recommendations to help young people manage their spending • Financial literacy; online safety- online scams and their impact • Financial literacy; online safety- identifying online scams • Financial literacy; online safety- ways to avoid online scams • Financial literacy; pocket money debate	• Diversity and inclusion; recognising and preventing discrimination • Wellbeing and mental health; mental health- developing coping strategies • Relationships, family, and friends; social influences- tackling peer pressure • Relationships, family, and friends; relationships and conflict • Relationships, family, and friends; what is good communication? • Relationships, family, and friends; family life- parenthood and caring • Reproductive health, consent, and sex; practising safe sex • Reproductive health, consent, and sex; sex, relationships, and the media • Reproductive health, consent, and sex; harmful relationship behaviours- harassment and the law • Online safety; sex and consent online • Physical health; addictive substances- legal and illegal drugs • Physical health; healthy lifestyles- health services, self-examination, and vaccination • Physical health; healthy lifestyles- accessing health services



Year 10	AM registration sessions (15-minutes, weekly)	Rolling Tutor Programme sessions (1-hour, fortnightly)
	• Induction to PSHE – ground rules, Unifrog, and the year ahead • Careers; reflecting on my career journey – past, present and future • Careers; what type of career is best for me? • Careers; wellbeing in the workplace • Careers; in person, hybrid and remote – what works best? • Life skills; planning and organising- revising effectively • Life skills; managing risk- unsafe and emergency situations • Relationships, family, and friends; navigating social influence and pressure • Relationships, family, and friends; the impact of relationships • Relationships, family, and friends; changing relationships- managing your feelings • Wellbeing and mental health; recognising strengths in ourselves and others • First aid; basic life support (CPR and AED) – recap • First aid; chest pain • First aid; bone, muscle, and joint injuries • Physical health; what is a healthy lifestyle? • Financial literacy; gig work- understanding gig work and changes to the gig economy • Financial literacy; gig work- workers’ rights and how they relate to the gig economy • Financial literacy; gig work- assessing the protection of workers’ rights in the gig economy • Financial literacy; speaking up at work- identifying pay-related issues • Financial literacy; speaking up at work- standing up for your rights • Financial literacy; speaking up at work- sources of support • Financial literacy; take home pay- salary deductions and understanding a pay slip • Financial literacy; take home pay- calculating annual income tax • Financial literacy; budgeting for the future • Financial literacy; savings accounts- different ways to save for the long term • Financial literacy; savings accounts- assessing different savings products • Financial literacy; savings accounts- calculating interest on different savings accounts	• Reproductive health, consent, and sex; sexuality and attraction- coming out • Reproductive health, consent, and sex; understanding pregnancy- your choices • Reproductive health, consent, and sex; sexual health- choosing and accessing contraception • Reproductive health, consent, and sex; understanding menstrual health- conditions and self-advocacy • Reproductive health, consent, and sex; stalking, sexual harassment, and reporting • Wellbeing and mental health; an introduction to body image • Physical health; health-related choices- aesthetic procedures • Physical health; health-related choices- blood, organ, and stem cell donation • Physical health; alcohol- risks, consequences, and safety • Online safety; staying safe online- AI, risks, and critical thinking • Relationships, family, and friends; recognising and challenging misogyny • Relationships, family, and friends; understanding marriage and civil partnerships • Diversity and inclusion; challenging prejudice and discrimination



Year 11	AM registration sessions (15-minutes, weekly)	Rolling Tutor Programme sessions (1-hour, fortnightly)
	• Induction to PSHE – ground rules, Unifrog, and the year ahead • Careers; what are my employability skills? • Careers; post-16 choices, choices • Careers; decision making - choosing your post-16 pathway • Careers; researching volunteering and paid work • Careers; money talks- apprenticeships vs. higher education • Careers; is AI a threat to our jobs • Wellbeing and mental health; mental health- recognising challenges and identifying support • Life skills; gambling- risks, consequences, and safety • Physical health; substance addiction- how to seek support • Physical health; managing our health- services and support • Physical health; managing our health- screening, prevention, and medicines • Relationships, family, and friends; navigating changes in romantic relationships • Relationships, family, and friends; rights and responsibilities- marriage and civil partnerships • Relationships, family, and friends; taking others' perspectives • Online safety; staying safe online- harmful content and scams	• Diversity and inclusion; know your rights- the Equality Act 2010 • Wellbeing and mental health; mental health- building resilience • Physical health; illegal drugs- risks, consequences, and support • Online safety; staying safe online- misinformation and extremism • Reproductive health, consent, and sex; understanding pornography • Reproductive health, consent, and sex; understanding consent and intimacy- offline and online • Reproductive health, consent, and sex; sexual health- preventing and treating STIs • Reproductive health, consent, and sex; understanding fertility, parenthood, and pregnancy loss • Relationships, family, and friends; control, coercion, and grooming



Year 12	AM registration sessions (15-minutes, weekly)	Rolling Tutor Programme sessions (1-hour, fortnightly)
	• Induction to PSHE – ground rules, Unifrog, and the year ahead • Careers; post-18 choices, choices • Careers; setting career goals • Careers; how to network and be enterprising • Careers; wellbeing – balancing life, learning and work • Careers; what makes an employer ‘good’ to work for? • Life skills; staying safe- protecting your finances • Life skills; staying safe- dangerous and emergency situations • Wellbeing and mental health; acknowledging skills and assets • Financial literacy; investing- what is investing and what can I invest in? • Financial literacy; investing- the difference between shares and bonds • Financial literacy; investing- recognising factors that will affect risk • Financial literacy; student finance- support available and costs covered • Financial literacy; student finance- paying back a student loan • Financial literacy; student finance- preparing for a student loan application • Financial literacy; borrowing- reasons for borrowing • Financial literacy; borrowing- benefits and risks • Financial literacy; borrowing- assessing the best borrowing options • Financial literacy; renting and buying property– advantages and disadvantages • Financial literacy; renting and buying property– different elements of the renting and buying processes • Financial literacy; renting and buying property– assessing whether renting or buying might be better in some situations compared to others • Financial literacy; cryptocurrency– key historical crypto events • Financial literacy; cryptocurrency– recognising the influence of social media and peers on financial decisions • Financial literacy; the economy– what is meant by ‘the economy’? • Financial literacy; the economy– the government’s main economic objectives • Financial literacy; the economy– how decisions about the economy affect people and their lives • Financial literacy; mortgages– what is a mortgage? • Financial literacy; mortgages– preparing for the mortgage application process • Financial literacy; credit cards– what is a credit card? • Financial literacy; credit cards– how does a credit card work? • Financial literacy; credit cards– risk or benefit?	• Diversity and inclusion; staying safe- recognising harassment and abuse • Diversity and inclusion; understanding cultural identity and cultural competency • Wellbeing and mental health; body enhancement • Life skills; staying safe- exiting aggressive social situations • Reproductive health, consent, and sex; making choices about pregnancy and parenthood • Reproductive health, consent, and sex; making choices about your sexual health • Reproductive health, consent, and sex; sexual violence, reporting, and bystander action • Relationships, family, and friends; respectful relationships– trust and intimacy • Relationships, family, and friends; respectful relationships– ending relationships • Relationships, family, and friends; understanding forced marriage • Physical health; staying safe: alcohol and binge drinking • Online safety; staying safe online- setting boundaries online • Online safety; staying safe online- extremism and AI



Year 13	AM registration sessions (15-minutes, weekly)	Rolling Tutor Programme sessions (1-hour, fortnightly)
	• Induction to PSHE – ground rules, Unifrog, and the year ahead • Careers; personal branding- your CV and online profile • Careers; the basics of interviews– in person and online • Careers; confidently managing transitions • Careers; preparing for an employer assessment day • Careers; being self-employed and working freelance • Life skills; staying safe- transport and travel • Life skills; the role of constructive criticism • Financial literacy; money and wellbeing • Financial literacy; pensions– what is a pension? • Financial literacy; pensions– types of pensions and how they work • Financial literacy; pensions– benefits of paying into a pension • Financial literacy; ISAs– what are they and how do they work? • Financial literacy; ISAs– different types of ISAs • Financial literacy; ISAs– identify best ISA options for different financial goals • Relationships, family, and friends; respectful relationships- meeting new people • Relationships, family, and friends; respectful relationships- values and differences • Online safety; understanding online misinformation	• Reproductive health, consent, and sex; consent matters • Reproductive health, consent, and sex; pregnancy and parenthood revisited • Reproductive health, consent, and sex; pornography- influence and harm • Wellbeing and mental health; mental health- accessing support • Diversity and inclusion; understanding inclusion • Diversity and inclusion; intersectionality, marginalisation, and privilege • Relationships, family, and friends; relationships, power imbalances, and exploitation • Physical health; staying safe– recreational drugs • Physical health; leaving home– building a healthy lifestyle