

PSHE and Citizenship Education

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	1	What are first impressions?	How do rules and laws differ?	What is news?	How can I optimise my health?	Where can I go and what can I do after Year 11?
	2	Who am I?	How are laws created?	How I judge the reliability of a news article?	What influences my choices around health?	How can I prepare 21 st century skills for 21 st century jobs?
	3	What is self esteem?	What is the law around discrimination and prejudice?	How can I verify information?	What services are available to manage my health?	What is a CV and what should it contain?
	4	What makes a relationship healthy?	Who is involved in the legal process?	How might I be manipulated?	What is mental health?	How can I prepare for an interview?
	5	How are families different?	Are all courtrooms the same?	How can I REVIEW my news?	What services are available to manage my mental health?	How can I manage stress?
	6	What do healthy friendships look like?	How am I influenced?	What is body image?	How can I be more resilient?	How can I manage disappointment?
	7	What is bullying and cyberbullying?	What is grooming?	How might the media influence how I feel about the way I look?	How can social media and screentime affect me?	How might my health affect my exam performance?
Autumn 2	8	What is health?	What is county lines?	Why do people use drugs?	How can I deal with loss?	What is phishing?
	9	How can screentime affect my health?	What do I need to know about gangs?	What are the effects of drugs?	What are eating disorders and where can people find help?	How do loans and mortgages work?
	10	How much sleep should I be getting?	What should I know about knife crime?	What is addiction?	What is cancer, and how can I examine myself?	MOCKS
	11	What are the benefits of physical activity?	What is extremism?	What are recreational drugs?	What are the wider effects of vaping?	MOCKS
	12	How can I manage my personal hygiene?	What are hate crimes?	What might happen if I use drugs?	How can I identify meningitis and sepsis?	Do I really need insurance? Do I really need a pension?
	13	How can I look after my teeth?	Develop awareness campaign?	What does the law say about drugs?	What parts of our bodies can be donated to others?	How are taxes calculated?
	14	What are the physical changes of puberty?	Develop awareness campaign?	Should cannabis be legalised?	What else should I know about drugs and alcohol?	How realistic is pornography?
Spring 1	15	What happens during menstruation?	What does caffeine do to my body?	What will an employer want to know about me?	How can I help someone who has taken a drug?	How can I maturely end a relationship?
	16	What are the emotional aspects of puberty?	What are prescription drugs?	How can I best prepare for interview?	How would you respond to these situations?	What does stalking look like? What is the law around it?
	17	How can I share key information about puberty to young people?	Is vaping harmful to my body?	What does a democratic country look like?	Careers and work experience: What is work experience?	Where can I access sexual health services?
	18	How can I share key information about puberty to young people?	What are the physical effects of drinking alcohol?	How else might a country be run?	Careers and work experience: How to approach an employer?	Where does the government spend our money?
	19	What might my future hold?	What are the social effects of drinking alcohol?	Who holds power in the UK?	Careers and work experience: How to prepare for work experience	What is devolution?
	20	What skills will I need for the world of work?	How can I manage influence and pressures around alcohol?	What does Cabinet do?	What are Human Rights?	What is my right to vote?
	21	Is everyone treated equally?	What common health conditions should I know about?	What is foreign aid?	Do I have the right to say whatever I want?	Is our current electoral system fair?
Spring 2	22	What are stereotypes?	How can I help someone who is choking or who is hurt?	What advice would I give the Cabinet in an emergency?	Should my privacy be protected at all costs?	How democratic is the UK?
	23	What might people with disabilities be treated?	What is CPR and how do defibrillators work?	Democracy Project	Is everyone free to practice the faith of their choice?	Strengthening Democratic Resilience through Education
	24	How can we deal with racism?	What do antibiotics and vaccines do to my body?	Democracy Project	How does the law try to protect victims of FGM, HBV, GBV and forced marriage?	Strengthening Democratic Resilience through Education
	25	Can young people make a change?	Should vaccines be compulsory?	Democracy Project	How might people show their commitment to their partners?	Strengthening Democratic Resilience through Education
	26	What does being democratic really mean?	What documents can help me keep track of money?	Democracy Project	What are my personal boundaries?	
	27	Equality Project and Social Action	What are my consumer rights?	What do healthy relationships look like?	What is sexual harassment?	
Summer 1	28	Equality Project and Social Action	How can I start budgeting?	What is consent?	What risks might be involved in sexual acts?	
	29	What is parliament?	How effectively can I budget in a real life example?	What does the law say about sharing nude images?	What other forms of contraception exist?	
	30	How are political parties similar and different?	How effectively can I budget in a real life example?	What are potential signs of abuse?	What impacts fertility? What are the options for starting a family?	
	31	What would my platform look like?	How does credit work?	How are condoms used?	What options does someone have if they are pregnant? What happens during pregnancy?	
Summer 2	32	What happens at a general election?	Should gambling be banned?	What are STIs?	What are the responsibilities of a parent?	Exams
	33	What do MPs do?	Money project	Are sexuality and gender the same thing?	Are all parents the same?	
	34	How can I be safe online?	Money project	How have attitudes towards sexuality changed over time?	How might citizens become involved in the legal system?	
	35	How can I be safe online?	Money project	How have attitudes towards gender changed over time?	How do courts decide on sentences?	
	36	How can I be safe around water?	What jobs are available in my area?	How have attitudes towards race changed over time?	What is international law? What is the UK's position in the world?	
	37	How can I be safe near roads and trainlines	Where in the country/world could I move to have the future I desire?	What is Digital Safeguarding?	Mock Exams	
	38	What do young carers do?	How can I maintain healthy relationships?	Citizen action	Work Experience	

Careers Education



Citizenship Education



Financial Education



Health Education



Relationship & Sex Education

