

PSHE and Citizenship Education

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	1	What are first impressions?	What services are available to manage my health?	What are my consumer rights?	What are Human Rights?	How can I manage stress?
	2	Who am I?	Which common health conditions should I know about?	Which documents can help me keep track of my money?	Do I have the right to say whatever I want?	How can I develop my resilience?
	3	What is self esteem?	How can I help someone who is choking or who is hurt?	How can a budget help to management money?	Should my privacy be protected at all costs?	How can I manage disappointment?
	4	What makes a relationship healthy?	What is CPR, and how do defibrillators work?	How effectively can I budget in a real life example?	Is everyone free to practice the faith of their choice?	How might my health affect my exam performance?
	5	How are families different?	How do vaccinations work?	How do banks work?	How does the law try to protect victims of FGM, HBV, GBV and forced marriage?	What is phishing?
	6	What do healthy friendships look like?	Should vaccines be compulsory?	What are the potential effects of gambling?	How can I optimize my physical health?	How do loans and mortgages work?
	7	What is bullying and cyberbullying?	What do I need to know about gangs?	How can I ensure my money is safe?	How can I identify meningitis, strokes and sepsis?	What are pensions
Autumn 2	8	How can I take a stand when I see bullying?	What should know about knife crime?	What are rules and where do laws come from?	What are the wider effects of vaping?	MOCKS
	9	Is everyone treated equally?	What is grooming?	Who is involved in the legal process?	What else should I know about drugs and alcohol?	MOCKS
	10	What are stereotypes?	What does 'county lines' mean?	Are all courtrooms the same?	What is cancer?	Do I really need insurance?
	11	What might people with disabilities be treated?	What is extremism? Inc opposing views, online behaviour.	How might citizens become involved in the legal system?	How can I examine myself?	How are taxes calculated?
	12	How can we deal with racism?	What are hate crimes?	How do courts decide on sentences?	What parts of bodies can be donated to others? Inc stem cells	How realistic is pornography?
	13	How can we deal with gender stereotypes?	What makes me feel happy? Inc Hobbies, feelings etc.	Judge and Jury Assessment	How have attitudes towards sexuality changed over time?	How realistic is pornography?
	14	How can we deal with homophobia and transphobia?	What is mental health? Inc MH conditions	How might drugs affect us?	How have attitudes towards sex and gender changed over time?	How can I maturely end a relationship?
Spring 1	15	How can I support others?	What is body image and media influence?	Why do people use drugs?	How have attitudes towards race changed over time?	What does stalking look like? What is the law around it?
	16	What is health?	How can I cope with grief?	What does caffeine do to the body?	How can I effect change?	Sexual ethics - what is and not acceptable
	17	How can screentime affect my health?	What is addiction? Mention online	What are prescription drugs?	What is sexual harassment?	Where can I access sexual health services?
	18	How much sleep should I be getting?	What are units?	What do antibiotics do to my body?	What risks might be involved in sexual acts? Inc drugs and alcohol	Where does the government spend our money?
	19	What makes vaping addictive? inc. Tobacco and snus	What are the physical effects of drinking alcohol?	Why might people use steroids?	What other forms of contraception exist?	What is my right to vote?
	20	How can I look after my teeth?	What are the social effects of drinking alcohol?	What does the law say about drugs?	STIs revisited: HIV/AIDS/PrEP/PEP	Is our current electoral system fair?
	Spring 2	21	What are the benefits of physical activity?	How can I manage influence around alcohol?	What risks are linked to drug use?	Fertility 1 - external factors, PCOS, endometriosis, menopause
22		How can I manage my personal hygiene?	What alternatives to alcohol exist?	Should cannabis be legalised?	Fertility 2 - treatments which can used to help with fertility	
23		What are the physical changes of puberty?	What is news?	Effective communication in relationships	What options does someone have if they are pregnant?	
24		What happens during menstruation?	How can I judge the reliability of a news article? Broaden to SocMedia	Managing pressure (not just sexual, consent)	What happens during pregnancy?	
25		What are the emotional aspects of puberty?	How can I verify information?	Online relationships – appropriate behaviors, incels	Reproductive health - folic acid, miscarriage, FASD, pelvic floor	
26		How can I share key information about puberty to young people?	How might I be manipulated?	What does the law say about sharing nudes?	Are all parents the same?	
Summer 1	27	What is a risk?	How can I REVIEW my news?	What are potential signs of abuse?	How might people show their commitment to their partners?	
	28	How can I keep safe in my local area, and further afield?	How can I be safe online? How is your data collected?	What might people think or feel about sex?	Marriage and the law	
	29	How can I be safe around water?	How can social media affect me?	How are condoms used?	What is foreign aid?	
	30	How can I be safe near roads and trainlines?	Online content - using AI/impact of AI/chatbots/deepfakes	What are STIs?	What is international law?	
	31	Can young people make a change?	Impact of sensitive content	What does a democratic country look like?	What does the UK have to do with the commonwealth?	
Summer 2	32	What does being democratic really mean?	Create a guide to managing life online	How else might a country be run?	What does the UK have to do with the UN?	
	33	What is parliament?	What makes someone trustworthy?	Who holds power in the UK?	How can social media affect me?	
	34	How are political parties similar and different?	What is consent?	What does Cabinet do?	Online content - using AI/impact of AI/chatbots/deepfakes	
	35	What would my platform look like?	What do healthy, romantic relationships look like? Inc power	What advice would I give the Cabinet in an emergency?	Impact of sensitive content	
	36	What happens at a general election?	How might people show their commitment to their partner?			

Citizenship Education



Financial Education



Health Education



Relationship & Sex Education

