

Year 7 PSHE and Citizenship

Students gain the knowledge and understanding to live in a healthy and safe way, thrive in their relationships and be prepared for a vibrant future in the wider world.

Autumn Term

What will I study?

Identity and Relationships

In this unit, we're focusing on identity, self-worth, and how we connect with the people around us. We'll explore how first impressions work, figure out our own personal strengths, and look at ways to build up our self-esteem. We'll talk about what makes relationships and friendships healthy, while celebrating the different ways families can look. Finally, we will take an honest look at the impacts of bullying and cyberbullying, learning not just how to spot it, but how we can safely take a stand and support each other when we see it happening.

Equality and Discrimination

In this unit, we're asking the big question of whether everyone is truly treated equally and looking at how we can stand up for fairness in our community. We'll break down what stereotypes are and look closely at the challenges faced by people with disabilities, as well as how to recognize and tackle racism, gender stereotypes, homophobia, and transphobia. Ultimately, these lessons are all about understanding the impact of discrimination and learning practical, everyday ways we can support others and call out unfairness when we see it.

How will I be assessed?

You will response to different scenarios using your gained knowledge to advise people on how to be safe and healthy.

Spring Term

What will I study?

Health and puberty

This unit is all about getting to know your body and mind so you can feel your best every day. We'll look at the simple habits that actually make a difference, like how much sleep you really need, why dental care matters, and how to balance screen time with staying active. We'll also have an honest conversation about the risks of vaping and smoking, giving you the facts you need to make your own choices.

We'll also cover everything you need to know about growing up. Puberty can feel like a lot, so we'll break down the physical and emotional changes, to help you understand what's happening and why. By the end, you'll feel more confident in managing your personal hygiene and health, and you'll be able to help out your friends by sharing accurate info whenever they need it.

How will I be assessed?

You will response to different scenarios using your gained knowledge to advise people on how to be safe and healthy.

Summer Term

What will I study?

Being Safe

In this unit, we're focusing on how to spot potential dangers and make smart decisions to keep ourselves and our friends safe. We'll look at what actually makes something "a risk" and learn practical strategies for staying safe whether we're hanging out in our local neighbourhood or traveling further afield. We will also cover essential, real-world safety rules for tricky environments, including how to stay safe around open water, near busy roads, and around train lines and tracks.

Government and Citizenship

In this unit, we're finding out how our voices fit into the political system and exploring whether young people can truly make a change in the world. We'll look at what being democratic really means in everyday life, break down how parliament works, and compare how different political parties are similar or different. We'll also look at exactly what happens during a general election before putting our own ideas to the test by creating our very own political platform to campaign on what matters most to us.

How will I be assessed?

You will response to different scenarios using your gained knowledge to advise people on how to be safe and healthy.

Quality of Education: Our PSHE curriculum fully meets the requirements of Statutory Relationships and Sex education (RSE) and health education and is sequenced in an age-appropriate way taking into account local and national data as well the views of our pupils and parents. The curriculum is planned with a spiral curriculum to ensure topics are revisited and developed across the student's time at the academy.

Vision: The school's PSHE curriculum is designed to empower young people to lead confident, healthy, and responsible lives as independent members of society. The intent is underpinned by a deep understanding of the school community and its contextual challenges, ensuring that PSHE provision is relevant, engaging, and responsive to the needs of all learners.

Within PSHE: the implementation of the PSHE curriculum is characterised by high-quality teaching, meaningful learning experiences, and holistic development of pupils. Teachers are skilled in delivering sensitive and age-appropriate PSHE content, promoting values such as respect, tolerance, and inclusivity.

Year 8 PSHE and Citizenship

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Autumn Term

What will I study?

Health and First Aid

In this unit, we're learning how to navigate the healthcare system, understanding common medical conditions, and exploring the science and big debates behind vaccinations. Most importantly, we're picking up lifesaving first aid skills, learning exactly what to do if someone is hurt or choking, alongside how to perform CPR and use a defibrillator so we have the confidence to step up in a real emergency.

Crime and Influence

In this unit, we're tackling some really serious topics about personal safety, the law, and looking out for each other in our communities. We'll learn about the realities of gangs, knife crime, and what "county lines" actually means so we can spot the warning signs and stay safe. We'll also look at how people can be targeted or manipulated, covering everything from grooming and online extremism to recognizing and standing up against hate crimes. Ultimately, this unit is all about giving us the facts we need to protect ourselves, make smart choices, and keep our friend groups safe.

How will I be assessed?

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Spring Term

What will I study?

Mental and Physical Health, Drinks and Drugs

In this unit, we're exploring how to look after our minds and bodies while dealing with real-world influences. We'll look at what boosts our happiness, like hobbies and positive feelings, while also discussing mental health conditions, body image, and how the media affects how we view ourselves. We'll learn how to handle tough emotions like grief, understand the roots of addiction, including online habits, and get the facts on alcohol. By covering everything from alcohol units and physical or social effects to managing peer pressure and choosing healthy alternatives, this unit gives us the tools to stay in control and make smart choices for our well-being.

How will I be assessed?

You will response to different scenarios using your gained knowledge to advise people on how to be safe and healthy.

Summer Term

What will I study?

Media Literacy

In this unit, we're learning how to smarten up our digital habits and separate fact from fiction in a world full of screens. We'll look at what counts as real news, how to spot manipulation or fake stories, and ways to verify what we see on social media. We'll also look at the tech behind our feeds, exploring how our data is tracked, how social media affects our headspace, and how to handle sensitive content safely. Plus, we'll dive into the world of AI, covering things like chatbots and deepfakes.

Healthy Relationships

In this unit, we're looking closely at how to build positive, healthy relationships with the people around us. We'll talk about what actually makes someone trustworthy and how partners show commitment to each other in real life. We will also get into what healthy romantic relationships look like, including how to spot unfair power dynamics and understand the true meaning of consent.

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Year 9 PSHE and Citizenship

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Autumn Term

What will I study?

Money and Finance

In this unit, we're learning how to take control of our money and protect ourselves as consumers. We'll look at how banks actually work, how to keep our money safe from scams, and what our legal consumer rights are when buying things. We will also practice tracking our cash using financial documents and test out budgeting with real-life examples so we can see how a budget keeps us on track. Finally, we'll take an honest look at the risks and potential effects of gambling, giving us the practical skills we need to make smart, safe financial decisions for our future.

Law and Order

In this unit, we're finding out how the legal system actually works and how laws shape our everyday lives. We'll look at the difference between basic rules and official laws, where they come from, and the different roles people play throughout the legal process. We will also explore how courtrooms work, find out how everyday citizens can get involved in the justice system, and look at how judges and juries weigh evidence to make big decisions and pass sentences.

How will I be assessed?

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Spring Term

What will I study?

Health

In this unit, we're unpacking the facts about different types of drugs, how they affect us, and why people choose to use them. We'll look at everyday substances like the caffeine in our drinks, explore how prescription medicines and antibiotics work to help our bodies, and look into why some people use steroids. We'll also get real about the laws and risks linked to drug use.

Sex and Relationships

In this unit, we're learning how to handle the more complex sides of relationships, both online and in real life. We'll talk about how to communicate honestly with a partner, how to manage peer pressure around consent, and what healthy behaviors look like online—including a look at toxic mentalities like the incel community. We'll get clued up on the actual laws regarding sharing nudes, how to spot the early warning signs of an abusive relationship, and explore the different thoughts and feelings people have about sex. Finally, we'll cover essential sexual health facts, including how sexually transmitted infections (STIs) spread and exactly how condoms are used to keep everyone safe.

How will I be assessed?

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Summer Term

What will I study?

Government and Democracy

In this unit, we're looking at how different countries are governed and how power actually works right here in the UK. We'll contrast what life looks like in a democratic country with other types of political systems used around the world to understand our own rights and freedoms. We'll figure out exactly who holds the power in British politics, dive into what the Prime Minister's Cabinet actually does day-to-day, and put ourselves in the hot seat by figuring out what advice we would give the government during a major national emergency.

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