

## Personal Development and PSHE inc. Relationships & Sex Education 2025-2026

Year	Focus	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Students build on the knowledge and understanding, skills, attributes, and values they have acquired and developed during the primary phase. They will address the changes that young people experience, beginning with the transition to secondary school and the challenges of adolescence and their increasing independence.	<b>Managing Change</b>  Adapting to Transition. Identity & Community. Bias & Stereotypes. Discrimination & the protected characteristics. Values & constructive disagreement. Diverse & supportive communities.	<b>Friendship, Respect and Relationships</b>  Consent & boundaries. Respect & relationships. What makes a good friend? Friendships & Online relationships. Being positive. Pressure, influence & friends. What does it mean to be a man today?	<b>Puberty &amp; Body Development</b>  Puberty (girls). Puberty (boys). Growing up. Self-esteem. Dental health.	<b>Staying Safe Online and Offline</b>  Avoiding gangs & criminal behaviour. Online gaming, grooming & addiction. Alcohol & risk. Nicotine & smoking. E-cigs, vaping & shisha. Energy drinks & caffeine Knife crime & safety	<b>Rights, Responsibilities and British Values</b>  Why is politics important? How is our country run? The role of the Prime Minister. The Monarchy & King. Parliament & political debates. Elections and campaigning. Creating a political party.	<b>Celebrating Differences</b>  What is your identity? Multicultural Britain. Breaking down stereotypes. Important of being kind. Learning disabilities. Prejudice & discrimination. Challenging Islamophobia and antisemitism.
	<b>Assemblies</b>	Black History Month	Remembrance	National Careers Week			Culture Day
8	Students will broaden their knowledge and understanding of how they fit into today's society. Students will develop the knowledge to stay safe and confidently navigate increasingly complex online and face to face relationships in current and future societal and political environments.	<b>Physical Health and Wellbeing</b>  Health & wellbeing. What is Mental health? Positive body image. Types of bullying. Health eating & cholesterol. Stress management.	<b>Identity, Relationships and Sex Education</b>  Relationships & sex education. Being yourself & self-love. Healthy respectful relationships What is love? Dealing with conflict. Periods & the menstrual cycle. Introduction to contraception. Sexual orientation.	<b>Society Online and Offline</b>  County Lines – what is it? County lines – who is at risk? Child exploitation & online protection. Substance misuse. Alcohol safety. Online bullying. Cyberbullying.	<b>Law, Crime and Society</b>  Desert Island: Living. Desert island: Building a community. Desert Island: Criminals, law & society. How laws are made. Prison, reform & punishment.	<b>Employment &amp; Careers</b>  Workplace preparation. Careers: Private Sector Careers: Public Sector Careers: Leisure & Tourism Careers: Cyber Security & Computing Careers: Law Careers: STEM	<b>Celebrating Diversity &amp; Equality</b>  LGBTQ+ What is it? LGBTQ+ Rights across the world. Gender Equality. Ableism & disability discrimination Removing the Barriers: Equality for all. Racism & discrimination in society.
	<b>Assemblies</b>	Black History Month	Remembrance	National Careers Week			Culture Day
9	Students will develop a greater knowledge and understanding of the world and how they fit in it. They will be able to confidently navigate an increasingly complex online and face to face relationships in current and future societal and political environments. They will begin to plan their Post 16 pathway. They will begin to make sense of and make informed decisions about their future.	<b>Body Confidence</b>  How self-esteem changes. Bullying in all its forms: Misogyny Dealing with grief & loss. Media & advertising. Cancer prevention & healthy lifestyles.	<b>Relationships &amp; Sex Education</b>  What are STIs? Treating STIs and the clinic. Contraception explored. Contraception & STIs. Contraception & condoms. HIV & AIDS HIV & AIDS: Prejudice & Discrimination.	<b>Legal and Illegal Drugs</b>  What is a drug? Vaping. Cannabis products. Drug classifications. Party drugs & illegal drugs. The War on drugs.	<b>World of Careers</b>  Futuristic careers and AI. Developing a positive work ethic. Careers: The World Cup Careers: Finance & Banking Careers: Digital Marketing Careers: Geography Careers: History	<b>Business &amp; Finance</b>  Understanding credit scores. Decisions and accountability. Being ambitious with my career. What is the economy? Youn entrepreneurs around the world? Setting up a business? Business and profits.	<b>Combating Extremism &amp; Terrorism</b>  Conspiracy theories & extremist narratives. Forms of extremism. What is terrorism? War & conflict. The radicalization process. How does counter-terrorism work? Antisemitism
	<b>Assemblies</b>	Black History Month	Remembrance	National Careers Week			Culture Day
10	Students will develop a greater knowledge and understanding of the world and how they fit in it. They will be able to confidently navigate an increasingly complex online and face to face relationships in current and future societal and political environments. They will begin to plan their Post 16 pathway.	<b>Mental Health &amp; Wellbeing</b>  Child sexual abuse. Mental health illnesses Self-harm. Suicide – thoughts & feelings. Promoting emotional wellbeing.	<b>Violence, Crimes &amp; Seeking Safety</b>  Honour based violence. Forced marriage & breast ironing. Online gaming & gambling. Social media validation. Modern day slavery. Keeping your data safe. Causes of knife crime.	<b>Rights &amp; Responsibilities</b>  Instagram & TikTok generation. Targeted advertising & your data. What is marriage? Right & responsibilities. Consumer rights. Employment rights. Exploring a pay slip.	<b>Risks, Relationships &amp; Sex Education</b>  Pleasure and delaying sexual activity. Campaigning against FGM. Sexting nude pictures of genitalia. Online pornography. Unhealthy relationships, sexual abuse & rape. Sexualisation in the media.	<b>Careers &amp; Employment</b>  My strengths, skills and qualities. The art of standing out. Careers: NHS. Careers: The City. Careers: Music. Careers: Film industry Careers: Sport	<b>Exploring World Issues</b>  International organisations. Peace, war & conflict. Human rights during war. Aid & support for other countries. Striking and trade unionism. Women's rights & equality. Fair Trade & Free Trade.
	<b>Assemblies</b>	Black History Month	Remembrance	National Careers Week			Culture Day
11	Students will confidently and independently demonstrate their knowledge of the world around them. Students will be ready for their exams and enter their post 16 pathways as resilient, curious learners and well-rounded individuals.	<b>Adult Health &amp; Looking After Yourself</b>  Organ and blood donation. Teenage pregnancy choices. Abortion laws, morals and ethics. Parenthood for teenagers. Testicular & prostate cancer Breast cancer, cervical cancer & screening. Love & abuse	<b>Sexual Health</b>  Peer on peer abuse. Fertility and what impacts it. Alcohol, parties, and bad choices. Importance of sexual health. Revisiting STIs. Revisiting contraception. Respect, love, and relationships.	<b>Study Skills</b>	<b>Study Skills</b>	<b>GCSEs</b>	<b>GCSEs</b> Leavers Assembly Prom!
	<b>Assemblies</b>	Black History Month	Remembrance	National Careers Week			Culture Day

