

# Curriculum Overview Relationships and Sex Education

## 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> Careers and your future Financial education Transition points in your life The importance of community The importance of relaxation Sleep and relaxation	<b>Friendship, Respect and Relationships</b> Consent and boundaries Respect and relationships Pressure and influence Friendships and managing them What makes a good friend? Anti-bullying Being positive and self esteem	<b>Sexual Awareness</b> Puberty (girls) Puberty (boys) Growing up and FGM Personal and dental hygiene Assertiveness, consent, and hormones Self-esteem and empowerment	<b>Staying Safe Online and Offline</b> Avoiding gangs Staying safe online Grooming and online gaming What is alcohol? What is smoking? E-cigs and vaping	<b>Rights, Responsibilities and British Values</b> Why is politics important? How our country is run Exploring inside parliament Create a political party Elections and campaigning Politics and debating	<b>Celebrating Differences</b> Multicultural Britain Breaking down stereotypes Prejudice and discrimination The importance of being kind Equality Act 2010 Challenging Islamophobia
	<b>Assessments:</b>						
	<b>Extra-Curricular:</b>						
	<b>Assemblies</b>	Black History Month	Remembrance	National Careers Week			Culture Day
	<b>Home Resources:</b>	PSHE Team					
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> Positive body image What is mental health? Child abuse Health and wellbeing Stress management Healthy eating	<b>Identity, Relationships and Sex Education</b> Introduction to relationships and sex education Sexual orientation Introduction to contraception Healthy relationships Dealing with	<b>Dangerous Society Online and Offline</b> County Lines Grooming Child Sexual Exploitation Evaluating social media Substance Misuse Knife Crime Drugs education Alcohol Safety	<b>Law, Crime and Society</b> Criminals, law, and society Law making in the UK Prisons, reform and punishment Building a community Making decisions and priorities	<b>Equality and Diversity Explored</b> Homophobia in schools Challenging homophobia Coming out Hate crime What is LGBTQ+ Supporting vulnerable groups	<b>Employment Sectors and Careers</b> Workplace preparation Careers in the Public Sector Careers in the Private sector Careers in Leisure and Tourism Careers in Cybersecurity Careers in Law

			conflict Gender identity			Challenging transphobia	Careers in STEM
	<b>Assessments:</b>		Remembrance				
	<b>Extra-Curricular:</b>						
	<b>Assemblies</b>	Black History Month		National Careers Week			Culture Day
	<b>Home Resources:</b>	PSHE Team					
9	Students will strengthen and expand their knowledge and understanding to stay safe and confidently navigate increasingly complex online and face to face relationships in current and future societal and political environments. They will begin to make sense of and make informed decisions about their future.	<b>Body Confidence</b> Self esteem Male sex organs Female sex organs Bullying Dealing with grief and loss Media and airbrushing Cancer prevention	<b>Relationships and Sex Education</b> Sexual consent and the law FGM and the law What are STIs? Contraception Relationships and partners Sexual harassment and stalking HIV and Aids Positive relationships Up skirting	<b>Legal and Illegal Drugs</b> Introduction to drugs Different types of addiction Drugs – cannabis products Drug classifications Party drugs Illegal drugs Volatile substance abuse Exploring Britishness and British values	<b>Combatting Extremism &amp; Terrorism</b> Conspiracy theories Extremism Terrorism British values Radicalisation Counter Terrorism Anti-Semitism What is racism? Ableism and disability discrimination	<b>Business and Finance</b> Understanding credit scores Decisions and Accountability Be ambitious about with my career What is the economy Young Entrepreneurs around the world Setting up a business and profits	<b>World of Careers</b> Futuristic careers and AI Positive work ethic Careers and World cup Careers in Finance and Banking Careers in Digital Marketing Careers in Geography Careers in History
	<b>Assessments:</b>		Remembrance				
	<b>Extra-Curricular:</b>						
	<b>Assemblies</b>	Black History Month		National Careers Week			Culture Day

	<b>Home Resources:</b>	PSHE Teams					
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 and Wellbeing</b> Child Abuse (Child Sexual Exploitation) Self-Harm awareness Suicide Awareness Screen time and safe mobile phone use Common mental health issues Promoting emotional wellbeing	<b>Violence, Crimes and Seeking safety</b> Honour Based Violence Forced marriages Causes of knife crime Modern day slavery Online gambling and gaming Social media validation Keeping data safe	<b>Rights and Responsibilities</b> Instagram and Tik Tok Generation Targeted Advertising Marriage - what is it? Rights and responsibilities Consumer rights Employment rights	<b>Risks, Relationships and Sex education</b> Pleasure and Delaying Sexual activity Campaigning against FGM Sexting Nudes and Dick pics Online Pornography Unhealthy Relationships, Sexual Abuse and Rape Sexualisation of the media	<b>Exploring World Issues</b> Peace, war, and conflict Women's rights and equality Me Too and Time's Up Movements Fairtrade International organisations Aid supporting other countries	<b>Careers and Employment</b> Knowing my strengths Art of Standing Out Careers in the NHS Careers in the City Careers in the Music Industry Careers in the Film Industry Careers in Sport
	<b>Assessments:</b>		Remembrance				
	<b>Extra-Curricular:</b>						
	<b>Assemblies</b>	Black History Month		National Careers Week			Culture Day
	<b>Home Resources:</b>	PSHE Team					
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	<b>Staying Safe</b> Virtual Reality and Live Streaming Online Reputation and Digital Footprints Group Chats & Anti-Bullying Cosmetic & Aesthetic Procedures	<b>Adult Health and Looking After Yourself</b> Organ and Blood Donation Teenage Pregnancy Choices Abortion Law,	<b>Sexual Health</b> Peer-on-Peer Abuse Fertility and What Impacts it Alcohol, Parties & Bad Choices Importance of Sexual Health	<b>Life beyond school</b> Screen Addiction and Studying Post 16 Options Exam Stress and Anxiety (2 Hours) Social Media Vs Real Life CV Writing	<b>Revision</b>	

	and well-rounded individuals.	New Psychoactive Substances Festivals and Nitrous Oxide Substance Addiction	Morals and Ethics) Parenthood for Teenagers Testicular and Prostate Cancer Breast Cancer, Cervical Cancer & Screening Love & Abuse	Revisiting STIs Revisiting Contraception Respect, Love and Relationships	Writing a Personal Statement		
	Assessments:					GCSE exams begin	
	Extra-Curricular:						
	Assemblies	Black History Month	Remembrance	National Careers Week			
	Home Resources:	PSHE Team					