

PSHE CURRICULUM OVERVIEW

YEAR 7	
Term	Learning material
Advent 1	• What is PSHE? Kindness, respect and our class contract • What makes a good friend? Exploring the qualities of positive and supportive friendships • Pressure, influence and friendship: developing confidence and assertiveness, and responding to peer pressure
Advent 2	• Who am I? Exploring identity, uniqueness, dignity and self-worth • Anti-Bullying Week: Break the silence • Changing Bodies: understanding puberty, personal hygiene and accepting changes in our bodies • Healthy Inside and Out: exploring self-esteem, body image and positive ways to build confidence
PSHE DAY 1	• Personal Hygiene: understanding how good hygiene helps prevent the spread of infection • Asthma and Allergies: understanding common conditions and how to respond safely • Healthy Diet: understanding sugar, nutrition and making healthy food choices • Infections and Antibiotics: understanding how infections spread, when antibiotics are used and basic treatment for minor ailments • Daily Healthy Habits: exploring everyday habits that support physical and mental wellbeing
Lent 1	• Where We Come From: understanding human reproduction and fertility in a scientific, moral and religious context • Family & Friends: exploring positive relationships, different family structures, conflict resolution and true friendship • My Life on Screen: exploring our digital lives, relationships and responsibility towards others
Lent 2	• Living Responsibly: understanding social responsibility, respect for self and others, and contributing positively to our communities • Menstruation: understanding the menstrual cycle, period products and managing physical and emotional changes.
PSHE DAY 2	• Friendships, Conflict and Emotions: building positive relationships and managing disagreements • Personal Safety and Boundaries: recognising risks and staying safe around others • Online Safety: making safe, responsible and respectful choices online

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	• Wellbeing and Mindfulness: understanding emotions and developing healthy coping strategies • Budgeting and Saving: understanding money, making choices and planning
Pentecost 1	• Careers Guidance: introducing careers, exploring interests and strengths, and beginning to think about future pathways • Smoking and Vaping: Understanding the harmful effects of smoking and vaping, including the risks associated with illicit products. • Online Gaming, Grooming and Addiction: understanding the benefits and risks of online gaming, recognising signs of problematic gaming and knowing where to seek support
PSHE DAY 3	• A day focused on helping students understand democracy, rights and responsibilities, representation and active citizenship. Students will explore how they can use their voice, contribute positively to their communities and engage with local, national and global issues.
Pentecost 2	• Alcohol: understanding its effects on the body, the risks of misuse and its impact on individuals and society • Careers: exploring careers, interests and future possibilities

YEAR 8	
Term	Learning material
Advent 1	• Healthy Relationships: Understanding how self-respect, kindness and trust help build healthy, respectful relationships and positive communities. • Mental Health: Understanding mental health, mental illness and ways to support positive wellbeing. • Bullying: Understanding different types of bullying and their impact, how to respond, and where to seek support.
Advent 2	• Created and Chosen: Exploring our unique qualities and the importance of loving and being loved. • Anti-Bullying Week: Break the silence • Appreciating Differences: Understanding sex, gender and identity, while recognising and respecting the dignity of every person. • Feelings: Understanding emotional and physical changes during puberty and how to manage associated feelings.
PSHE DAY 1	• The Adolescent Brain: Understanding how the brain develops and how this can influence decisions and behaviour.

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	• Nutrition: Exploring balanced eating and making healthy food choices. • Healthy Habits: Understanding the importance of sleep, exercise and healthy routines. • Skin Health: Exploring sun damage, skin health and body confidence. • First Aid: Developing essential first-aid knowledge and skills.
Lent 1	• Before I Was Born: Understanding the stages of pregnancy, the importance of pre-natal care, and the emotional impact of pregnancy. • Tough Relationships: Understanding prejudice, discrimination, protected characteristics, tolerance, kindness and forgiveness in everyday life. • Think Before You Share: Understanding the risks of sharing sexual images, resisting pressure and staying safe online.
Lent 2	• Wider World: Understanding how prejudice can lead to discrimination and how our words and actions can challenge it. • County Lines: Understanding county lines, how young people can be exploited, and where to seek immediate help.
PSHE DAY 2	• Mental Health and Resilience: Understanding mental wellbeing, coping with challenges and building resilience. • Careers – Teamwork: Developing teamwork, communication and collaboration skills for the workplace. • Online Grooming and Deepfakes: Recognising online grooming and deepfakes, understanding the risks and knowing how to stay safe. • Misogyny and Stereotypes: Exploring gender stereotypes, misogyny and their impact on individuals and relationships. • Multicultural Britain: Exploring diversity, culture and the contributions of different communities in Britain.
Pentecost 1	• Substance Misuse: Understanding substance misuse, its effects, why it occurs and where to seek support. • Online Grooming: Recognising grooming and fake profiles, staying safe online, and knowing where to seek support. • FGM: Understanding FGM, its risks and myths, and how to access support. • Road, Rail and Water Safety: Understanding common risks around roads, railways and water, and developing strategies to stay safe and respond in emergencies.
PSHE DAY 3	• A day focused on helping students understand democracy, rights and responsibilities, representation and active citizenship. Students will explore how they can

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	use their voice, contribute positively to their communities and engage with local, national and global issues.
Pentecost 2	• Careers: A series of three lessons exploring future pathways, personal strengths and interests, and how these can shape career choices.

YEAR 9	
Term	Learning material
Advent 1	• Banter or Harm: Understanding intent, impact, boundaries, consent and responsibility in respectful relationships. • Sharing Information Online: Understanding what to share online, what to keep private, and how to protect personal information. • Online Gambling and Gaming: Understanding age ratings, the links between gaming and gambling, and associated risks.
Advent 2	• Employment and Financial Management: Developing financial capability through budgeting, managing income and understanding income tax. • Anti-Bullying Week: Break the silence • The Search for Love: Exploring romantic love, self-giving love and the Catholic understanding of sex and relationships. • Love People, Use Things: Exploring objectification, consumerism and how to build relationships based on dignity, respect and genuine love.
PSHE DAY 1	• Navigating Healthcare: Understanding how to access local healthcare services and when to seek help. • Pharmacists and GPs: Exploring the roles of pharmacists and GPs and how they support our health. • Medicines: Understanding the safe and responsible use of medicines, including the risks of counterfeit or illegally obtained products. • Drugs and Smoking: Exploring the health risks and effects of drugs and smoking. • Emergency Response and Life-Saving Skills: Developing essential first-aid, emergency response and lifesaving skills, including CPR and defibrillator awareness.

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Lent 1	• Careers: A series of three lessons exploring future pathways, opportunities and options.
Lent 2	• In Control of My Choices: Understanding desire, attachment and lust, and exploring self-control, personal values and Catholic teaching. • Fertility and Contraception: Exploring fertility, contraception, responsible choices and Natural Family Planning.
PSHE DAY 2	• Wellbeing, Resilience and GCSE Pressure: Developing strategies to manage pressure, maintain wellbeing and build resilience. • Personal Finance: Understanding money management, credit and how to avoid debt. • Online Life: Exploring digital wellbeing, manipulation and strategies for a healthy relationship with technology. • Bullying, Abuse and Power: Understanding power, recognising harmful behaviour and knowing how to seek support. • Future Jobs and AI: Exploring how AI may shape future careers and the skills needed for the workplace.
Pentecost 1	• Commitment and Marriage: Exploring commitment, marriage and the Catholic understanding of lifelong relationships. • Grief and Loss: Understanding grief, its impact and how to support those experiencing loss. • Understanding Consent: Exploring consent, boundaries and respectful decision-making, including the complexities of consent online and in intimate relationships. • Human Rights and Wrongs: Understanding human rights, sexual violence and exploitation, and how to access support.
PSHE DAY 3	• A day focused on helping students understand democracy, rights and responsibilities, representation and active citizenship. Students will explore how they can use their voice, contribute positively to their communities and engage with local, national and global issues.
Pentecost 2	• Extremism in All Its Forms: Understanding extremism, terrorism and radicalisation, and how extremist views can lead to violence. • The Radicalisation Process: Understanding how radicalisation occurs, how extremist ideologies spread, and how to recognise and resist radicalisation. • What is AI: Understanding what AI is, how it is used, and its impact on everyday life.

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YEAR 10	
Term	Learning material
Advent 1	• Rights, Responsibilities and Equality: Understanding key rights and responsibilities, consumer rights, and the importance of equality. • Knife Crime and Safety: Understanding the causes and consequences of knife crime and how it can be prevented. • Careers: Exploring work experience opportunities and understanding how they can support future career pathways.
Advent 2	• Modern Day Slavery: Understanding modern slavery and human trafficking, and exploring how exploitation can be tackled. • Anti-Bullying Week: Break the silence • Authentic Freedom: Exploring freedom, responsibility, pressures around first sexual experiences, and the Catholic perspective on chastity. • Self-Image: Exploring body image, confidence, self-respect and the importance of recognising our God-given dignity.
PSHE DAY 1	• Looking After Your Future Health: Exploring prevention, vaccination and emergency care. • Monitoring My Health: Understanding how to monitor health and recognise warning signs. • Fertility and Reproductive Health: Understanding fertility, reproductive health, pre-conception health and healthy choices. • Blood, Organ and Stem Cell Donation: Exploring the importance and impact of different types of donation. • Donation and Choice: Considering donation, personal choice and the importance of informed decisions.
Lent 1	• Beliefs, Values and Attitudes: Exploring how beliefs, values, virtues and conscience shape our character, choices and behaviour. • Parenthood: Exploring the responsibilities, commitments and qualities involved in parenthood, alongside children's rights. • Pregnancy and Abortion: Exploring pregnancy, the law on abortion, different perspectives and the development of human life in the womb.
Lent 2	• Careers and Future Pathways: Exploring career options, researching pathways and considering the skills and qualifications needed for different careers. • Abuse: Recognising healthy relationships, different forms and signs of abuse, and how to seek support.

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PSHE DAY 2	• Wellbeing During GCSEs: Developing strategies to manage stress, maintain wellbeing and cope with exam pressure. • Abuse, Misogyny and Consent: Understanding abuse, misogyny, consent and respectful relationships. • Online Crime and Digital Finance: Exploring online crime, financial scams and how to stay safe with digital money. • Employment Rights and Protected Characteristics: Understanding workplace rights, responsibilities and protection from discrimination. • Safety and Street Awareness: Developing awareness of risks and strategies for staying safe in public spaces.
Pentecost 1	• Solidarity: Exploring how we can promote the common good, uphold human dignity, support others and care for our shared environment. • Self-Harm and Suicide: Understanding self-harm, suicidal thoughts, the impact of harmful online content, and where to seek support. • Careers: Exploring work experience opportunities and developing an understanding of the skills and expectations needed in the workplace. • Relationships, Sexual Abuse and Rape: Understanding sexual assault and rape, how power imbalances can contribute to abuse, and the qualities of healthy, loving relationships.
PSHE DAY 3	• A day focused on helping students understand democracy, rights and responsibilities, representation and active citizenship. Students will explore how they can use their voice, contribute positively to their communities and engage with local, national and global issues.
Pentecost 2	• Honour-Based Violence: Understanding honour-based violence and harmful practices, their impact on human dignity, and where to seek help and support. • Staying Safe in Public: Understanding how public pressure and escalating situations can affect behaviour, and developing strategies to recognise risks, make safer choices and stay safe. • Understanding Payslips: Understanding the key features of a payslip, how gross and net pay are calculated, and the purpose of tax and National Insurance contributions.

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YEAR 11	
Term	Learning material
Advent 1	• Gaslighting and Emotional Abuse: Understanding gaslighting and emotional abuse, recognising the signs and knowing where to seek support. • Careers and Future Pathways: Exploring post-16 options, career pathways and the skills and qualifications needed for future employment. • Sexting, Nudes & Online Harm: Exploring the risks of intimate images, deepfakes, sextortion and AI, including fake intimacy and harmful advice.
Advent 2	• Sexual Ethics & Harmful Behaviour: Exploring sexual ethics, harmful behaviours and their consequences, including strangulation and suffocation. • Careers: Further exploring future career pathways, opportunities and aspirations.
PSHE DAY 1	• Drugs, Safety and Supporting Others: Understanding the risks of drugs and how to support those affected by substance misuse. • Health and Fitness: Exploring healthy lifestyles, fitness and long-term health. • Cosmetic Procedures: Understanding the risks, regulations and responsible decision-making around cosmetic procedures. • Sexual Health: Exploring sexual health, wellbeing, relationships and safer choices. • Medical Consent: Understanding medical consent, Gillick competence and parental responsibility.
Lent 1	• Self-Worth: Understanding that our dignity and worth are inherent, rooted in being created and loved by God. • Addiction: Understanding the risks of alcohol and drugs, how dependency can develop, and where to seek help. • Eating Disorders: Understanding how emotional health, stress and anxiety can contribute to eating disorders, and the importance of seeking support.
Lent 2	• Family Planning and Fertility: Exploring fertility, contraception and Natural Family Planning, and the Catholic understanding of fertility as a gift. • Pornography: Understanding sexual desire, the realities of the pornography industry and its potential impact on wellbeing and relationships.
PSHE DAY 2	• Wellbeing During Exams: Developing strategies to manage stress and maintain wellbeing during exams. • Revision Tips: Exploring effective revision strategies and habits for exam success.

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	• Adult Relationships and Boundaries: Understanding healthy adult relationships, boundaries, consent and respect. • Job Interviews and Online Life: Developing interview skills and understanding how online activity can affect future employment. • Independent Living: Exploring the practical skills, responsibilities and finances involved in living independently.
Pentecost 1	• Coercive Control: Understanding coercive control, victim-blaming and sexual violence, and recognising healthy relationships and sources of support.
PSHE DAY 3	• A day focused on helping students understand democracy, rights and responsibilities, representation and active citizenship. Students will explore how they can use their voice, contribute positively to their communities and engage with local, national and global issues.
Pentecost 2	exams/study leave