



# PSHE Learning Journey

## Year 7



SKILLS DEVELOPED **TEAMWORK & LEADERSHIP** **PUBLIC SPEAKING** **PROBLEM SOLVING** **CREATIVITY & INNOVATION** **DECISION MAKING** **RESILIENCE & STAYING POSITIVE** **PLANNING & ORGANISATION** SKILLS DEVELOPED

YEAR 8

- Why is Politics Important?
- How is our Country Run?
- The Role of the Prime Minister
- The Monarchy and King Charles III
- Politics, Debates and Parliament
- Elections and Campaigning
- Creating a Political Party



**CITIZENSHIP**  
**BRITISH VALUES**

**POLITICS & PARLIAMENT**

**YEAR 7**

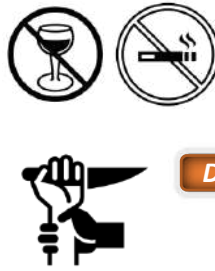
**CELEBRATING DIFFERENCES**

**CITIZENSHIP**  
**PSHE**  
**BRITISH VALUES**



- What is your Identity?
- Multicultural Britain
- Importance of Being Kind
- Breaking Down Stereotypes
- Learning Disabilities
- Prejudice and Discrimination
- Challenging Islamophobia

- Avoiding Gangs & Criminal Behaviour
- Staying Safe Online
- Online Gaming, Grooming & Addiction
- Alcohol & Risk
- Nicotine & Smoking
- E-Cigs, Vaping and Shisha
- Energy Drinks & Caffeine
- Knife Crime and Safety



**STATUTORY HEALTH & RSE**  
**DRUGS EDUCATION**

**STAYING SAFE ONLINE & OFFLINE**

**YEAR 7**

**FRIENDS, RESPECT & RELATIONSHIPS**

**STATUTORY HEALTH & RSE**  
**PSHE**



- Consent and Boundaries
- Respect and Relationships
- What Makes a Good Friend?
- Friendships & Online Relationships
- Being Positive
- Pressure, Influence and Friends
- What Does it Mean to be a Man Today?

- Intro to Puberty
- Puberty (Girls focus)
- Puberty (Boys Focus)
- Personal Hygiene
- Growing Up and FGM
- Assertiveness, Consent & Hormones
- Self-Esteem
- Tooth Decay & Dental Hygiene



**STATUTORY HEALTH**  
**PSHE**  
**WELLBEING**

**PUBERTY & BODY DEVELOPMENT**

**YEAR 7**

**MANAGING CHANGE**

**GATSBY BENCHMARKS - CAREERS -**  
**FINANCIAL EDUCATION**  
**SMSC & CAREERS**



- What is PSHE?
- Getting to Know People
- What is a Community?
- Careers and Your Future
- Sleep and Relaxation
- Financial Education
- Transition Points in Your Life

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

### SPIRAL THEMATIC APPROACH

- 1) Rights, Responsibilities & British Values
- 2) Celebrating Diversity & Equality
- 3) Relationships and Sex Education
- 4) Staying Safe Online and Offline
- 5) Health and Wellbeing
- 6) Life Beyond School

### PERSONAL DEVELOPMENT

#### ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ PSHE App
- ✓ End of Unit Quizzes
- ✓ Graduation Portfolios





SKILLS DEVELOPED **TEAMWORK & LEADERSHIP** **PUBLIC SPEAKING** **PROBLEM SOLVING** **CREATIVITY & INNOVATION** **DECISION MAKING** **RESILIENCE & STAYING POSITIVE** **PLANNING & ORGANISATION** SKILLS DEVELOPED

YEAR 9

Desert Island living  
Building community spirit  
Decision making & constitution  
Criminals law & society  
Law making process in the UK  
Prisons, reform & punishment



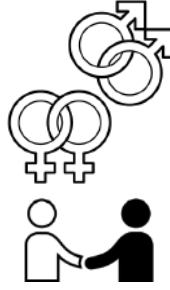
**CITIZENSHIP**  
**BRITISH VALUES**

**LAW, CRIME & SOCIETY**

**YEAR 8**

**EQUALITY & DIVERSITY EXPLORED**

**CITIZENSHIP**  
**PSHE**  
**EQUALITY**



Equality Act & Protected Characteristics  
LGBTQ+ What is it?  
Rights Across the World  
Gender Equality  
Ableism and Disability Discrimination  
Removing Barriers & Equality for All  
Racism & Discrimination

County Lines & Gangs  
County Lines – Who is at Risk?  
Substance Misuse  
Cyber-Bullying  
Grooming Boys and Girls  
Alcohol Safety Education  
Child Exploitation and Online Protection



**STATUTORY HEALTH & RSE**  
**DRUGS EDUCATION**  
**GANGS**

**DANGEROUS SOCIETY ONLINE & OFFLINE**

**YEAR 8**

**IDENTITY, RELATIONSHIPS & SEX EDUCATION**

**STATUTORY HEALTH & RSE**  
**PSHE**



Introduction to Relationships  
Being Yourself & Self-Love  
Healthy Respectful Relationships  
What is Love?  
Dealing with Conflict  
Periods & Menstrual Cycles  
Introduction to Contraception  
Sexual Orientation

Health & Wellbeing  
What is Mental Health?  
Positive Body Image  
Child Abuse  
Types of Bullying  
Healthy Eating and Cholesterol  
Stress Management



**STATUTORY HEALTH**  
**PSHE**  
**WELLBEING**

**PHYSICAL HEALTH & MENTAL WELLBEING**

**YEAR 8**

**PROUD TO BE ME!**

**GATSBY BENCHMARKS - CAREERS -**  
**SMSC**  
**CAREERS**



Employability & Enterprise Skills  
Proud to be Me  
Careers & Aspiration  
Self Esteem & Media  
The Importance of Happiness  
What Makes me Angry?  
Exploring Careers

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

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SKILLS DEVELOPED

TEAMWORK & LEADERSHIP

PUBLIC SPEAKING

PROBLEM SOLVING

CREATIVITY & INNOVATION

DECISION MAKING

RESILIENCE & STAYING POSITIVE

PLANNING & ORGANISATION

SKILLS DEVELOPED

YEAR 10

Conspiracies Theories & Narratives  
 Extremism in all its Forms  
 What is Terrorism?  
 War & Conflict  
 The Radicalisation Process  
 Counter Terrorism  
 Anti-Semitism in the UK



CITIZENSHIP  
 PREVENT

**COMBATTING  
 EXTREMISM &  
 TERRORISM**

YEAR 9

**CONTRACEPTION  
 & STI'S**

STATUTORY  
 HEALTH  
 &  
 RSE  
 PSHE



Treating STI's & GUM Clinic  
 Contraception - Methods Available  
 Contraception - Condom  
 Contraception Explored  
 Sexual Harassment & Stalking  
 HIV & AIDS  
 HIV - Discrimination & Prejudice

YEAR 9

What is a Drug?  
 Different Types of Addictions  
 Cannabis Products  
 Drug Classifications  
 Party Drugs & Illegal Drugs  
 Exploring Illegal Drugs  
 Volatile Substance Abuse



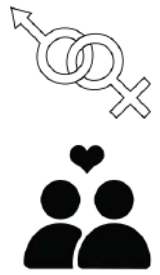
STATUTORY  
 HEALTH  
 DRUGS EDUCATION

**LEGAL &  
 ILLEGAL DRUGS**

YEAR 9

**SEX, THE LAW &  
 CONSENT**

STATUTORY  
 HEALTH  
 &  
 RSE  
 PSHE



Sexual Consent  
 FGM & the Law  
 Relationships & Partners  
 Domestic Abuse & Domestic Violence  
 Why Have Sex?  
 Delaying Sexual Activity  
 What are STI's?

YEAR 9

How Self-Esteem Changes  
 What is a Penis?  
 What is a Vulva?  
 HBT – Bullying  
 Dealing with Grief and Loss  
 Media and Airbrushing  
 Cancer Prevention & Healthy Lifestyles



STATUTORY  
 HEALTH  
 PSHE  
 WELLBEING

**BODY  
 CONFIDENCE**

YEAR 9

**ESSENTIAL LIFE  
 SKILLS**

GATSBY  
 BENCHMARKS  
 - CAREERS -  
 FINANCE  
 ENTERPRISE & CAREERS



Resilience: Failure to Success  
 Assertiveness  
 First Aid  
 Saving and Managing Money  
 Labour Market Information  
 Finance, Budgeting & Employment  
 Social media & Online Stress

YEAR 9

WELCOME

RSE  
 COMPLIANT

HEALTH  
 COMPLIANT

GATSBY  
 BENCHMARKS

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# PSHE Learning Journey

## Year 10



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YEAR 11

- Critical Thinking & Fake News
- Hate Crime in the UK
- Exploring British Values
- British Values & Identity
- Mutual Respect and Tolerance
- Individual Liberty
- What are Human Rights?
- Democracy Explored



CITIZENSHIP  
BRITISH VALUES

EXPLORING  
BRITISH VALUES

YEAR  
10

EXPLORING  
WORLD ISSUES

CITIZENSHIP  
PSHE  
HUMAN RIGHTS



- International Organisations
- Peace, War and Conflict
- Human Rights During War
- Aid & Supporting Countries
- Striking & Trade Unionism
- Women's Rights & Equality
- Fairtrade & Free-Trade

- Honour Based Violence
- Forced Marriages & Breast Ironing
- Online Gambling
- Social Media Validation
- Modern Day Slavery
- Keeping Your Data Safe
- Causes of knife Crime



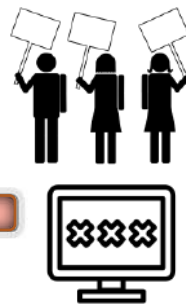
STATUTORY HEALTH  
RISK

VIOLENCE, CRIME  
& SEEKING SAFETY

YEAR  
10

EXPLORING  
RELATIONSHIPS &  
SEX EDUCATION

STATUTORY HEALTH & RSE  
PSHE



- Pleasure & Delaying Sex
- Campaigning Against FGM
- Sexting Nudes and Dick Pictures
- Online Pornography (Myths vs Reality)
- Porn and its Impact on Society
- Unhealthy Relationships & Sexual Violence
- Sexualisation of the media

- Child Sexual Abuse (CSE)
- Screen Time
- Common Types of Mental Health
- Self Harm
- Suicidal Thoughts & Feelings
- Promoting Emotional Wellbeing



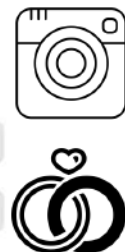
STATUTORY HEALTH  
PSHE  
WELLBEING

MENTAL  
HEALTH &  
WELLBEING

YEAR  
10

RIGHTS &  
RESPONSIBILITIES

Life Beyond School  
FINANCIAL EDUCATION  
CITIZENSHIP



- Instagram & TikTok Generation
- Targeted Advertising
- What is Marriage?
- Rights & Responsibilities
- Consumer Rights
- Employment Rights
- Exploring a Paycheck

WELCOME

RSE  
COMPLIANT

HEALTH  
COMPLIANT

GATSBY  
BENCHMARKS

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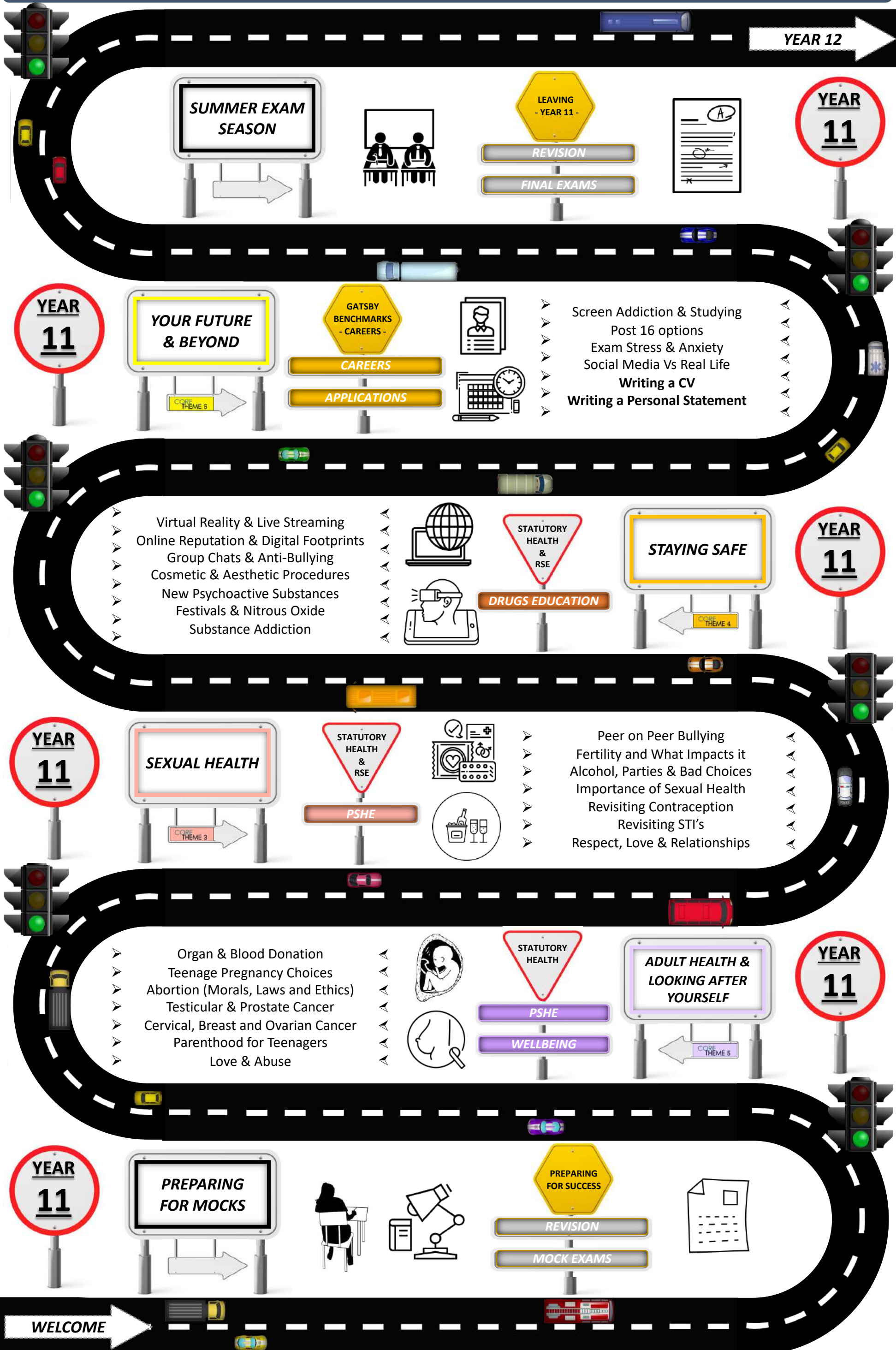


# PSHE Learning Journey

## Year 11



SKILLS DEVELOPED TEAMWORK & LEADERSHIP PUBLIC SPEAKING PROBLEM SOLVING CREATIVITY & INNOVATION DECISION MAKING RESILIENCE & STAYING POSITIVE PLANNING & ORGANISATION SKILLS DEVELOPED



RSE COMPLIANT  
HEALTH COMPLIANT  
GATSBY BENCHMARKS

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