



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

CORE THEME 1

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



DRUGS EDUCATION

STAYING SAFE ONLINE & OFFLINE

YEAR 7

CORE THEME 4

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

CORE THEME 5

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





PSHE Learning Journey

Year 8



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



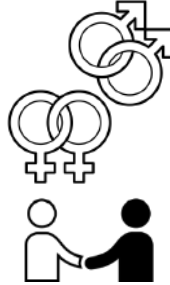
CITIZENSHIP
BRITISH VALUES

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

YEAR 8

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



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

YEAR 8

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

YEAR 8

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

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PERSONAL DEVELOPMENT

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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

SPIRAL THEMATIC APPROACH

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PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

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PSHE Learning Journey

Year 10



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

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



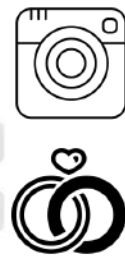
STATUTORY HEALTH
PSHE
WELLBEING

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

SPIRAL THEMATIC APPROACH

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PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
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- ✓ PSHE App
- ✓ End of Unit Quizzes
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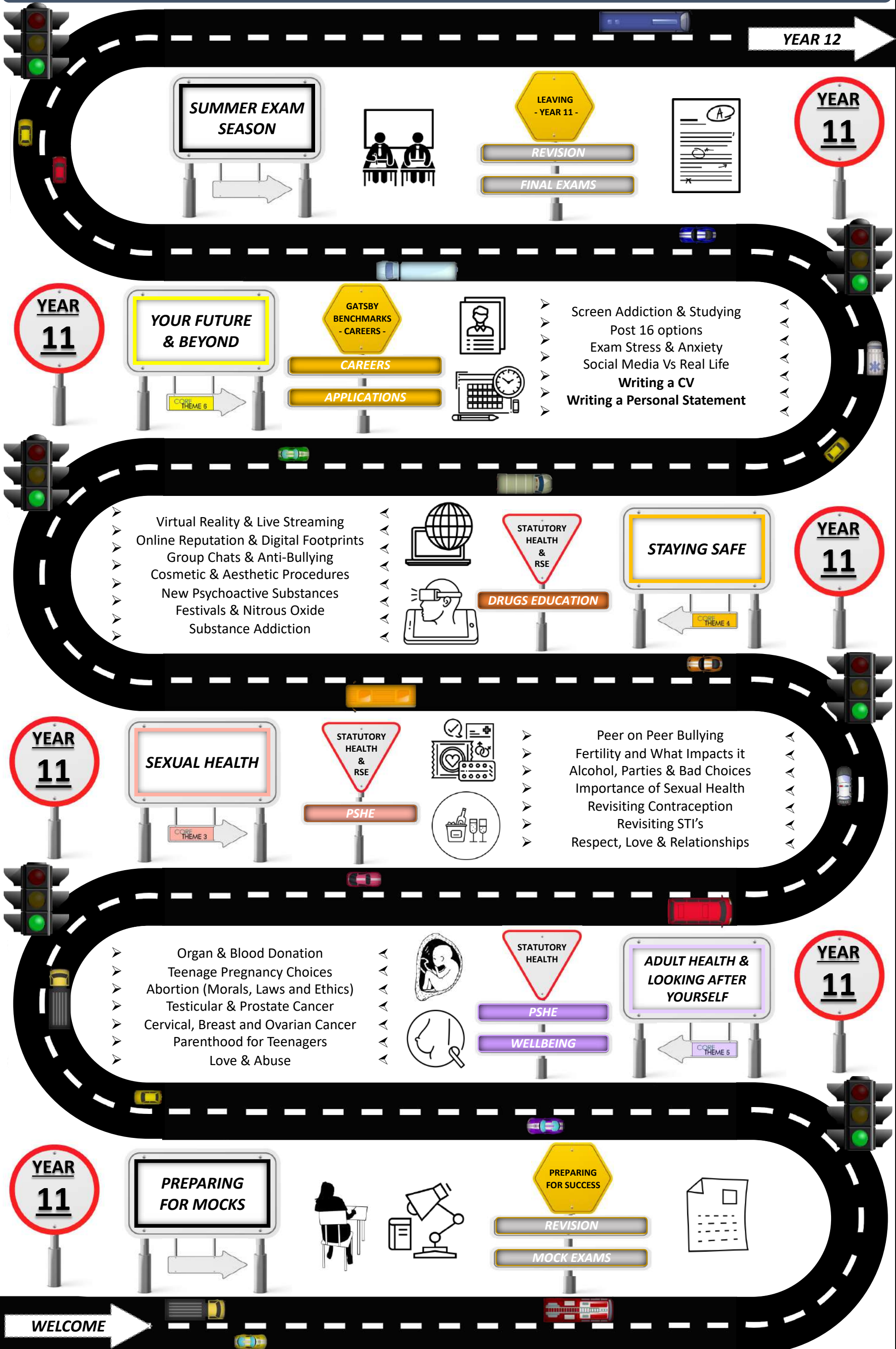


PSHE Learning Journey

Year 11



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RSE COMPLIANT
HEALTH COMPLIANT
GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

- 1) Rights, Responsibilities & British Values
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PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
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SKILLS DEVELOPED

TEAMWORK & LEADERSHIP

PUBLIC SPEAKING

PROBLEM SOLVING

CREATIVITY & INNOVATION

DECISION MAKING

RESILIENCE & STAYING POSITIVE

PLANNING & ORGANISATION

SKILLS DEVELOPED

YEAR 13

- Managing Online Safety and Privacy
- Online Reputation
- Importance of Networking
- Media Literacy & Digital Resilience
- Critical Media Literacy Skills & Fake News
- Photoshop, Airbrushing and Social Media
- Extremism and Radicalisation



CITIZENSHIP
BRITISH VALUES

MEDIA LITERACY & DIGITAL RESILIENCE

YEAR 12

BULLYING, ABUSE & DISCRIMINATION

STATUTORY HEALTH & RSE
PSHE
CITIZENSHIP

EQUALITY

- Gaslighting + Emotional Abuse
- Coercion in Relationships
- Forced Marriage & Honour Based Violence
- Harassment & Stalking
- How to De-Escalate Social Situations
- De-escalate & exit aggressive social situations
- Organised Crime, Gangs and Knife Carrying
- Culture and Diversity in Britain

- Getting Home Safely
- Planning a Holiday & Safety
- Importance of Basic First Aid
- Crime & Emergency Services
- Assertiveness and Alcohol
- Alcohol & Impact on Reputation
- Drink Spiking & intoxicated Drivers



STATUTORY HEALTH
DRUGS EDUCATION

RISK, PERSONAL SAFETY & DRUGS

YEAR 12

RELATIONSHIP VALUES & CONSENT

STATUTORY HEALTH & RSE
PSHE



- Types of Relationships
- Expressing my Own Relationship Values
- What is Discrimination & Prejudice?
- What is Prejudice (About Relationships)
- Consent, Sexual Norms and Expectations
- Consent Around the World
- Police Investigation of Sexual Assaults
- Violence Against Women

- Cervical, Breast and Testicular Cancer
- What do Vaccines do?
- How to Recognise Different Illnesses
- Maintaining a Healthy Diet on a budget
- Balancing Life and Work
- Recognising when others Need Support
- Anxiety, Depression, Eating Disorders
- Maintaining Positive Mental health



STATUTORY HEALTH
PSHE
WELLBEING

HEALTHY LIFESTYLES & MENTAL HEALTH

YEAR 12

WORK, CAREERS & PATHWAY CHOICES

GATSBY BENCHMARKS - CAREERS -
EMPLOYMENT
CAREERS



- Preparation for the Workforce
- Being Ambitious with my Careers Goals
- Alternatives to going University
- Knowing my own Strengths and Qualities
- How to Produce a Compelling CV
- How to Answer Job Interview Questions.
- Career Possibilities in a Global Economy

WELCOME

RSE COMPLIANT
HEALTH COMPLIANT
GATSBY BENCHMARKS

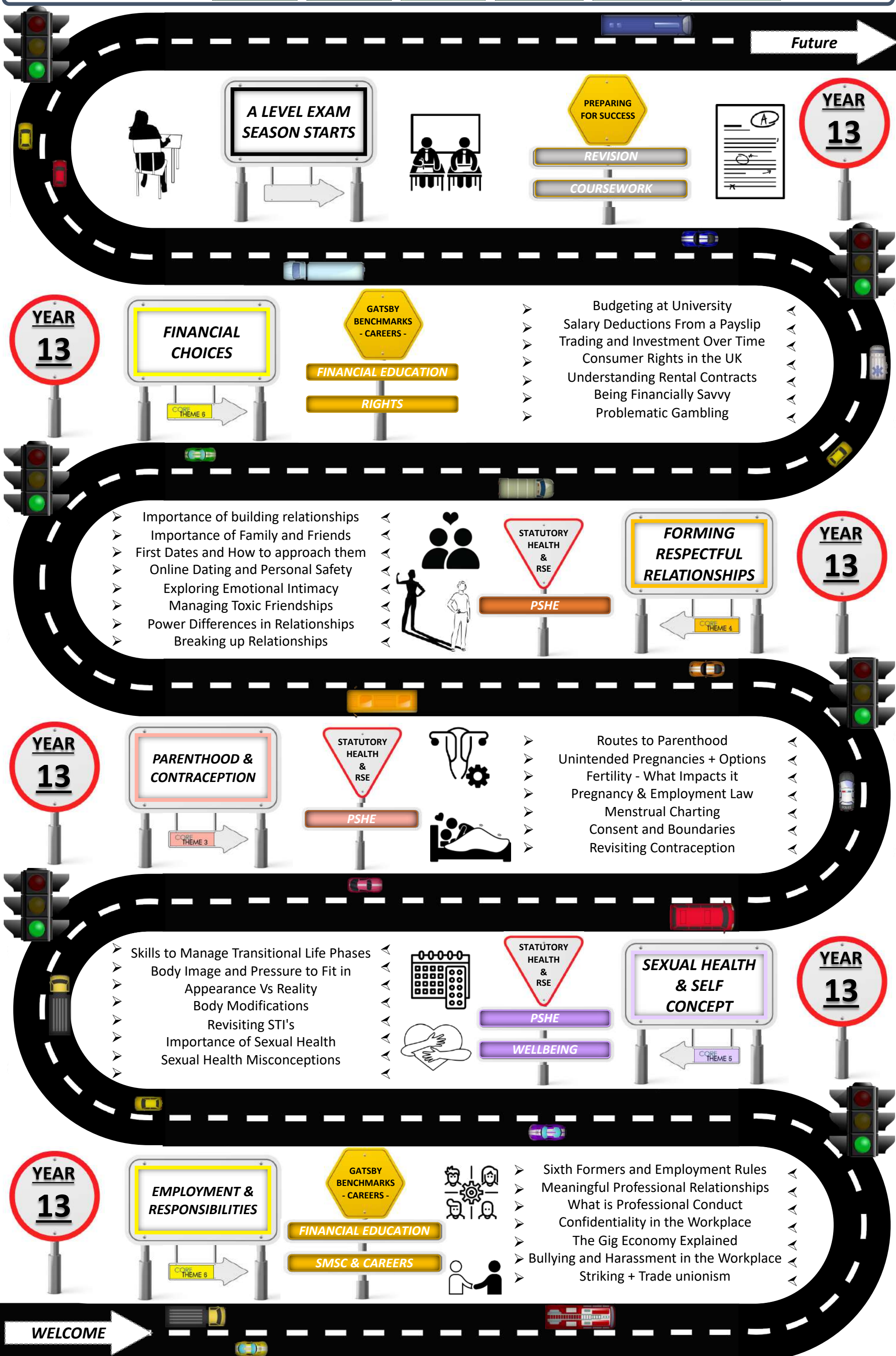
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PERSONAL DEVELOPMENT
ASSESSMENT & PROGRESS IN PSHE

- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ Assessments

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RSE COMPLIANT

HEALTH COMPLIANT

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