



## PSHCE Lesson Overview 2023/24



- Health and Wellbeing
- Relationships and Sex Education
- Living in the wider world (Citizenship)

## Year 7

### Managing Transition

Lesson	Lesson Content
1	Moving to secondary School
2	What makes a good friend
3	Being part of the school community
4	My likes and dislikes
5	Organisation and Responsibility

### Staying Safe

Lesson	Lesson Content
1	Internet Safety
2	Road Safety - Visit by police and Ambulance service
3	Peer Pressure
4	Anti-Social Behaviour
5	Smoking
6	Drugs
7	Vaping

### Understanding You

Lesson	Lesson Content
1	Gender stereotypes
2	Puberty - What is it?
3	Body changes through puberty
4	Periods/puberty
5	Periods/Puberty

6	Emotional changes during puberty
7	Puberty survival guide

## Global Citizenship

Lesson	Lesson Content
1	What is a global citizen
2	Citizenship in the UK
3	Being British

## Year 8

### Bullying, stereotypes and Diversity

Lesson	Lesson Content
1	Bullying
2	Discrimination
3	Cultural Diversity
4	How people see me
5	Prejudice
6	Stereotypes
7	Making changes - Diversity in school

## Healthy You

Lesson	Lesson Content
1	Healthy eating - balanced diet
2	Eating Disorders
3	Emotional wellbeing
4	Mindfulness
5	Self Confidence
6	Inspirational people

## Gender

Lesson	Lesson Content
1	Boy/Girl stereotyping
2	Appearance
3	Gender Labelling
4	Gender balance
5	Gender inequality
6	Body evolution
7	Body Dysmorphia

## Year 9

### Healthy Relationships

Lesson	Lesson Content
1	Different types of relationships
2	Verbal and Physical abuse
3	What makes a perfect partner
4	Losing virginity/consent
5	Peer pressure - when to have sex
6	FGM

### Money Management (NatWest Money Sense)

Lesson	Lesson Content
1	Tax, pensions and national insurance
2	Credit
3	Making money
4	Debt
5	How much do things cost
6	Money in the future

## Sex and Sexuality

Lesson	Lesson Content
1	Underage Sex
2	Contraception
3	STI's
4	LGBTQ+
5	Same sex relationships

## British Values

Lesson	Lesson Content
1	Challenging discrimination
2	Religious belief and practice
3	Freedom of faith in the UK
4	UK democracy
5	Rule of law in the UK

## Year 10

### Sexual Exploitation

Lesson	Lesson Content
1	Fertility and Reproduction
2	Body Image
3	Consent
4	Sexual Coercion
5	Revenge Porn
6	Pornography
7	Pregnancy and Parenting

## Legal and Illegal Highs

Lesson	Lesson Content
1	Legal Highs
2	Smoking and Vaping
3	Drugs
4	Alcohol
5	Understanding the law
6	Mental wellbeing

## Year 11

### Mindfulness and Wellbeing

PSHCE in Year 11 follows a bespoke programme, offering support with revision, Post-16 options and careers. Alongside this, we deliver the statutory relationship and sex education as well as lessons on drugs and alcohol abuse.

During exam periods, students are offered mindfulness and wellbeing sessions as well as workshops for non-examined assessment subjects.