



PSHE/RSE PROGRAMME OVERVIEW 2025 - 2026

“PHRSE @ SHOM - preparing you with the knowledge, attributes and skills to ensure all may have life”

Relationships - RSE (KS3 Audit, KS4&5 Audit)

Living in the wider world - finance, rule of law, individual liberty, democracy, mutual respect, and tolerance

Careers and next steps - including careers-related lessons

Health and Well-being - Mental health, Internet safety and harms, Physical health and fitness, Healthy eating, Drugs, alcohol and tobacco, Health and prevention, Basic first aid, Changing the adolescent body.

Blank lessons have been left as a contingency to ensure a needs-based and adaptive curriculum is provided for each year group

*Year 12 and 13 SOW are being rewritten in response to the new statutory guidance for September 2026; therefore, this academic year, there is some overlap of content

	Week	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12*	Year 13*	Whole School
Autumn 1	1	Welcome PP - Assemblies	Introduction to PHRSE	Introduction to PHRSE	Introduction to PHRSE Transition survey	Introduction to PHRSE	PHRSE Intro, Thriving in post-16 (VESPA)	UCAS - Last session	Welcome Mass
	2	Learning to Budget	School Mission and History	Savings accounts	New Challenges	Screen time	Study Skills (VESPA)	Sexual Health Talk	
	3	Ethical Spending	2B or Not 2B	Payslips	Reframing negative thinking	Careers	Icanyoucantoo Launch Talk	Challenging Misogyny in the Media	
	4	David Leech - Transition Worries	What's Your Type?	Budgeting & school council voting	Recognising mental ill-health	Careers	Sepsis Talk - SW New Hall	Assisted Dying Bill	School Council Vote
	5	INSET DAY	INSET DAY	INSET DAY	INSET DAY	INSET DAY	INSET DAY	INSET DAY	
	6	Making & Keeping Friends	First Impressions	BHM Speaker	Change, loss, grief Promoting emotional well-being	Careers	Coppa-feel! Breast Cancer Awareness Talk	Assisted Dying Bill	
	7	Bullying	Show Racism the Red Card	Buying a Car	Money Mules	Careers	Cervical Screening	Henrietta Lacks	Diversity and Inclusions Vote
	8	Streetwise Road Safety	Domestic Abuse	TfL Guardian Angel	Fraud	SHOM Sixth Form	Being a Blood Donor	Being a Blood Donor	
October Half Term									
Autumn 2	9	Consent 1	Why Can't We All Get Along?	Fake News	Social Engineering	New Subject Circus	Assisted Dying Bill	Responsibilities and Consequences	



	10	Anti-Bullying Week	Anti-Bullying Week	Anti-Bullying Week	Anti-Bullying Week	New Subject Circus	Assisted Dying Bill	Communicating wants and needs	Anti-Bullying week
	11	Consent 2	Careers	Report Reflection	Guest Speaker BHM	Mock Exams	Effort and Systems (VESPA)	Unwanted inappropriate behaviour and illegal behaviours	
	12	Puberty	Careers	Is vaping really safer than smoking?	Young drivers and Passenger safety	Mock Exams	Challenging Misogyny in the Media	Gambling	Whitby Feast Day
	13	Periods	Careers	Personal Safety	How we learn	Anti-Bullying Week	Speakers for Schools	Speakers for Schools	
	14	Period Products	Careers	Addiction - Amy Winehouse 1	Valuing Diversity	What is Genocide	Sleep	How to Revise	
	15	School Mission and History	Diverse traditions; a time to celebrate	Addiction - Amy Winehouse 2	Christmas Quiz	Christmas	Christmas Benchball	Christmas Quiz	
Christmas									
Spring 1	15	Social Media	Communicating Online 1	Picking your options	Understanding and Preventing Extremism	Senior Prizegiving Rehearsal TBC	Senior Prizegiving Rehearsal TBC	Senior Prizegiving Rehearsal TBC	
	16	Social Media	Anti-Semitism	Careers	How are people drawn into extremism?	Year 11 Subject Fayre	Year 11 Subject Fayre	Year 11 Subject Fayre/Mock Revision	
	17	Importance of diet & exercise	Communicating Online 2	Careers	Gender Identity 1	Unhealthy Relationships	Practise (VESPA)	Mocks Revision	
	18	Internet Safety	Stereotypes	Careers	Gender Identity 2	Long-term commitments	Drugs: Risks and Consequences	Personal Safety	Rievaulx Feast Day
	19	Streetwise Road Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety	Drugs: Medicines	Internet Safety	
	20	Child Mental Health Week	Microaggressions	Consent	Child Mental Health Week	Legal status of marriage	Attitude (VESPA)	Drugs: Travelling and Making Decisions	
February Half Term									
Spring 2	21	Founder's Day	Founder's Day	Founder's Day	Founder's Day	Founder's Day	Founder's Day	Founder's Day	Founder's Day

	22	Criminal Exploitation	International Women's Day	Knife Crime Workshop	Careers Fayre TBC	Icanyoucantoo talk	Responsibilities and Consequences	Cooking on a budget	
	23	The British Political System	Disablism	Freedom and Capacity to Consent	A fair and equal opportunity to be healthy	Spiking	Communicating wants and needs	Y13 Photos	
	24	Careers	Homophobia	Contraception	Lifestyles and well-being	Form Photos	Unwanted inappropriate behaviour and illegal behaviours	How is using my phone affecting my health?	Lindisfarne Feast Day
	25	Careers	Racism	Sexual Health	Managing influences of lifestyle decisions	Sexual Harassment	Internet Safety	Money Management	
Easter									
Summer 1	26	Careers	Women's Health	FGM	Managing Online Reputation	Sexual Harassment	Personal Safety	Year 13 Leavers' Mass	
	27	Careers		Violence against women and girls	Careers	Body Modifications 1	Sexual Health	Catch-up lesson	Thanet Feast Day
	29	Study Skills	Women's Health 2	Managing Breakups	Careers	Body Modifications 2	Fertility	Y13 Celebration	
	30	Thinking Positively	First Aid: Asthma and Allergies	DTP Vaccinations information session	Careers	Exam Stress	Menopause		
	31	Healthy Lifestyle Rotation	Bleeding and Shock	Catch-up lesson	Careers	Year 11 Letters and Year Group Photo	Introduction to University/ Apprenticeships		
	32	Healthy Lifestyle Rotation	Catch-up Lesson	Applying to University: The basics	The Dangers of Pornography	Big Fat Quiz of Year 11	Next Steps Booklet		
May Half Term									
Summer 2	33	Healthy Lifestyle Rotation	Revision and study skills	Applying for Jobs: The basics	Revenge Porn		Next Steps Booklet		
	34	Healthy Lifestyle Rotation	What is AI?	Personal statements and cover letters: The basics	Online Misogyny		Mocks		

	35	Yr6 Induction	Carousel		Online Misogyny		Mocks		
	36	Catch-up lesson	Carousel	Study Skills	The importance of gratitude		Next Steps Booklet		
	37	Malicious communications	Carousel	Careers: A Day in the Life	Unwanted obsessive behaviours		Drugs: Keeping safe		
	38	Antisocial behaviour	Carousel	First Aid	End of Year Review		Sun Safety and the Dangers of Sunbeds		
	39	Top tips for Year 6	End of Year Review	End of Year Review	End of Year Quiz		Project Trust Talk		
Summer Holiday									