



## PERSONAL, SOCIAL, HEALTH AND CITIZENSHIP EDUCATION (PSHCE) TOPICS

### DROP-DOWN SCHEDULE 2025-26

Drop downs	Y7	Y8	Y9	Y10	Y11
<ul style="list-style-type: none"> <li><b>Tuesday 2nd September</b></li> </ul> <p>Period 1 and 2</p> <p>WHICKHAM QUALITIES</p>	<u>Whickham Qualities</u> <ul style="list-style-type: none"> <li>Launch of the qualities</li> <li>Equal Rights: protected characteristics and how we can protect vulnerable groups.</li> <li>Use of language - basic respect between students and teachers.</li> </ul>	<u>Whickham Qualities</u> <ul style="list-style-type: none"> <li>Reminder of the qualities</li> <li>Target setting and future aspirations</li> <li>Appropriate language choices</li> <li>Evaluating how far we demonstrate the qualities</li> </ul>	<u>Whickham Qualities</u> <ul style="list-style-type: none"> <li>Reminder of the qualities</li> <li>Respecting ourselves, our school and our community</li> <li>The power of language</li> <li>Derogatory terms and the importance of language context.</li> </ul>	<u>Whickham Qualities</u> <ul style="list-style-type: none"> <li>Reminder of the qualities</li> <li>Use of language</li> <li>Sexual harassment</li> </ul>	<u>Whickham Qualities</u> <ul style="list-style-type: none"> <li>Reminder of the qualities</li> <li>Aspiration and resilience working towards assessments</li> </ul>
<ul style="list-style-type: none"> <li><b>Thursday 11th September</b></li> </ul> <p>Period 2 and 3</p> <p>MENTAL HEALTH</p>	<u>Mental Health</u> <ul style="list-style-type: none"> <li>Emotional wellbeing &amp; resilience</li> <li>Challenging misconceptions</li> <li>Reframing disappointment</li> <li>Five ways to wellbeing</li> <li>Anti-bullying</li> </ul>	<u>Mental Health</u> <ul style="list-style-type: none"> <li>Warning signs</li> <li>Unhelpful coping strategies</li> <li>Self harm &amp; eating disorders</li> <li>Positive coping strategies</li> <li>Anti-bullying</li> </ul>	<u>Mental Health</u> <ul style="list-style-type: none"> <li>Promoting positive mental health</li> <li>Strategies to manage anxiety</li> <li>The impact of external events</li> <li>Anti-bullying</li> </ul>	<u>Mental Health</u> <ul style="list-style-type: none"> <li>9 Characteristics and the impact of stigma (links to anti-bullying)</li> <li>Identifying ways to cope with anxiety</li> <li>Reframing negative thinking</li> <li>helpful &amp; unhelpful coping strategies</li> </ul>	<u>Mental Health</u> <ul style="list-style-type: none"> <li>Common Mental Illnesses</li> <li>Supporting friends (link to empathy)</li> <li>Mental Health beyond school: Promoting emotional wellbeing</li> <li>Helpful &amp; unhelpful coping strategies</li> </ul>
<ul style="list-style-type: none"> <li><b>Friday 3rd October</b></li> </ul> <p>Period 2 and 3</p> <p>FUNDAMENTAL BRITISH</p>	<u>Fundamental British Values</u> <ul style="list-style-type: none"> <li>The importance of democracy</li> <li>An understanding of liberty</li> <li>The rule of law</li> <li>Respect and tolerance</li> <li>School Elections</li> </ul>	<u>Fundamental British Values</u> <ul style="list-style-type: none"> <li>The importance of democracy</li> <li>An understanding of liberty</li> <li>The rule of law</li> <li>Respect and tolerance</li> <li>School Elections</li> </ul>	<u>Fundamental British Values</u> <ul style="list-style-type: none"> <li>The importance of democracy</li> <li>An understanding of liberty</li> <li>The rule of law</li> <li>Respect and tolerance</li> </ul>	<u>Fundamental British Values</u> <ul style="list-style-type: none"> <li>The importance of democracy</li> <li>An understanding of liberty</li> <li>The rule of law</li> <li>Respect and tolerance</li> </ul>	<u>Fundamental British Values</u> <ul style="list-style-type: none"> <li>The importance of democracy</li> <li>An understanding of liberty</li> <li>The rule of law</li> <li>Respect and tolerance</li> </ul>

VALUES			<ul style="list-style-type: none"> <li>School Elections</li> </ul>	<ul style="list-style-type: none"> <li>School Elections</li> </ul>	<ul style="list-style-type: none"> <li>School Elections</li> </ul>
<ul style="list-style-type: none"> <li><b>Tuesday 28th November</b></li> </ul> <p>Period 3 and 4</p> <p>PHYSICAL HEALTH</p>	<u>Physical Health</u> <ul style="list-style-type: none"> <li>Link between physical activity and positive mental wellbeing.</li> <li>Healthy lifestyle, including healthy weight, cancer and cardiovascular issues.</li> <li>Link between inactive lifestyles and ill health.</li> </ul>	<u>Physical Health</u> <ul style="list-style-type: none"> <li>Healthy eating</li> <li>Links between a poor diet and health risks, including tooth decay and cancer.</li> <li>The importance of quality sleep</li> <li>Controlling weight</li> </ul>	<u>Physical Health</u> <ul style="list-style-type: none"> <li>Personal hygiene, germs including bacteria, viruses, how they are spread</li> <li>Treatment and prevention of infection and antibiotics.</li> <li>Dental health and oral hygiene</li> <li>Healthy eating and regular check-ups at the dentist.</li> </ul>	<u>Physical Health</u> <ul style="list-style-type: none"> <li>Benefits of regular self-examination and screening.</li> <li>Science relating to immunisation and vaccination.</li> <li>The importance of quality sleep</li> <li>Controlling weight</li> </ul>	<u>First aid</u> <ul style="list-style-type: none"> <li>Basic treatment for common injuries</li> <li>Life saving skills, including CPR.</li> <li>Purpose of defibrillators and when you might use one.</li> </ul>
<ul style="list-style-type: none"> <li><b>Wednesday 13th December</b></li> </ul> <p>Period 3 and 4</p> <p>SHAPING IDENTITIES THROUGH SOCIAL MEDIA AND THE INTERNET</p>	<u>Stereotypes and Equality</u> <ul style="list-style-type: none"> <li>How stereotypes based on gender, sex, race, religion, sexual orientation or disability can cause damage</li> <li>Respect in and outside of school and how they should be respected</li> <li>Right and responsibilities regarding equality</li> </ul>	<u>Internet safety</u> <ul style="list-style-type: none"> <li>How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.</li> <li>Staying safe on social media and creating an online 'self'</li> </ul>	<u>Internet safety</u> <ul style="list-style-type: none"> <li>Relationships online</li> <li>Digital footprint</li> <li>The risks of social media</li> <li>Body image online</li> <li>Snapchat- keeping yourself safe</li> </ul>	<u>Internet safety</u> <ul style="list-style-type: none"> <li>Body image</li> <li>Cyberbullying-</li> <li>Snapchat- keeping yourself safe</li> <li>Unhealthy online relationships</li> <li>over-reliance on online relationships including social media</li> </ul>	<u>Internet Safety.</u> <ul style="list-style-type: none"> <li>Pornography: information, stereotypes and pressure</li> <li>Online Peer pressure and looking after friends</li> <li>Risks related to online gambling and advertising</li> <li>Body Shaming and keeping safe on Snapchat and TikTok</li> </ul>
<ul style="list-style-type: none"> <li><b>Friday 19th January</b></li> </ul> <p>Period 3 and 4</p> <p>RELATIONSHIPS &amp; SEX EDUCATION OR SMOKING, VAPING, ALCOHOL AND DRUGS</p>	<u>Smoking &amp; Vaping</u> <ul style="list-style-type: none"> <li>General risks</li> <li>Risks of smoking for young people and impact of development</li> <li>Finances of smoking</li> <li>Addiction</li> <li>The law</li> </ul>	<u>Alcohol</u> <ul style="list-style-type: none"> <li>Dangers and health risks</li> <li>Impact on development</li> <li>Addiction</li> <li>The law</li> </ul>	<u>Illegal drugs</u> <ul style="list-style-type: none"> <li>What are they?</li> <li>The law</li> <li>Focus on cannabis and its effects</li> <li>Addiction</li> <li>County Lines</li> </ul>	<u>Contraception, Sexual health including STIs and effects of sex</u> <ul style="list-style-type: none"> <li>Contraceptive</li> <li>Facts around pregnancy including miscarriage</li> <li>Choices relating to pregnancy</li> <li>STIs and how they can be transmitted and the facts about testing</li> <li>Prevalence of STIs and key facts about treatment</li> <li>Further advice and where to find it</li> </ul>	<u>Sex and the law.</u> <ul style="list-style-type: none"> <li>Concepts and laws relation to sexual consent, exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM. How these affect future relationships.</li> <li>Violent behaviour and coercive behaviour</li> <li>Sexual harassment and sexual violence</li> </ul>
<p><b>6. Tuesday 19th March</b></p> <p>Period 3 and 4</p> <p>RELATIONSHIPS &amp; SEX</p>	<u>Relationships</u> <ul style="list-style-type: none"> <li>Different types of families</li> <li>Marriage- what it is and legal status</li> <li>Long term relationships + legal status</li> </ul>	<u>Sex, pressures and staying safe</u> <ul style="list-style-type: none"> <li>Positive and healthy aspects of one-to-one intimate relationships- respect, consent, loyalty, trust, shared interests, sex and friendship.</li> </ul>	<u>Sex and the internet including porn</u> <ul style="list-style-type: none"> <li>Being responsible online</li> <li>Reminder of the laws around sharing nude images</li> </ul>	<u>'Legal highs'</u> <ul style="list-style-type: none"> <li>What are they?</li> <li>Abuse</li> <li>Addiction</li> </ul>	<u>Spiking and alcohol abuse</u> <ul style="list-style-type: none"> <li>Risks to development</li> <li>How to stay safe</li> <li>Health risks</li> <li>Abuse and addiction</li> </ul>

EDUCATION OR SMOKING, VAPING, ALCOHOL AND DRUGS	<ul style="list-style-type: none"> <li>Roles and responsibilities of parenthood</li> <li>Safe and unsafe relationships</li> <li>What is a positive and healthy friendship including online.</li> </ul>	<ul style="list-style-type: none"> <li>Sexual, reproductive, wellbeing</li> <li>Reproductive health including fertility</li> <li>Identifying and managing sexual pressure</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Online risks including risks of posting things online and how can be difficult to remove</li> <li>What to do and how to report material or issues online</li> <li>Viewing harmful content</li> <li>How sexually explicit imagery affects teens/ distorts reality</li> </ul>	<ul style="list-style-type: none"> <li>Health risks and how alcohol and drugs can lead to risky sexual behaviour</li> <li>County Lines</li> </ul>	<ul style="list-style-type: none"> <li>Prescription drugs</li> </ul>
<b>7. Friday 28th June</b>  Period 3 and 4  KS3- PUBERTY YEAR 9- FIRST-AID YEAR 10- STAYING SAFE/ MANIPULATION	<u>Puberty</u> <ul style="list-style-type: none"> <li>Key facts about puberty, the changing adolescent body and menstrual wellbeing.</li> <li>The main changes which take place in males and females, and the implications for emotional and physical health.</li> </ul>	<u>Puberty</u> <ul style="list-style-type: none"> <li>Key facts about puberty, the changing adolescent body and menstrual wellbeing.</li> <li>The main changes which take place in males and females, and the implications for emotional and physical health.</li> </ul>	<u>An introduction to first-aid</u> <ul style="list-style-type: none"> <li>Basic treatment for common injuries</li> <li>Life saving skills, including how to administer CPR.</li> <li>Purpose of defibrillators and when you might use one.</li> </ul>	<u>Staying safe/ online manipulation.</u> <ul style="list-style-type: none"> <li>Toxic Masculinity</li> <li>Incel culture</li> <li>Keeping safe - alcohol / drugs / water safety / contraception / saying no</li> </ul>	

If you would like any further information about our PSHCE Programme, or if you would like to access our PSHCE lesson resources, please contact Mr Milton, Associate Assistant Headteacher (jmilton@whickhamschool.org).