



# YOUR PSHE JOURNEY: GROWING KNOWLEDGE, SKILLS & CONFIDENCE



Building the knowledge and skills you need to lead **healthy, safe, happy** and **successful** lives – now and in the future.

| THEME                                                                                                                          | YEAR 7<br>Getting Started                                                                                                                                                                                                                                                                                                                     | YEAR 8<br>Building Understanding                                                                                                                                                                                                                                                                                                      | YEAR 9<br>Making Choices                                                                                                                                                                                                                                                                                                                         | YEAR 10<br>Preparing for Life                                                                                                                                                                                                                                                                                                                                                          | YEAR 11<br>Ready for the Future                                                                                                                                                                                                                                                                                                                                                      | REMEMBER:                                                                                                                                                             |
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| <br><b>RELATIONSHIPS AND SEX EDUCATION</b>    | <ul style="list-style-type: none"><li>♥ Positive friendships, empathy and respect</li><li>♥ Bullying and peer influence</li><li>♥ Personal boundaries and basic consent</li><li>♥ Family diversity and respect</li><li>♥ Puberty and body changes</li></ul>  | <ul style="list-style-type: none"><li>♥ Healthy and unhealthy relationships</li><li>♥ Consent within relationships</li><li>♥ Family roles and responsibilities</li><li>♥ Relationship laws</li><li>♥ Grooming and exploitation awareness</li></ul>  | <ul style="list-style-type: none"><li>♥ Relationship values</li><li>♥ Readiness for intimacy and sexual consent</li><li>♥ Contraception and STIs</li><li>♥ Relationship change and future family choices</li><li>♥ Sexting and online sexual risks</li></ul>  | <ul style="list-style-type: none"><li>♥ Enthusiastic consent, coercion, pressure and abuse</li><li>♥ Pornography and sexual decision-making</li><li>♥ Forced marriage and family rights</li><li>♥ Nude image sharing and image-based abuse</li><li>♥ How to get help and report concerns</li></ul>  | <ul style="list-style-type: none"><li>♥ Consent, coercive control, alcohol and capacity</li><li>♥ Healthy and unhealthy relationships</li><li>♥ Marriage, parenting, pregnancy choices</li><li>♥ Contraception and sexual health services</li><li>♥ Power and control in relationships</li></ul>  | <br><b>Be Respectful</b><br>Treat everyone with kindness and understanding.        |
| <br><b>HEALTH AND WELLBEING</b>               | <ul style="list-style-type: none"><li>♥ Feelings, resilience and support</li><li>♥ Sleep, hygiene and healthy routines</li><li>♥ Positive self-image</li><li>♥ Risks of substances</li></ul>                                                                 | <ul style="list-style-type: none"><li>♥ Emotional wellbeing and managing change</li><li>♥ Diet, exercise and healthy lifestyles</li><li>♥ Smoking, vaping and alcohol</li><li>♥ Vaccinations and self-checks</li></ul>                              | <ul style="list-style-type: none"><li>♥ Mental health and body image</li><li>♥ Alcohol, drugs, caffeine and cannabis</li><li>♥ Gambling and risk-taking</li><li>♥ Media influence on health and wellbeing</li></ul>                                           | <ul style="list-style-type: none"><li>♥ Wellbeing and healthy choices</li><li>♥ Cancer awareness and self-checking</li><li>♥ Reproductive health and screening</li><li>♥ Informed health decisions</li></ul>                                                                                        | <ul style="list-style-type: none"><li>♥ Lifelong wellbeing, stress and grief</li><li>♥ Independence and self-care</li><li>♥ Addiction, risk assessment and support</li><li>♥ Managing health in adulthood</li></ul>                                                                               | <br><b>Be Safe</b><br>Look after yourself and others – online and in real life.    |
| <br><b>ONLINE SAFETY AND DIGITAL LITERACY</b> | <ul style="list-style-type: none"><li>♥ Safe online behaviour and gaming</li><li>♥ Introduction to AI and deepfakes</li><li>♥ Safe online relationships and privacy</li></ul>                                                                               | <ul style="list-style-type: none"><li>♥ Catfishing and online manipulation</li><li>♥ Online deception awareness</li><li>♥ Risks of online communication</li></ul>                                                                                  | <ul style="list-style-type: none"><li>♥ Sexting and explicit content</li><li>♥ Digital influence on relationships</li><li>♥ Online exploitation awareness</li></ul>                                                                                          | <ul style="list-style-type: none"><li>♥ Digital footprints and online reputation</li><li>♥ Generative AI, chatbots and misinformation</li><li>♥ Deepfakes and image-based abuse</li></ul>                                                                                                          | <ul style="list-style-type: none"><li>♥ Cybercrime and online risk management</li><li>♥ Fraud, scams and identity theft</li><li>♥ Legal responsibilities online</li></ul>                                                                                                                        | <br><b>Be Responsible</b><br>Make good choices and take ownership of your actions. |
| <br><b>LIVING IN THE WIDER WORLD</b>        | <ul style="list-style-type: none"><li>♥ My community</li><li>♥ British Values</li><li>♥ Protected characteristics and respect</li><li>♥ Online financial risks</li></ul>                                                                                   | <ul style="list-style-type: none"><li>♥ Rule of law and criminal responsibility</li><li>♥ Prejudice, discrimination and anti-racism</li><li>♥ Study skills and goal setting</li></ul>                                                             | <ul style="list-style-type: none"><li>♥ Democracy, elections and government</li><li>♥ Budgeting, bank accounts, credit and debt</li><li>♥ GCSE options and Post-16 pathways</li></ul>                                                                       | <ul style="list-style-type: none"><li>♥ Rights, responsibilities and political participation</li><li>♥ Careers planning and work experience</li><li>♥ Financial decision-making, taxation</li></ul>                                                                                               | <ul style="list-style-type: none"><li>♥ Active citizenship and independent adulthood</li><li>♥ Housing, mortgages and renting</li><li>♥ Transition to further education, employment and training</li></ul>                                                                                      | <br><b>Be Ready</b><br>Build skills and knowledge for your future.                |
| <br><b>SAFEGUARDING AND KEEPING SAFE</b>    | <ul style="list-style-type: none"><li>♥ Child-on-child abuse</li><li>♥ Making disclosures and who to talk to</li><li>♥ Staying safe online</li><li>♥ Healthy relationships</li></ul>                                                                       | <ul style="list-style-type: none"><li>♥ Grooming, gangs and county lines</li><li>♥ Knife crime and personal safety</li><li>♥ Domestic abuse awareness</li></ul>                                                                                   | <ul style="list-style-type: none"><li>♥ Exploitation and county lines</li><li>♥ Sexting and exploitation risks</li><li>♥ Healthy vs unhealthy relationships</li></ul>                                                                                       | <ul style="list-style-type: none"><li>♥ Coercion and relationship abuse</li><li>♥ Deepfakes, AI and image abuse</li><li>♥ Challenging bullying and misogyny</li></ul>                                                                                                                             | <ul style="list-style-type: none"><li>♥ Power and control in relationships</li><li>♥ Domestic abuse support and intervention</li><li>♥ Cybercrime and fraud</li><li>♥ Support services and next steps</li></ul>                                                                                 | <br><b>Be You</b><br>Celebrate who you are and support others to do the same.    |



EVERY YEAR, YOU GROW YOUR **KNOWLEDGE**, BUILD YOUR **SKILLS** AND BECOME MORE **CONFIDENT**.

**YOU'VE GOT THIS!**

