

PSHRE Curriculum Map: Years 7-11

Topic	Year 7	Year 8	Year 9	Year 10	Year 11
Health and well being	Why is PSHRE important 1 Why is PSHRE important 2 Mental health Resilience Assessment	Why is PSHRE important 1 Why is PSHRE important 2 Managing my behaviour to achieve Self confidence and goals Assessment	Why is PSHRE important 1 Why is PSHRE important 2 Behaviour to achieve Growth mindset to achieve Assessment	Why is PSHRE important 1 Why is PSHRE important 2 Managing social anxiety Social media and self esteem Assessment	Why is PSHRE important 1 Why is PSHRE important 2 The importance of sleep Online safety Assessment
Sex and Relationships Education	Why and the importance of SRE? Romantic relationships Good V toxic relationships Safety in relationships Your relationship with your body Boundaries and consent with relationships Assessment	Why and the importance of SRE? Gender identity Sexual orientation Consent Sexing Introduction to contraception FGM Assessment	Why and the importance of SRE? Pornography Revenge porn Peer pressure Child exploitation Assessment	Consent and contraception in relationships Stalking and harassment Types of relationships Relationships with role models Same sex relationships Relationship break ups Assessment	Sexual boundaries Safe sex Gender & trans Forced marriage Assessment Only four lessons - 2 week mock exams.
Life beyond school	Self esteem Racism Needs and wants Budgeting Savings and interests Assessment	The environment Team work Communication skills Entrepreneurs Credit and debit Assessment	Knife crime Young offenders Self discipline to achieve Employability Consumer rights Assessment	Crime and gangs Antisocial behaviour Work experience The right career for me What employers look for in C.V's Assessment	Revision and study skills Applying to college Preparing for job interviews Independent living Trade unions Assessment
Health & well-being	How to manage anger The dangers of energy drinks Healthy living exercise Smoking Assessment	What is mindfulness Personal development and target settings Vaping Cancer awareness Assessment	Alcohol awareness Drugs and the law Why do people self harm How to manage stress Assessment	Why do people take their own lives Managing bereavement Screen time Homelessness Assessment	Perseverance and procrastination Obesity and positivity No assessment – PPE
Online Safety	Smart phone addiction Digital footprint Cyber bullying Online grooming Assessment	Call out culture and online shaming Subcultures Dark web Sexting Assessment	Media literacy 1 Media literacy 2 Safer internet day Selfie obsessed	Online dating safety Revenge porn Cyber crime Online gambling Assessment	Revision for exams
A bit of everything	Family relationships How can we be aspirational students How can I eat responsibly Protected characteristics. Assessment	Conflict at home Homophobia Personal safety – first aid Protected characteristics Assessment	Eating disorders Human rights abuse Acid attacks Protected characteristics Assessment	Contraception Emotional literacy What are class A/B drugs Protected characteristics Assessment	GCSE EXAMS