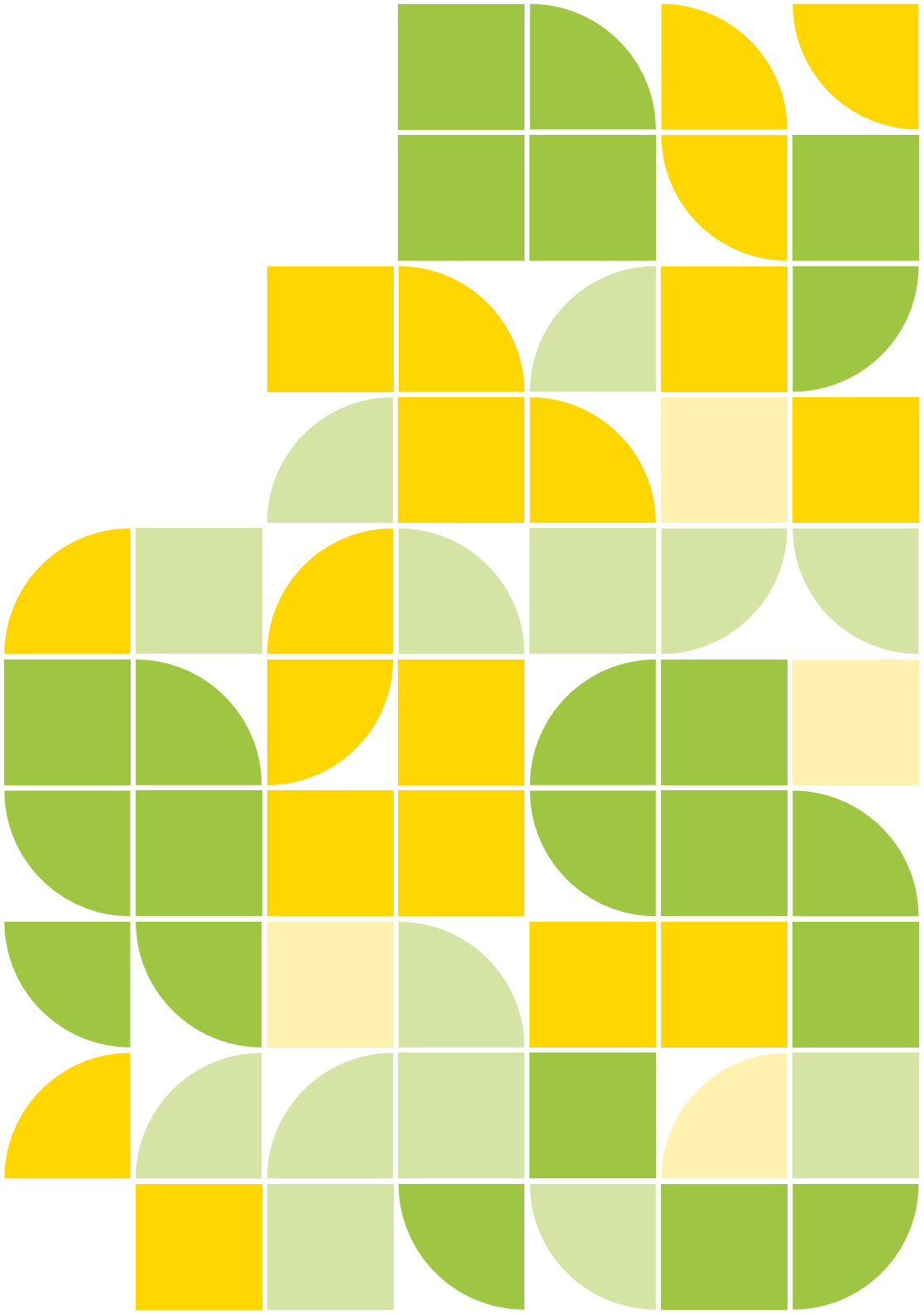
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PSHE education Curriculum Model

KS3 KS4

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Statutory RSHE | Statutory RSHE | Economic Wellbeing & Careers | Economic Wellbeing & Careers

School Plus course available - see Appendix 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring consent and recognising abuse	Study, work and careers
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Managing and maintaining health	

Statutory RSHE | Economic Wellbeing & Careers

Year 7

Autumn 1

Emotional wellbeing: managing change and transition

This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.

Suggested lessons:

Developing learning skills: Helping students thrive in a new key stage – KS3

L1: Thriving in secondary school

L2: Goal setting

Wellbeing for Life - Y7

L1: Managing emotions

L2: Managing reactions

L3: Developing positive thinking habits

L4: Managing rumination and worry

L5: Managing tension and stress

Alternative / additional lessons:

BReal: Building stress resilience in early adolescents' lives

Autumn 2

Friendship and bullying

This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.

Suggested lessons:

Friendship and bullying – KS3

L1: Friendship and empathy

L2: Bullying and bystanders

L3: Friendship challenges

L4: Similarities, differences and peer influence

Home Office: Preventing Involvement in Serious and Organised Crime - Y7

L1: Coercive friendships

Alternative / additional lessons:

NCA-CEOP Education: Connect

CRESST: Curious about conflict? (£)

Spring 1

Families and changing relationships

This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.

Suggested lessons:

Committed relationships and family life – KS3

L1: Understanding changing relationships

L2: Roles in the family

Change, loss and grief – KS3

L1: Managing change, loss and grief

Family Justice Young People's Board

L1: Family Courts

Spring 2

Puberty and keeping safe

This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse.

Suggested lessons:

Puberty

L1: Puberty and emotional changes

L2: Menstrual wellbeing

Highgate School and NHS Barts: Testicular health

L1: Testicular health

Canesten: The Truth Undressed - KS3

L1: Taking care of the vulva

Home Office: Something's Not Right - KS3

L1: Making disclosures

FGM - KS3

L1: Keeping safe

Alternative / additional lessons:

Wellbeing of Women

Summer 1

Influences on relationships

This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.

Suggested lessons:

Healthy relationships and sexual health – Y7-8

L1: Healthy and unhealthy relationships

L2: Managing conflict

Consent – KS3

L1: Introduction to consent

BBFC: Making Choices

L1: Deciding what to watch

L2: Relationships on-screen

L3: Managing challenging content

Alternative / additional lessons:

OHID: Every mind matters - Social media

NSPCC: Talk Relationships

Summer 2

Financial decisions

This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.

Suggested lessons:

Financial Literacy and Inclusion Campaign (FLIC) - ages 11-12

L1: Making spending decisions

L2: Budgeting

L3: Getting a job

L4: The impact of inflation

L5: The critical consumer

L6: Decision making: Budgeting for a summer holiday

Alternative / additional lessons:

Bank of England: EconoME

Statutory RSHE | Economic Wellbeing & Careers

Year 8

Autumn 1

Health and wellbeing

In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.

Suggested lessons:

Food for thought – KS3
- **L1:** Making healthier choices

Dental health – KS3
- **L1:** Maintaining dental health

Physical activity – KS3
- **L1:** Being active!

The sleep factor – KS3
- **L1:** Healthier sleep habits

Climate change: empathy and agency – KS3
- **L1:** Climate change and wellbeing
- **L2:** Navigating different views

HPV educate*
- **L1:** HPV and the HPV vaccine

Alternative / additional lessons:

BRIGHT dental health lesson pack

Sure: Breaking Limits

Autumn 2

Personal safety and managing risk

This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.

Suggested lessons:

Firework safety – KS3
- **L1:** Firework safety

MIB: Drive insured - KS3
- **L1:** Staying safe on the roads

Canal and River Trust: Water safety
- **L1:** Have you got their back?

British Heart Foundation**
- **L1:** Classroom RevivR

Drug education – Y7-8
- **L1:** Understanding drugs
- **L2:** Tobacco and nicotine
- **L3:** Alcohol and risk

Alternative / additional lessons:

LifeLab: What's the problem with vaping?

St John Ambulance: Basic life support

St John Ambulance: Bleeding

Spring 1

Belonging and community

This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion.

Suggested lessons:

Belonging and community – KS3
- **L1:** Identity and community
- **L2:** Bias and stereotypes
- **L3:** Discrimination and the protected characteristics
- **L4:** Values and constrictive disagreement
- **L5:** Diverse and supportive communities

Alternative / additional lessons:

Changing Faces: A World of Difference

CRESST: Curious about conflict?

Spring 2

The online world

This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.

Suggested lessons:

Online financial harms – KS3
- **L1:** Click and pay: phones and financial risk
- **L2:** Gaming, social media and algorithms: The pressure to spend online
- **L3:** Money matters: Seeking help and support

Revealing Reality: Under the influence – KS3
- **L1:** The business of influence
- **L2:** Feeding the algorithm

Alternative / additional lessons:

CIFAS: Anti-Fraud Education

Summer 1

Healthy and unhealthy relationships

This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.

Suggested lessons:

NSPCC: Talk Relationships – ages 12-14
- **L1:** Healthy relationships
- **L2:** Sexualised media
- **L3:** Safer online relationships
- **L4:** Sexual harassment and harmful sexual behaviour
- **L5:** Sharing of nudes
- **L6:** Consent
- **L7:** Preventing gender-based violence

Alternative / additional lessons:

NCA-CEOP Education: Send me a pic

NCA-CEOP Education: Respecting me, you, us

Summer 2

Managing money

This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing.

Suggested lessons:

Financial Literacy and Inclusion Campaign (FLIC) - ages 12-13
- **L1:** How to open a bank account
- **L2:** Reading a bank statement
- **L3:** How to save money
- **L4:** How to use a bank card
- **L5:** How to manage debt
- **L6:** Decision making: a guide to banking

Alternative / additional lessons:

CIFAS: Anti-Fraud Education

Bank of England: EconoME

**Teach this lesson at the most appropriate point for your school.* ***You may also choose to bring in appropriately qualified outside facilitators to support teaching of first aid content.*

Statutory RSHE | Economic Wellbeing & Careers

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Mental health and wellbeing

Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.

Suggested lessons:

Wellbeing for Life – Y8-9
- **L1:** Managing strong emotions
- **L2:** Managing distractions
- **L3:** Managing disappointments and setbacks
- **L4:** Unhealthy coping strategies
- **L5:** Healthy coping strategies

Body modifications - KS3
- **L1:** Influences and self-expression

Alternative / additional lessons:

BReal: Building stress resilience in early adolescents' lives

Careers and future choices

This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.

Suggested lessons:

Navigating work, study and careers - KS3
- **L1:** Exploring career interests
- **L2:** Work patterns and workplaces
- **L3:** Managing pressure and seeking support
- **L4:** Preparing for KS4 options

Careers education: Opportunities, strengths and managing online presence
- **L1:** Showcasing personal strengths
- **L2:** Managing online reputation

Alternative / additional lessons:

Financial Literacy and Inclusion Campaign (FLIC)

Drug education

This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.

Suggested lessons:

Drug education – Y9
- **L1:** Vaping
- **L2:** Exploring attitudes
- **L3:** The law and managing risk
- **L4:** Alcohol and cannabis
- **L5:** Managing influence

Alternative / additional lessons:

LifeLab: What's the problem with vaping?

Managing risk in relation to the law

This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.

Suggested lessons:

Home Office: Preventing Involvement in Serious and Organised Crime - Y9
- **L2:** Serious and organised crime

National Crime Agency: Exploring Cybercrime
- **L1:** Causes of cybercrime
- **L2:** Effects of cybercrime

ACT for Youth – KS3
- **L1:** Run, hide, tell

Alternative / additional lessons:

Cyber first Navigators

Gangs: Managing risks and staying safe*

**If not planning to teach in year 11*

Intimate sexual relationships

In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.

Suggested lessons:

Consent – KS3
- **L2:** Avoiding assumptions
- **L3:** Freedom and capacity to consent

Healthy relationships and sexual health – Y9
- **L1:** Relationship values
- **L2:** Contraception
- **L3:** Sexual health
- **L4:** Managing the ending of relationships

Alternative / additional lessons:

British Fertility Society: A Guide to Fertility

Canesten: The truth, undressed

NCA-CEOP Education: Respecting me, you, us

Navigating online harms

This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.

Suggested lessons:

Not just flirting – KS3
- **L1:** Feelings about sharing nudes

Digital deception: Understanding deepfakes and manipulated images – KS3
- **L1:** Motivations and consequences
- **L2:** Tackling deepfakes

Challenging the narrative: thinking critically about misogyny – KS3
- **L1:** Exploring harms and misconceptions
- **L2:** Responding to misogyny

Alternative / additional lessons:

NCA-CEOP Education: Online blackmail

Year 10

Autumn 1

Independence, health choices and wellbeing

This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.

Suggested lessons:

Developing learning skills: Helping students thrive in a new key stage – KS4
- **L1:** Study skills for KS4

Food for thought – KS4
- **L1:** Making informed choices

Physical activity – KS4
- **L1:** Making decisions about being active

The sleep factor – KS4
- **L1:** The importance of sleep

Wellbeing of Women – KS4
- **L1:** Menstruation matters

Orchid: Testicular cancer
- **L1:** What is testicular cancer?

Prevent Breast Cancer: Breast Cancer Awareness and Prevention – KS4
- **L1:** Breast awareness
- **L2:** Signs, symptoms and self-examination

Alternative / additional lessons:

Canesten: The truth, undressed

Autumn 2

Navigating the online world

This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.

Suggested lessons:

Understanding AI: Rights, safety and wellbeing – KS3-4
- **L1:** How does AI affect our daily lives?
- **L2:** What are the limitations of generative AI?
- **L3:** How does generative AI affect our understanding of the world?
- **L4:** How do chatbots affect relationships?

Digital deception: Understanding deepfakes – KS4
- **L1:** What's the harm?
- **L2:** What can be done?

Not just flirting – KS4
- **L1:** Social attitudes to sending nudes

Spring 1

Friendship, diversity and challenging extremism

This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.

Suggested lessons:

Friendship and bullying – KS4
- **L1:** Recognising and challenging bullying behaviour
- **L2:** Recognising and challenging unhealthy attitudes to bullying

Belonging and community – KS4
- **L1:** Valuing diversity
- **L2:** Understanding and preventing extremism
- **L3:** How are people drawn into extremist groups?

Spring 2

Managing influence

This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.

Suggested lessons:

Revealing Reality: Under the influence – KS4
- **L1:** All about the money?
- **L2:** Can it be trusted?

Challenging the narrative: thinking critically about misogyny – KS4
- **L1:** The impact and spread of misogynistic narratives
- **L2:** Safely challenging misogynistic beliefs and attitudes

Online financial harms – KS4
- **L1:** Making money online: Rights, risks and cryptocurrencies
- **L2:** Wanna bet? Controlled and uncontrolled online spending
- **L3:** Financial exploitation online: Factors, strategies and support

Alternative / additional lessons:

BBFC: Emotional wellbeing and the media

COMING SOON

Ipsos: Gambling

Summer 1

Exploring consent and recognising abuse

This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.

Suggested lessons:

Consent – KS4
- **L1:** The role of intimacy and pleasure
- **L2:** The impact of pornography
- **L3:** Pressure, persuasion and coercion

COMING SOON

'Honour'-based abuse, including FGM
- **L1:** 'Honour'-based abuse

Something's Not Right – KS4
- **L1:** Relationship rights and reporting abuse

Alternative / additional lessons:

BBFC: Pornography & Regulation

Freedom Charity: Forced marriage and FGM

University of Exeter & University of Cambridge: The Rights Idea

Summer 2

Study, work and careers

This unit explores career choices and pathways, work experience, and applications for study or work.

Suggested lessons:

Navigating work, study and careers – KS4
- **L1:** Identifying career preferences
- **L2:** Navigating the careers landscape
- **L3:** Mapping a career path
- **L4:** Making a good impression
- **L5:** Preparing for work experience
- **L6:** Reflecting on work experience

Alternative / additional lessons:

CIFAS: Anti-Fraud Education

Financial Literacy and Inclusion Campaign (FLIC)

Statutory RSHE | Economic Wellbeing & Careers

Year 11

Autumn 1

Life-long wellbeing

This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.

Suggested lessons:

Wellbeing for Life – KS4
- **L1:** Mental health and wellbeing throughout life
- **L2:** Managing distractions
- **L3:** Changing thinking habits
- **L4:** Seeking help and support
- **L5:** Managing stress and tension

Change, loss and grief – KS4
- **L1:** Managing change, loss and grief

Alternative / additional lessons:

COMING SOON

Liverpool John Moores University: Exam stress - KS4

Autumn 2

Drugs and personal safety

This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support.

Suggested lessons:

Drug education – KS4
- **L1:** Assessing risk
- **L2:** Managing influence
- **L3:** Help seeking

Gangs: Managing risks and staying safe
- **L1:** How it might start
- **L2:** Risks and consequences
- **L3:** Getting out

Thames Valley Police: Tackling Violence Against Women and Girls
- **L1:** Looking out for each other

Alternative / additional lessons:

LifeLab: What's the problem with vaping?

MIB: Staying safe on the roads - Being a responsible driver

Spring 1

Safe relationships and sexual health

This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health.

Suggested lessons:

NCA-CEOP Education: Exploited
- **L1:** Healthy and unhealthy relationships
- **L2:** Power and control
- **L3:** Setting boundaries and getting help

Healthy relationships and sexual health – KS4
- **L1:** Relationship behaviours
- **L2:** Choices related to sex and contraception
- **L3:** Sexual health

Alternative / additional lessons:

NSPCC: Talk Relationships

You Before Two: Contraception Choices

Spring 2

Families, fertility and pregnancy

This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.

Suggested lessons:

Committed relationships and family life – KS4
- **L1:** Long-term commitments
- **L2:** The legal status of marriage
- **L3:** Parenting

Fertility and pregnancy choices
- **L1:** Fertility and routes to parenthood
- **L2:** Pregnancy outcomes
- **L3:** Pregnancy choices

Alternative / additional lessons:

University of Essex: Communication matters

British Fertility Society: A Guide to Fertility

University of Exeter: Modern Families

Summer 1

Managing and maintaining health

This unit helps students explore behaviours that support their own and others' physical health, through prevention of illness, treatment options and emergency responses.

Suggested lessons:

Body modifications – KS4-5
- **L1:** Tattoos and piercings
- **L2:** Sunbeds and cosmetic procedures

COMING SOON

e-Bug: Vaccinations, antibiotic use and antimicrobial resistance

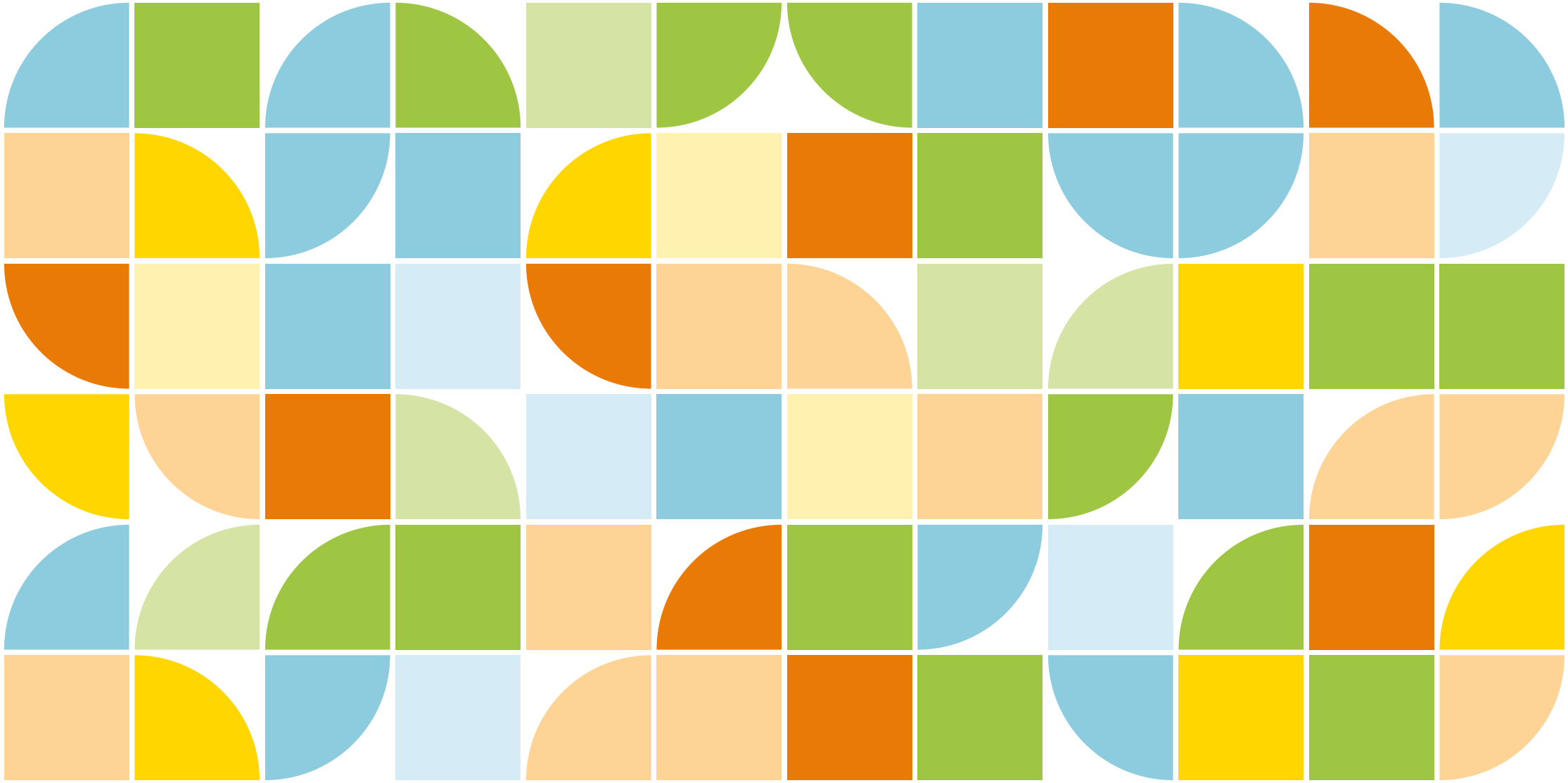
NHSBT: Exploring blood, organ and stem cell donation
- **L1:** Exploring donation
- **L2:** Donation and choices

St John Ambulance: Basic life support - KS4*
- **L1:** Basic life support

**You may also choose to bring in appropriately qualified outside facilitators to support teaching of first aid content.*

Summer 2

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