

PSHE One Page Overview

Year group	Sex & Relationships	Health & Wellbeing	Living in the wider world
7	Positive relationships Diversity & stereotyping Recognising bullying Privacy Weapons awareness Gangs & peer pressure	Managing emotions and mental health Screen time Quality sleep Dental health Personal hygiene Puberty Bike & road safety	Finance - Managing spending and savings Identifying my career aspirations Skills reflection – what am I good at? Where can this take me? Goal setting
8	Healthy & unhealthy relationships Long term relationships & marriage Families Respect & language towards others Relationship management & consent	Peer pressure – drugs & alcohol Healthy & unhealthy coping strategies Coping with bereavement Road safety & mobile phones Legal & illegal substances Personal & social risks of substance misuse	Career pathways – how can I achieve my goals? Understanding apprenticeships Skills development The Labour Market Budgeting – Wizeup
9	Coercive control – trafficking, abuse & exploitation Relationships & Support Services Marriage & Long-Term Relationships Harmful online content Grooming Intimate images Contraception STIs	Drug use (including experimental) Dependence and addiction Prescription drugs Local health services FGM Work, leisure & exercise Health awareness Body image & online life Dangers online Gambling Emotional & mental health Positive mental wellbeing	The options process – GCSEs and my future Managing emotions and pressures through careers choices Post – 16 Options – A levels, T levels & apprenticeships Stereotyping and fairness at work & school

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10	Consent Coercive control & honour-based abuse Respectful relationships – language, control & actions Contraception STIs Discrimination	Drugs, alcohol & vaping Substance abuse and misuse – Habit, dependence & addiction Online content – the changing online world	Post-16 choices Understanding higher education Personal statements & CVs Interview prep Work experience reflection Payslips – Tax & NI Savings and pensions Debt Support with income Mortgages and renting
11	Forming and maintaining respectful relationships Relationship values and cultural practices Pornography & online content Choices within pregnancy Understanding fertility Adoption & fostering Young people and crime (including gangs & weapons awareness) Extremism	Accessing medical services & being health aware The risks of cosmetic and aesthetic procedures FGM The dangers of gambling, including targeted information and advertising	My next steps – what is the law? Mock interview preparation Apprenticeships Transition from school to my next steps Higher education The importance of the Labour Market Changing patterns of employment
Annual external service input Wizeup – Financial Education (year 8) Youth Offending Team – Knife Crime (year 9) Mosaic – Vaping, drugs & Alcohol Awareness (year 9) School nursing service – Consent, Contraception & STIs (year 9)			