

**PSHE Curriculum Overview Key Stage 3 and 4**

	<b>Autumn Term 1</b>	<b>Autumn Term 2</b>	<b>Spring Term 1</b>	<b>Spring Term 2</b>	<b>Summer Term 1</b>	<b>Summer Term 2</b>
<b>Year Group</b>	<b>Health and Wellbeing</b>	<b>Relationships</b>	<b>Living in the wider world</b>	<b>Health and Wellbeing</b>	<b>Relationships</b>	<b>Living in the wider world</b>
<b>Upper 3</b>	<b>Transition and safety</b>  Transition to secondary school and personal safety in and outside school, including first aid	<b>Diversity</b>  Diversity, prejudice, and bullying	<b>Developing skills and aspirations</b>  Careers, teamwork and enterprise skills, and raising aspirations	<b>Health and puberty</b>  Healthy routines, influences on health, puberty, unwanted contact, and FGM	<b>Building relationships</b>  Self-worth, romance and friendships (including online) and relationship boundaries	<b>Financial decision making</b>  Saving, borrowing, budgeting and making financial choices
<b>Lower 4</b>	<b>Drugs and alcohol</b>  Alcohol and drug misuse and pressures relating to drug use	<b>Discrimination</b>  Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	<b>Digital literacy</b>  Online safety, digital literacy, media reliability, and gambling hooks. Online presence.	<b>Emotional wellbeing</b>  Mental health and emotional wellbeing, including body image and coping strategies	<b>Identity and relationships</b>  Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	
<b>Upper 4</b>	<b>Peer influence, substance use, gangs</b>  Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Respectful relationships</b>  Families and parenting, healthy relationships, conflict resolution, and relationship changes	<b>Setting goals</b>  Learning strengths, career options and goal setting as part of the GCSE options process	<b>Healthy lifestyle</b>  Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Intimate relationships</b>  Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	
<b>Lower 5</b>	<b>Mental Health</b>  Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Healthy relationships</b>  Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<b>Community and careers</b>  Equality of opportunity in careers and life choices, and different types and patterns of work. Online Presence.	<b>Exploring influence</b>  The influence and impact of drugs, gangs, role models and the media	<b>Addressing extremism and radicalisation</b>  Communities, belonging and challenging extremism	
<b>Upper 5</b>	<b>Building for the future</b>  Self-efficacy, stress management, and future opportunities	<b>Communication in relationships</b>  Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<b>Financial decision making</b>  The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Independence</b>  Responsible health choices, and safety in independent contexts	<b>Families</b>  Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

**Careers Curriculum Lower 5 and Upper 5**

<b>Employability skills</b>	<b>Work experience</b>	<b>Next steps</b>
Employability and online presence	Preparation for and evaluation of work experience and readiness for work	Application processes, and skills for further education, employment and career progression