

PSHE Curriculum map 2022-2023

Bold and underline – statutory RSE

Red – NC Citizenship

	Autumn 1 (7) Health & wellbeing	Autumn 2 (7) Relationships	Spring 1 (6) Living in the wider world	Spring 2 (6) Health & wellbeing	Summer 1 (6) Relationships	Summer 2 (6) Living in the wider world
Year 7	<p>intro to PSHE (1)</p> <p>Transition to secondary school and feeling safe (1)</p> <p><u>Identity - who am I (1)</u></p> <p><u>Identifying and managing emotions</u></p> <p><u>Managing worries and nervous feelings (1)</u></p> <p><u>Road and rail safety (2)</u></p>	<p><u>Girls on board (2)</u></p> <p><u>Looking after relationships (1)</u></p> <p><u>Antibullying and online relationships – including the law (2)</u></p> <p><u>Bullying or banter (1)</u></p>	<p>Money matters (1)</p> <p>Democracy in the local area (2)</p> <p>British values and freedoms (1)</p> <p>The monarchy (2)</p>	<p><u>Managing screen time (1)</u></p> <p><u>Eyes, ears, teeth (1)</u></p> <p><u>A good night's sleep (1)</u></p> <p><u>Living a healthy lifestyle (1)</u></p> <p><u>Looking after skin (1)</u></p> <p><u>Drugs – prescription/vaccinations (1)</u></p>	<p><u>You and your family (1)</u></p> <p><u>Different types or relationships (1)</u></p> <p><u>Boundaries/harassment/peer pressure (2)</u></p>	<p>Learning skills (2)</p> <p>Industry box (1)</p> <p>Jobs and me (1)</p> <p>Employability (1)</p>

	Autumn (7) Health & wellbeing	Spring (6) Living in the wider world	Summer (6) Relationships
Year 8	<u>What is PSHE (1)</u> <u>Mental wellbeing (1)</u> <u>Promoting emotional wellbeing (1)</u> <u>Anti-smoking (1)</u> <u>Internet safety and harms – sharing of images (2)</u>	Careers (4) Law and order – court room debate (2)	<u>Real love rocks (3)</u> <u>Sexual harassment (1)</u> <u>FGM (1)</u>
	Autumn (7) Health & wellbeing	Spring (6) Living in the wider world	Summer (6) Relationships
Year 9	<u>What is PSHE & Mental wellbeing (1)</u> <u>Mental wellbeing and self esteem (1)</u> <u>Recognising mental illness (1)</u> <u>Drugs - types/law/risks (2)</u> <u>Alcohol (1)</u>	Careers and options (1) Democracy – national and global (2) Democracy and voting (1) Equality Act (1) Human rights (1)	<u>Contraception (2)</u> <u>Healthy relationships/online relationships (1)</u> <u>Safe in Sussex (1)</u> <u>Damaging stereotypes (1)</u>

	Autumn (7) Health and wellbeing	Spring (6) Relationships	Summer (6) Living in the wider world
Year 10	<u>What is PSHE & Mental wellbeing (1)</u> <u>Re-framing negative feelings (1)</u> <u>Managing stressful situations/wellbeing - exam (1)</u> <u>County lines/exploitation/ knife crime (2)</u> <u>Online – extremism/radicalisation (1)</u>	<u>Acorn and choices (1)</u> <u>STIs (2)</u> <u>Healthy relationships – spiralling (1)</u> <u>Consent – short word long sentence (1)</u> <u>Pornography (1)</u>	Financial awareness (2) How to write the perfect CV (1) Health and safety in the work place (1) Post 16 choices (1)
	Autumn (7) Living in the wider world	(spring) (6) Relationships and health and wellbeing	
Year 11	Post 16 destination search (1) Post 16 application forms and interview (1) Trade unions (1) Pensions (1) Salary, expenditures and housing (1) Mock revision/planning (1)	<u>Living with HIV (1)</u> <u>Marriage and other partnerships (1)</u> <u>Fertility/menopause/reproductive health/miscarriage (1)</u> <u>Self examination and screening (1)</u> <u>Families and parenting (1)</u>	Year 11 mental wellbeing session will happen during form time.

