

PSHE and RSHE Curriculum Grid

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Year 7	How we learn -Skills for learning -How to get help in school Whats public and private in school and who helps us? -Public/ private spaces -What to do if you feel unwell. Who are our Friends? - What makes a good friend? -Fallouts -Gratefulness How I feel about myself? -Self esteem -Respond to unkind comments -Building resilience What makes us special? -Celebrate uniqueness -Personal strengths What is personal space? -Assert own personal space -Respect others personal space -Unwanted touch	How we I keep healthy? -Food -Medicine -Dental care/ Hand washing - Sleep What is safe online contact? -Communication -Block -Report -Share concerns What is pressure? -Bullying -Peer pressure -Influence	How we care for our environment? -Protect the planet -Pollution What is mental wellbeing? -Feelings -Wellbeing Different Family relationships -Stability -Commitment -Marriage -Respect/ trust	What is puberty? -Boys -Girls - Personal hygiene What is body image? -Self-esteem as people grow older How do I feel about others? -Romantic feelings -Falling in love -Trust/ Respect -Safe, healthy and positive relationships	Needs, wants and priorities How we can we buy things online? -Money -Safe ways to spend Online grooming and safety -Media and online literacy Stopping vaping and smoking. Illegal drugs introduction.	First aid -Sun safety -Water safety Emergency: -What to do in an emergency -When to call for help. -What jobs do emergency services do? -Prank calls Stereotyping and prejudice -Racism -Protected characteristics -Treat others fairly -The Equality act

Year 8	How can I keep healthy? -The benefits of Exercise Sugar, health and processed foods -Balanced diet -Healthy foods Eating responsibly. -Eating disorders Cyber bullying and online trolls -Social media -Online stress Bullying vs Banter Friendships -Tolerance -Mutual respect	Introduction to knife crime County lines Gangs Anti-social behaviour Masculinity -Being a great man Sexism in society -Rights -Equal and diverse Society Diversity -Identity -Ableism (invisible and visible disabilities)	Internet safety -The dangers of excessive screen time. Peer Pressure. -What can you do if it happens to you? -How to respond -Support Homelessness -Why some people become homeless -Increases -Mental health impacts Consent, boundaries and law -Romantic feelings -Situations involving attraction	Puberty -Boy's puberty -Girl's puberty -Personal hygiene What is pressure? -Bullying -Large group chats online How do I feel about others? -Romantic feelings -Attraction Relationships -Healthy -Domestic -Abusive	What is mindfulness? - Positive mental health -Negative mental health -Strategies and support Sleep -Sleep deprivation -Why we need sleep -Requirements Human Rights -What are they - What does it mean for everyone in the World? Lifestyle -Diseases -Cancer Internet safety -Online grooming -Report -Block -Raise concerns -Support	Alcohol -Risks -Relationships -Addiction Self-Harm prevention -Risk -First aid -Emergency situations The importance of community -Strong societies -Nature and benefits of living in a society Money -Saving -Managing -Investing
Year 9	What are drugs? -Legal (Prescription and antibiotics) - Illegal -Health risks - Dangers What is a healthy lifestyle? -Exercise	Personal hygiene -How to stay clean -Routines -Products Online reputation/ E-Reputation -Algorithms -Dangerous subcultures Misogyny	First aid -CPR Relationships -Teen relationships -Break-ups How can I keep mentally well? -Emotional regulation	Relationships -Types of relationships -Sexuality -Expectations What does power mean? -Power in relationships -Domestic and abusive -Conflict management -Harmful behaviours	Sexting -What is sexting -The law Knife crime -Impact on communities - Why do teens get involved -Consequences	Online fraud -Financial exploitation -Relationships Relationships and the media/ social media -Bullying/ online -Impacts -Blackmail

	-Healthy eating on a budget Sleep -Benefits of sleep -Sleep hygiene Health advice -Services -Charities -Support Responsible Health Choices -Vaccinations -Organ donation -Blood donation -Contraception -PrEP	-Gender equality -Misogynistic views -Manosphere -Rights and responsibilities Treasured memories -Grief -Loss -Separation Neurodiversity -Explained -Explored	-Happiness -Positivity -Gratefulness -Concerns Mental health -Anxiety -Managing anxiety -Stigma Sexual harassment -Law Finance -Responsible finances -Avoiding debt	Puberty and Contraception -Body changes -What is safe sex? -What is contraception? -Consent	Relationships -Family/ friends -Healthy -Unhealthy	-Sharing information/ nudes and semi nudes Anti-social behaviour - How does this affect communities?
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