

PSHEE Curriculum Map

Year Group	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
7	Relationships & Sex Education: Types of Relationship, Families, Friendships, Diversity, Safe use of data and images, peer pressure	Physical Health and Mental Wellbeing: Confidence, Positive, Body Image Self-Esteem, Internet Safety, Positive Links between physical activity and mental health, healthy choices	British Values and Careers: Challenging Discrimination, Human Rights and the Law, Using the Library, Types of Learning, Revision Techniques, Different Types of Work	Physical Health and Mental Wellbeing: Physical Health, First Aid, Personal Hygiene, Oral Hygiene, Periods, Risks of smoking and drinking		
8	Physical Health and Mental Wellbeing: Mental & Emotional Health, Healthy Coping Strategies, Bereavement & Loss, Risks of online gaming	British Values and Careers: Cultural Expectations in Britain, BREXIT, Aspirations, Enterprise, Personal Safety	Physical Health and Mental Wellbeing: Balanced Diets, Legal and illegal substances, substance misuse, cancer & prevention	Relationships & Sex Education: Positive peer relationships, discriminatory language, tolerance, explicit images and crime, FOMO, relationship changes		
9	British Values and Careers: Violent Crime & Gangs, Options, Employability, Social and Moral Use of Money	Relationships & Sex Education: Importance of Marriage, Challenging Stereotypes, Racism, Online Privacy, Consent, Different levels of intimacy and their consequences	Physical Health and Mental Wellbeing: Eating Disorders, Self-Harm, Unhealthy Relationships, Self-Discipline, Risks of Gambling, Young People & the Media	Physical Health and Mental Wellbeing: Risks of both Dieting & Obesity, Drugs & the Law, Addiction, Safe Use of Prescription Drugs, Importance of Sleep		
10	Relationships & Sex Education: Committed Relationships, Teenage Pregnancy, Bereavement, Equal Relationships, Respect for all Faiths	Physical Health and Mental Wellbeing: Common Mental Health Issues, Body Image & the Media, How exercise promotes mental health positivity, Influences on Eating Habits	British Values and Careers: Laws of Work, Work Experience, Health & Safety at Work, Employability, Extremism, Radicalisation, Homelessness, Fake News & Critical Thinking	Relationships & Sex Education: Consent, How Drugs & Alcohol Affect Behaviour Physical Health and Mental Wellbeing: Consequences of Drugs, Maintaining your own Health		
11	Physical Health and Mental Wellbeing: Managing Mental Health, the difference between feedback & criticism, harassment & stalking	British Values and Careers: Cults, Politics, Hate Crime, Career Pathways, CVs, Time Management, Financial Awareness, Consumer Rights	Relationships & Sex Education: Domestic Abuse, Abusive Relationships, Adoption, Bigotry, Pornography, The Dark Web, Grooming, STIs, Violence Against Women	Physical Health and Mental Wellbeing: Organ Donation, Making Healthy Choices, Risky Behaviour, Maintaining Own Health		
12	Relationships & Sex Education: Right to say no, Challenging Bigotry, Sexism	Physical Health and Mental Wellbeing: Mindfulness, Sexting, Nutrition, Healthy Lifestyles, First Aid, Texting & Driving	British Values and Careers: Financial Awareness and Services, Politics, Gender Double Standards, Institutional Racism	Relationships & Sex Education: Coercion, Consent, Personal Safety		
13	British Values and Careers: UCAS & Next Steps, Study Skills, Apprenticeships, Student Finance	Relationships & Sex Education: Revenge Porn, Coercive Control, Consent, STIs	Physical Health and Mental Wellbeing: Sexting, Nutrition, Healthy Lifestyles, Binge Drinking, Alcoholism, Risk-taking behaviour	British Values and Careers: Child Labour, Politics, Homophobia, Savings, Workplace Bullying		