

	Relationships		Health and Wellbeing		Living in the Wider World	
	HT 1	HT2	HT3	HT4	HT5	HT6
Year 7	Health and Wellbeing What is PSHE? Basic treatments for common injuries Life-saving skills The purpose of defibrillators and when one might be needed The facts about the harms from smoking tobacco and vaping	Health and Wellbeing Physical health and fitness The positive associations between physical activity and promotion of mental wellbeing The characteristics of what constitutes a healthy weight, including links between an inactive lifestyle and ill health.	Relationships Friendship and bullying What is a good friend? What is bullying? Dealing with bullying	Health and Wellbeing Key facts about puberty and the main changes emotional that take place Menstrual wellbeing Healthy and unhealthy relationships Managing conflict	Living in the Wider World Careers	Living in the Wider World Explore influences on young people's body image and self-esteem. Impact of society, professional and social media on appearance ideals.
Year 8	Health and Wellbeing Drugs and the Law Types of Drugs The impact of Drug taking	Health and Wellbeing Alcohol – The Law The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood	Health and wellbeing The importance of sufficient good quality sleep for good health The benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist Living in the Wider World Gambling	Living in the Wider World Careers	Relationships Being a positive bystander Gender stereotypes	Relationships Listening, understanding and communicating Values
Year 9	Health and Wellbeing How to talk about their emotions accurately and sensitively, using appropriate vocabulary. That happiness is linked to being connected to others. How to recognise the early signs of mental wellbeing concerns. Common types of mental ill health (e.g. anxiety and depression). Loss and bereavement	Health and wellbeing The facts about the full range of contraceptive choices, efficacy and options available How different transmitted infections are transmitted Living in the Wider World The Real game	Living in the Wider World Careers Options	Living in the Wider World British Society and elections British values	Relationships Respectful behaviours Freedom and capacity to consent Managing end of relationships Long-term commitments Legal status of marriage Parenting	Relationships Fertility and routes to parenthood Pregnancy outcomes Pregnancy choices Health and wellbeing Vaping update
RESPECT						
Year 10	Living in the Wider World Careers	REP Life and death issues	Relationships Women's Aid Consent Sexual harassment	REP Extremism	Health and wellbeing Drugs and alcohol	REP Pacifism
Year 11	Living in the Wider World Careers	REP Life and death issues	Health and wellbeing STIs Relationships Strategies for identifying sexual pressure, including peer pressure.	REP New religious movements		