

PSHE topics for each Year Group 2026/27

Managing change

Intro to PSHE
Getting to know people
What is a community?
Careers & Your future
Sleep & relaxation
Proud to be me
Life transition points

Staying Safe

Avoiding gangs & criminal behaviour
Staying safe online
Online grooming & online gaming
Alcohol & risk
Nicotine & smoking
E-Cigs, vaping & shisha
Energy drinks & Caffeine
Knife Crime

Money, Media and Modern Society

Introduction to taxation
Government & our taxes
Advertising tricks
Becoming a responsible citizen
How deepfakes are being used in politics
How to avoid financial scams
Latest UK Census data

Law Crime and Society

Desert island - living
Desert island - Building a community
Desert island - Decision making
Desert island - Criminality & the law
How laws are made
Prisons, reform and punishment

Puberty and Body Development

Intro to puberty
Female puberty
Male puberty
Personal & oral hygiene
Growing up & FGM
Assertiveness, consent & hormones
Self esteem & empowerment

Friendships, Relationships and Respect

Consent & boundaries
Respect & relationships
What makes a good friend
Friendships & managing them
Being positive & self esteem
Pressure & influence
What does it mean to be a man?

Year 7 – Friendships, Respect and Relationships

This unit looks at consent and boundaries and evaluates why personal space and boundaries are important when growing up. It then looks at the wide range of relationships that young people have and the qualities of good friendships. The unit then finishes looking at how to manage these relationships and looks at pressures and influences within different types of relationships.

Celebrating Differences

Multicultural Britain
What is your identity?
Importance of being kind
Learning disabilities
Breaking down stereotypes
Prejudice & discrimination
Challenging Islamophobia

Health & wellbeing

What is mental health?
Positive body image
Child abuse
Types of bullying
Healthy eating & cholesterol
Stress management

Digital World

Deepfakes
Bullying & digital media literacy
AI generated sexual imagery
AI & chat bots
Algorithms and content
AI - How it changes the way we think
Illegal online behaviours

Dangerous society

County lines - What is it?
County lines - Who is at risk?
Substance misuse
Online safety - Cyber bullying
Grooming boys & girls
Drugs education - Alcohol safety
Child exploitation & online protection

Staying safe and respect

loneliness
Is it bullying or banter
Peer pressure & risk taking
Personal safety
Personal safety in public spaces
Respect & women
Why sexist jokes are wrong

Identity and RSE

Intro to relationships & sex
education Healthy relationships
Dealing with conflict
Sexual orientation
Being yourself & self love
Introduction to contraception
What is love
Periods & menstrual cycle

Year 8 – Identity, Relationships and Sex Education

This unit starts with an introduction to RSE looking at what makes a healthy relationship. It deals with conflict that can happen within relationships. Students will look at the difference between sex and gender and the harmful prejudices and stereotypes that can be associated with these. All students learn about the menstrual cycle. The unit finishes with a brief look at what is love and an introduction to the concept of contraception.

Body Confidence

Self esteem changes
What is a penis?
What is a vulva?
Bullying in all its forms
Dealing with grief & loss
Media & airbrushing
Cancer prevention &
healthy lifestyles

Equality and Diversity

Equality Act
LGBTQ+ what is it?
LGBTQ+ rights across the world
Gender equality
Ableism & disability discrimination
Removing the barriers, equality for all
Racism & discrimination in society

Extremism and Terrorism

Conspiracies & extremist narratives
Extremism in all its forms
What is terrorism?
Proud to be British
The radicalisation process
Counter terrorism
Antisemitism

Legal and illegal drugs

Introduction to drugs
Different types of addictions
Cannabis products
Drug classifications
"Party drugs" & dangers
The war on drugs
Volatile substance abuse

Sex, the law and consent

Sexual consent & the law
FGM & the law
Delaying sexual activity
Why have sex?
Relationships & partners
Pleasure & masturbation
What are STI's?

Contraception and STIs

STI lesson
Contraception
Exploring the realities of contraception
Sexual harassment & stalking
HIV & Aids

Year 9 – Sex the Law and Consent

Year 9 starts looking at the law concerning sexual consent and FGM. It then looks at delaying sexual activity and the pressures that can be associated with this. It covers the positive and negative reasons to have sex and explores the consequences of making a relationship sexual. Then to finish students, debate the sexualisation of the media and the impact this is having on teens.

Violence, crimes and seeking safety

Honour based violence
Forced marriages & breast ironing
Online gaming & gambling
Social media validation
Keeping data safe
Modern day slavery
Causes of knife crime

Relationships, Respect and modern challenges

Virginity Testing
What is sextortion
Incel culture
Marriage vs cohabitation & Civil P's
Financial abuse in relationships
Ending relationships
Personal safety

Exploring British Values

Critical thinking & fake news
Hate crime in the UK
British values and identity
What are human rights
Mutual respect & tolerance
Individual liberty
Democracy explored

Exploring Relationships

Pleasure and Delaying
Sexual Activity
FGM
Sexting, Nudes and Penis
Pics
Online Pornography (Myths
vs Reality) its impact on
Society
Unhealthy Relationships &
Sexual Assault
Sexualisation of the Media

Healthy minds and safe choices

Child sexual abuse (CSE)
Self harm
Screen time & safe mobile phone use
Masculinity & misogyny
Suicidal thoughts & support
Promoting emotional wellbeing
First aid skills

Healthy bodies and future

What is a GP and Role of a
local Doctor
Role of Pharmacists Local
Healthcare System
What is Antimicrobial
Resistance
Menstrual & Gynaecological
Health
Healthy behaviours &
Pregnancy
Unhealthy Weight Gain & Risks

Year 10 – Exploring Relationships and Sex Education

This looks at the legal, emotional and social consequences of sending sexts. This is then explored further with pornography looking at what is and is not legal and identifying the differences between what is seen in pornography and real life. It explores how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self. Sexual violence is covered looking at assault and rape. The unit progresses onto pleasure and looks at masturbation and the risk associated with different sexual activities.

Staying Safe

Social Media Vs Real Life Screen
Addiction and Studying Online
Misinformation Targeted Advertising
and Your Data
Cyber Flashing & Unsolicited Images
Upskirting
Virtual Reality and Live Streaming
Online Reputation and Digital
Footprints Group Chats & Anti-
Bullying
Vaping why is it on the rise?
New Psychoactive Substances
Festivals and Nitrous Oxide
Substance Addiction

Sexual Health

Peer-on-Peer Abuse Fertility
and What Impacts it Alcohol,
Parties & Bad Choices
Importance of Sexual Health
Revisiting STIs Revisiting
Contraception Respect, Love
and Relationships

Adult Health

Organ and Blood Donation
Teenage Pregnancy Choices
Mental health illnesses
Parenthood for Teenagers
Testicular and Prostate
Cancer Breast Cancer,
Cervical Cancer & Screening
Love & Abuse

Modern society

What is Justice Media Literacy &
Digital Resilience Grime Music +
Violence Moral and Ethical Decisions
Debating and Meaningful
Discussions Abortion Laws, Morals
and Ethics Sex Trafficking

Year 11 – Sexual Health

Year 11s study the importance of their sexual health and the impact bad choices can have. They revisit contraception and STIs in further detail. They look at respect in relationships and the importance of this. They then look at fertility and what can impact fertility, leading on to different types of fertility treatment.