

Module 1: PSHRE Curriculum Overview (7 weeks)

Year 7 Healthy Minds - Resilience	Year 8 Drugs and the Law	Year 9 Gangs	Year 10 Government and Politics	Year 11 Health and Wellbeing	Year 12 Wellbeing	Year 13 Respectful Relationships
Positive Mindset To identify what is meant by healthy minds and self-talk.	Alcohol To examine the effects of alcohol on health, behaviour and relationships.	Peer Pressure To identify what makes a good friend and the consequences of peer pressure	What is the Government? What is the structure of the government of the United Kingdom? Who makes the decisions?	Planning and Organising: Revising Effectively: Explain what makes an effective revision plan. Set realistic, achievable, and measurable revision goals.	Thriving in Post-16 To describe potential challenges when transitioning to KS5. To access and apply strategies to support and manage these challenges.	Meeting New People Students explore differences between adult and teenage friendships, learn to stay safe in new relationships, and set boundaries in professional ones.
The Brain and my Emotions To examine links between thoughts and feelings.	Smoking To examine the risks of tobacco and nicotine.	Gangs Project Lesson 1 To analyse the risks and legal implications of being in a gang.	Democracy What is the process of voting in our country: Who can vote? Who can we vote for? How are our votes counted?	Coping with Exam Stress: Identify signs of exam stress in themselves and others know who to ask for advice and where to look for guidance on exam stress.	The Importance of Sleep Sleep hygiene and addressing poor sleep habits	Values and Differences Students discuss the values that are important in different types of relationships.
Controlling our emotions Recognise intense emotions and understand how they affect our responses.	Vaping To examine the risks associated with vaping.	Gangs Project Lesson 2 To further analyse the risks and legal implications of being in a gang.	Making a Law Learn how laws are made and explore recent examples with arguments for and against.	Mental Health: Revisited Identify warning signs of poor mental health and explore support available.	Keeping Safe To identify risks and challenges encountered from increased independence. Explain how to increase personal safety in a range of contexts.	Trust and Intimacy Students explore different types and different levels of intimacy, explaining the impact intimacy can have.
Managing when something is difficult To be able to recognise that our reactions to challenges need to show perspective and be realistic.	Legal and Prescription Drugs To examine the safe use of legal drugs (Energy drinks inc.	Gangs Project Lesson 3 To explore the process of getting out of a gang.	Local and Central Government What's the difference between local government, central government and parliament?	Managing Our Health: Services and Support Assess ways of overcoming barriers to healthcare and evaluate the reliability of health information available.	Work life balance The importance of maintaining regular exercise, sleep and and time offline	Influence of Pornography on Relationships To help students critically understand how pornography can affect views on sex, consent, self-image, and relationships.
What does it mean to be glass half full? Understand optimism and pessimism, and how a positive mindset supports wellbeing.	Illegal Drugs and the Law To analyse the effects and dangers of consuming illegal drugs.	Knife Crime To understand the prevalence of knife crime and examine how choices people make impact on their lives.	Pressure Groups and Activists What are the different groups that challenge political views and what effect can they have?	Substance Addiction: How to Seek Help Explore the causes of addiction, why addiction is so hard to overcome and where to seek support.	Relationships To be able to articulate a range of relationship values and apply them to support healthy relationships.	How to spot and respond to coercive control Reflect on healthy relationship behaviours, recognise coercive actions, and identify ways to respond.
Self esteem and confidence Identify personal strengths and how outside factors affect self-esteem.	County Lines To understand what they do and how they are organised.	Cybercrime Understand what cybercrime is, why people get involved, and how to assess risks and make safe decisions.	Activism in Focus: To examine two case studies of where activism has led to positive change. Doreen Lawrence, Ronan's Law	Sexual Health: Choosing and Accessing Contraception Compare different types of contraception that are available.	Managing relationships Understand the qualities of a healthy relationship and to identify markers of unhealthy relationships, such as coercive control.	What is harassment? Understand what harassment is, how it's perceived, and the laws, values, and boundaries that guide respectful behaviour.
Promoting positivity To identify good mental health and know where to go for help if needed.	Anti-drugs campaign identify and present information to build awareness for other young people.	Cybercrime Know the impact of cybercrime on all involved and suggest safer alternatives for those at risk.	Assessment: UK Parliament: a Case Study, review key aspects of UK government.	Sexual Health: Preventing and Treating STDs Explore how to reduce the risk of transmitting STI's and the importance of testing.	Communication in relationships Explore communication styles and practise constructive dialogue to build relationships and manage difficulties	Ending Relationships Students learn how to have a constructive dialogue. They assess different methods of ending a relationship and explore how to manage emotions during the end of a relationship.

