

Key themes	Positive relationships
	Health and wellbeing
	Living in the wider world
	Careers

	Autumn 1 (8 weeks)				Autumn 2 (7 weeks)				Spring 1 (6 weeks)			Spring 2 (7 weeks)				Summer 1 (4 weeks)		Summer 2 (7 weeks)			
	Session 1	Session 2	Session 3	Session 4	Session 1	Session 2	Session 3	Session 4	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 4	Session 1	Session 2	Session 1	Session 2	Session 3	Session 4
Y7	What is PSHRE	Positive friendships	Bullying or Banter?	Who am I	Safe relationships	Family relationships	Introduction to health	Exploring Possibilities	Smoking and Alcohol		Careers	Introduction to drugs	FGM	Self-Esteem	Entrepreneurship	Racial stereotypes	Work life balance	Want and Needs	Budgeting	Social media safety	Future Careers
	LQ: What is PSHRE and why is it important?	LQ: How do I keep good friends and avoid toxic ones?	Why do people bully others and how can we help to stop this?	How does my personal identity link to my careers journey?	How do we keep safe and positive relationships on and off line?	What are the different types of families and why don't we always get along?	What do we mean by a healthy lifestyle?	What does my dream job look like?	What are the dangers of smoking?	What are the dangers of drinking?	What is a career?	What are drugs and why are they dangerous?	What is FGM and why is it so dangerous?	Why is it so important to have self esteem?	What is an entrepreneur?	What are stereotypes and prejudice?	What is work life balance and why is it important?	How do I tell the difference between wants and needs?	How can we Budget our money?	How can we enjoy social media whilst staying safe?	What careers will be available in the future?
Y8	Consent	Sexting	Stereotyping	Careers - My interests	British Values	Extremism	Healthy eating	Careers	Puberty	Conflict at home - running away	Careers	Mindfulness	Personal safety and First Aid	Internet safety	Careers	LGBT+ focus	Careers	Homophobia	Finance	Tax	Careers
	What is consent and why is it so important?	What is sexting and why is it so risky to send personal messages?	What are religious stereotypes, discrimination prejudice.	How can my interests support career decisions?	How can British values teach us tolerance and respect for others?	How can we prevent radicalisation and recognise the signs of extremism?	What are the consequences of not eating healthily?	How do I write a Job application? Superhero CV	What happens during puberty when and why?	How can we avoid conflict at home?	Challenges and rewards of work.	What is mindfulness and how does it aid positive mental health?	How can we look after ourselves and others in an emergency?	What is online grooming and how can we protect ourselves?	Creating the life you want: vision board.	What does it mean to be LGBT?	What does success mean to me?	What is Homophobia and how can we prevent it?	How do I manage my money effectively?	What is tax and why do we pay it?	Careers and the climate.
Y9	Domestic violence	Child Sexual exploitation	Peer pressure	Careers	Body image	Eating disorders	Self Harm	Careers	Alcohol and drinking	Drugs and the law	Careers	Growth mindset	Antidiscrimination law	Avoiding debt	Careers	Consumer rights	Careers	Knife Crime	Knife crime	Extremism	Careers
	What is an abusive relationship and what is domestic violence?	How do young people find themselves in dangerous relationship?	Why is peer pressure so powerful and how do we demonstrate integrity?	What are my skills?	How does the media influence body image?	How does the media contribute to eating disorders?	What is self harm and why do people do this?	What comes after school: the main learning pathways.	What are the short and long term consequences of Alcohol abuse?	Why do people take illegal drugs and what is the law?	Decision making: Choosing what to study at KS4.	How can a growth mindset help us to be successful?	How are we protected from prejudice and discrimination?	How can I be financially savvy and avoid debt?	Taking control of your career journey.	What rights do we have as shoppers and consumers?	Working and earning: managing your money	How does knife crime impact on our communities?	Why do teens get involved in knife crime and what are the consequences?	How can extremist views lead to human rights abuses and violations?	What is the labour market and why is it important.
Y10	Sexism	Harassment and stalking	Same sex relationships	My career journey so far	Forced and arranged marriage	Gender and trans identity	Hate Crimes	Exploring employers	Binge Drinking	Tattoos and piercings	Choosing a careers	Change, grief and bereavement	Suicide	Criminal Justice	Work experience	County lines	Wellbeing in the workplace	Money Laundering	Terrorism and Holy war	Fake news and critical thinking	Where do I work?
	How do I recognise and prevent sexism?	How do I establish clear boundaries and recognise when they have been crossed?	Are there differences between same sex and heterosexual relationships?	What are my reflections on my career journey; past present and future?	What is the difference between arranged marriage and forced marriage?	What does it mean to be a trans person?	What is a hate crime and why do they happen?	How do I find out about a range of employers?	What is the short and long term impact of excessive drinking?	What are the risks of body modification?	What type of career is best for me?	How do I manage my emotions during moments of extreme change?	Why does suicide happen and how can we prevent it?	How does the criminal justice system work in Britain?	How can I prepare for work experience?	What are county lines and how do I stay safe?	How do I ensure my wellbeing whilst at work?	What is money laundering?	What is the link between religious extremism and terrorism?	How do I learn to recognise misinformation and think for myself?	Is it best to work in person, remotely, or flexibly?
Y11	Bullying and body shaming	Self confidence and achievement.	Consent and Rape	Post 16 Choices	Decision Making	Personal safety	Chem sex	Relationship Breakdown	Fake news	Obesity and body positivity	Mop up of applications	CPR	Gambling and online gaming.	Independent living							
	What is body Shaming and why is it so damaging?	How can confidence improve my achievement?	What is the law around rape and sexual harassment?	What are the options for my post 16 career journey?	What are my choices for Post 16?	How can I keep myself and my friends safe?	What are the risks of Chem sex?	How can I manage end of relationships?	How can I identify the truth from fake news?	What are the pros and cons of body positivity?		What is CPR and how can I help in an emergency?	What are the risks of gambling and online gaming?	What do I need to know about living away from home?							