PSHE OVERVIEW 2026/7

Half term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	**HEALTHY FRIENDSHIPS** Managing friendships and my emotions	**MAKING POSITIVE CHOICES** Drugs – Medicinal/recreational	**HEALTHY FRIENDSHIPS** Unhealthy friends/gangs (county lines)	**KEEPING MYSELF HEALTHY** Mental health challenges	**HEALTHY RELATIONSHIPS** Positive Relationships
	KEEPING MYSELF SAFE Personal and travel safety	**MAKING POSITIVE CHOICES** Drugs – Cigarettes/vaping and alcohol	**MAKING POSITIVE CHOICES** Knife crime how to recognise passive, aggressive and assertive behaviour	**KEEPING MYSELF HEALTHY** Mental health signs	**HEALTHY RELATIONSHIPS** Abusive relationships with reference to consent, coercion, and pressure.
	KEEPING MYSELF SAFE Water safety	**MAKING POSITIVE CHOICES** Drugs – Over the counter	**MAKING POSITIVE CHOICES** Addiction and dependency on drugs	**KEEPING MYSELF HEALTHY** Mental health strategies for support	**HEALTHY RELATIONSHIPS** Managing unwanted attention with refence to stalking and harassment
Autumn 2	**KEEPING MYSELF SAFE** First aid and how to respond to an emergency	**CAREERS & EMPLOYMENT** Aspirational goals	**KEEPING MYSELF HEALTHY** Managing Physical and Mental health	**KEEPING MYSELF SAFE** Safer online relationships	**KEEPING MYSELF SAFE** First aid
	HEALTHY RELATIONSHIPS	**CAREERS & EMPLOYMENT** Types of employment	**KEEPING MYSELF HEALTHY** Healthy eating and influence on wellbeing	**KEEPING MYSELF SAFE** Pressure and Coercion in	**KEEPING MYSELF HEALTHY** Cosmetic and aesthetic body alterations

	Positive relationships			relationships and How to Respond	
	HEALTHY RELATIONSHIPS How to recognise and respond to inappropriate behaviour	**DIVERSITY & EQUALITY** Developing self-worth and confidence	**KEEPING MYSELF HEALTHY** Medical health knowledge and how to access the right healthcare	**KEEPING MYSELF SAFE** Challenging victim blaming/ revenge porn	**KEEPING MYSELF HEALTHY** Exam stress focusing on coping strategies
	DIVERSITY & EQUALITY Prejudice and discrimination Promoting diversity and equality	**DIVERSITY & EQUALITY** Handling peer pressure and making safe choices	**KEEPING MYSELF HEALTHY** Vaccines and health education misinformation	**HEALTHY RELATIONSHIPS** Role models	**KEEPING MYSELF HEALTHY** The importance of sleep and developing skills to help with routines
	DIVERSITY & EQUALITY Rights and responsibilities	**KEEPING MYSELF HEALTHY** Attitudes towards mental health	**HEALTHY RELATIONSHIPS** Respectful relationships with a focus on types of families	**KEEPING MYSELF SAFE** Gangs and exit strategies	**CAREERS AND EMPLOYMENT** Interview skills
Spring 1	**KEEPING MYSELF SAFE** Identifying Bullying Online bullying and how to respond	**KEEPING MYSELF HEALTHY** Emotional wellbeing how to recognise warning signs and seek help	**KEEPING MYSELF SAFE** Homelessness and young people	**KEEPING MYSELF SAFE** Substance use	**CAREERS AND EMPLOYMENT** Next steps
	KEEPING MYSELF HEALTHY Mental health Stress and anxiety	**KEEPING MYSELF HEALTHY** Unhealthy coping strategies eating disorders/self-harm	**KEEPING MYSELF SAFE** The media and body image	**DIVERSITY & EQUALITY** Addressing extremism and understanding how people become radicalised	**KEEPING MYSELF SAFE** Parenting qualities and decision making with links to domestic abuse

	KEEPING MYSELF HEALTHY Healthy lifestyle maintaining balance	**KEEPING MYSELF HEALTHY** Healthy coping strategies for emotional wellbeing	**KEEPING MYSELF SAFE** Serious online harms	understanding how people become radicalised	**KEEPING MYSELF SAFE** Fertility and lifestyle with reference to sexual health, menstrual and gynaecological health
Spring 2	**KEEPING MYSELF HEALTHY** Healthy sleeping	**KEEPING MYSELF HEALTHY** Wellbeing, digital literacy and being online	**KEEPING MYSELF SAFE** Sharing of sexual images	**KEEPING MYSELF HEALTHY** Body image and the influence of the mass media	**MYSELF & MY RELATIONSHIPS** Bereavement and grief
	MAKING POSITIVE CHOICES Smoking, vaping caffeine, and alcohol	**KEEPING MYSELF SAFE** Safer online relationships	**KEEPING MYSELF SAFE** Forced marriage and honour-based abuse	**KEEPING MYSELF HEALTHY** Monitoring and checking heath including testicular and breast examination and FGM awareness.	**BESPOKE SJF**
	MYSELF & MY RELATIONSHIPS Changes during puberty and how to manage new feelings	**KEEPING MYSELF SAFE** Digital literacy and staying safe online	**CAREERS AND EMPLOYMENT** Decision making	**CAREERS AND EMPLOYMENT** Next steps to achieve aspirations	**BESPOKE SJF**
Summer 1	**MYSELF & MY RELATIONSHIPS** Personal hygiene	**KEEPING MYSELF SAFE** Sharing sexual images risks and the law	**CAREERS AND EMPLOYMENT** Decision making (2)	**MANAGING MY FINANCES** Money credit scores and mortgage applications	
	CAREERS AND EMPLOYMENT Exploring personal strengths	**KEEPING MYSELF SAFE** FGM signs and responses	**CAREERS AND EMPLOYMENT** Careers - making a difference	**MANAGING MY FINANCES** Budgeting including debt	

	CAREERS AND EMPLOYMENT Transferable skills	**HEALTHY RELATIONSHIPS** Positive relationships		**MAKING POSITIVE CHOICES** Gambling	
Summer 2	**CAREERS AND EMPLOYMENT** Employment skills	**KEEPING MYSELF SAFE** Respect, Equality and LGBTQ+ Inclusion	**Citizenship** How UK politics works	**CAREERS AND EMPLOYMENT** Applying for employment Writing an application	
	BESPOKE SJF	**BESPOKE SJF**	**Citizenship** The main political parties	**MAKING POSITIVE CHOICES** Vaping Revisit smoking, vaping caffeine, and alcohol	
Summer 2	**BESPOKE SJF**	**BESPOKE SJF**	**BESPOKE SJF**	**BESPOKE SJF**	