

SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW

“I have come in order that you might have life —life in all its fullness.” ~John 10:10

Personal Development curriculum to include PCHE and RSE

Our Personal Development programme promotes and reflects the All Saints’ Way and Catholic Social Teachings throughout. Our Personal Development programme aims to support young people to embrace change, feel positive about who they are and enjoy healthy, safe, responsible and fulfilled lives. Our learning objectives, fulfilled through the engagement of students in active learning opportunities, enable students to recognise and manage risk, take increasing responsibility for themselves, their choices and behaviours and make positive contributions to their families, schools and communities. Every person has a fundamental right to life and to those things required for human decency, teaching our young people to take responsibility for their choices and behaviours and to manage risk aligns with the idea that rights come with responsibilities to oneself and others.

We know that every person is created in the image of God and is therefore invaluable and worthy of respect – our programme supports young people in feeling positive about who they are, building self-esteem, and realising their true potential—all of which affirm the inherent dignity of each individual.

Students learn to recognise, develop and communicate their qualities, skills and attitudes. Students accumulate knowledge, confidence and self-esteem in order to realise their true potential. As they explore similarities and differences between people and discuss social and moral dilemmas, they learn to deal with challenges and

accommodate diversity in all its forms. Promoting cooperation, equality, and respect helps build a school culture that reflects the common good, where everyone can thrive.

The topic areas covered include:

- Respectful relationships, including friendships
- Families
- Being safe
- Intimate and sexual relationships, including sexual health
- The Law
- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- 4 • Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body In
- Careers, Information, Advice and Guidance (CEIAG)
- Current Affairs

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Curriculum Statement of Intent

Our Personal Development curriculum is deeply rooted in the principles of Catholic Social Teaching (CST) and guided by the life and words of Jesus Christ as found in the Gospels. Each strand of our curriculum—Online Safety, Physical Health, Mental Health, Careers, Current Affairs, and Relationship and Sex Education—is shaped by these teachings, ensuring our students grow as compassionate, just, and responsible individuals. Our curriculum is designed to empower students with the knowledge, skills, and values necessary to navigate modern life confidently and responsibly. Through a comprehensive, age-appropriate, and sequenced programme, we address the following key areas:

Online Safety - “*Do to others as you would have them do to you.*” (Luke 6:31)

We are committed to ensuring that all students understand how to stay safe online and use digital technologies responsibly. Our curriculum develops awareness of social media realities, online consent, image sharing, cyberbullying, scams, online grooming, and digital wellbeing. Students learn to identify trusted adults, manage screentime, and protect their digital identities, equipping them to make informed decisions in an evolving digital world

Physical Health - *“Your body is a temple of the Holy Spirit.” (1 Corinthians 6:19)*

We promote lifelong healthy habits by educating students about personal hygiene, diet, exercise, sleep, and the risks associated with smoking, vaping, alcohol, and drugs. Our curriculum includes practical first aid, CPR, and addresses physical health challenges such as cancer awareness. Students are encouraged to make positive lifestyle choices and seek support when needed, fostering a proactive approach to their physical wellbeing

Mental Health - *Jesus comforts the troubled and welcomes those in distress. (John 14:27)*

Our curriculum prioritises mental health by fostering resilience, emotional wellbeing, and self-awareness. Students explore attitudes to mental health, coping strategies, managing stress and anxiety, and the impact of social media. We address issues such as addiction, loneliness, grief, and male depression, providing strategies for seeking help and supporting others, ensuring students are equipped to manage their mental health throughout their lives.

Careers - *“Whatever you do, do it all for the glory of God.” (1 Corinthians 10:31)*

We prepare students for the world of work by helping them identify their strengths, interests, and aspirations. The curriculum covers employability skills, pathways after school, CV writing, interview preparation, and the realities of the labour market. Students learn about entrepreneurship, work-life balance, and the evolving nature of careers, including the impact of technology and AI, ensuring they are ready to make informed decisions about their futures

Current Affairs - “*Blessed are the peacemakers, for they will be called children of God.*” (Matthew 5:9)

Our curriculum ensures students are informed, active citizens who understand the world around them. We explore British values, democracy, financial literacy, challenging prejudice, and contemporary issues such as political extremism, hate crimes, and human trafficking. Students engage critically with current events, developing the skills to analyse, debate, and respond to local, national, and global issues

Relationship and Sex Education (RSE) - “*Let the little children come to me.*” (Matthew 19:14): Valuing every person.

We deliver a comprehensive RSE programme that promotes respect, consent, and healthy relationships. Students learn about puberty, sexual health, contraception, fertility, gender and sexuality, and the impact of digital lives on relationships. The curriculum addresses sensitive issues such as coercion, abuse, pornography, and protected characteristics, empowering students to make informed, safe, and respectful choices in their relationships

Our intent is to nurture well-rounded, confident, and responsible young people, ready to contribute positively to society and to lead fulfilling lives.

	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year7	Mental Health Attitudes to mental health, links to physical health, emotional wellbeing, impact of social media, unhealthy coping strategies	RSE Puberty including physical and emotional changes, sexual intercourse, digital lives and being a positive member of the community	Physical Health Personal hygiene. Diet, exercise and sleep. Smoking and vaping. Energy drinks and caffeine.	Current Affairs British values and upstanders, political extremists and the far right, finance introduction, challenging prejudice, the role of the Bank of England	Careers Who am I? Exploring possibilities: dream jobs. What is a career? What is an entrepreneur? What is a work-life balance? Careers and the future.	Online Safety Social media and reality. Trusted adults. Influencers.
Year8	Online Safety Image sharing and nudes. Online gaming. Online scams, Socialising online	Careers What are my interests? Job applications: superhero CVs. Challenges and rewards of work. Creating the life you want: making a vision board. What does success mean to me? Careers and the climate.	RSE Respecting bodies, gender, sexual attraction, abortion, protected characteristics	Current Affairs Hate crimes, migrants, making informed financial decisions, saving borrowing and protecting money	Physical Health Alcohol and drugs. CPR. Basic first aid	Mental Health Change, loss and grief

Year9	Physical Health	Current Affairs	Online Safety	Mental Health	RSE	
	Drugs and alcohol. Tattoos and piercings.	What is democracy? Personal finance, understanding investment	Online consent. Fraud. Identity fraud and data protection. Social attitudes to sending nudes. Online grooming.	Coping strategies, resilience, appropriate online content, relationships on screen, sexualised media content	Sexual intercourse, intimacy, fertility and contraception, consent and coercion	Careers What are my skills? What comes after school: the main learning pathways. Taking control of your career journey. Working and earning: managing your money. What is the labour market and why is it important?

Year10	<p>Current Affairs</p> <p>Beliefs, values and attitudes, FGM, human trafficking, fraud and identity theft</p>	<p>Online Safety</p> <p>Cyberbullying. Image sharing. Digital wellbeing and managing screentime. Trusted adults</p>	<p>Careers</p> <p>Reflecting on my career journey: past, present and future. Exploring employer profiles. What type of career is best for me? Preparing to go on work experience. Wellbeing in the workplace. In person, hybrid, and remote: what works best?</p>	<p>Physical Health</p> <p>Testicular cancer. Breast cancer. Lifestyles and wellbeing. Influences on lifestyle decisions. Vaping.</p>	<p>Mental Health</p> <p>Male depression. Building empathy. Promoting emotional wellbeing. Addiction. Anxiety</p>	<p>RSE</p> <p>Respecting their bodies, peer pressure, self image, parenthood, pregnancy and abortion, abuse</p>

Year11	<p>Careers</p> <p>What are my employability skills? Post 16 – Choices, Choices. Decision making: choosing your post-16 pathway. Researching volunteering and paid work. Money talks: apprenticeships vs. higher education. Is AI a threat to our jobs?</p>	<p>Physical Health</p> <p>Addiction. Drugs and alcohol. Substance use. Help and seeking support.</p>	<p>Mental Health</p> <p>Resilience (already covered so remove) stress management, social perceptions, exam stress, loneliness</p>	<p>RSE</p> <p>Fertility, STI's, coercive control, pornography</p>	<p>Exam period</p>	<p>Exam period</p>
Year12	<p>RSE</p> <p>Life in 6th form Challenges faced Pornography</p>	<p>Mental Health</p> <p>Life in 6th form, effective studying, effects of gambling</p>	<p>Current affairs</p> <p>Wize up sessions</p>	<p>Careers</p> <p>Preparing for a personal guidance one-to-one. Post 18 – Choices, Choices. Setting career goals. How to network and be enterprising. Wellbeing: balancing life, learning and work. What</p>		<p>Physical Health</p> <p>Choice of:</p> <p>Rounders, tennis, football, gym</p>

				makes an employer 'good' to work for?		
Year13	RSE Slavery and human trafficking Pornography	Mental Health Effective revision, effects of gambling	Current affairs Wize up sessions	Current affairs Political parties and the importance of the vote, knife crime, drink spiking	Careers Personal branding: your CV and online profile. The basics of interviews: in person and online. Confidently managing transitions. Preparing for an employer assessment day. Being self-employed and working freelance. Should all employers adopt a fourday week?	

How will I learn in Personal Development?

- You will be taught by a team of teaching staff that specialise within one or two topic areas and are passionate about sharing their knowledge
- There will be regular discussion, questioning and a chance to reflect in class to assess your learning
- Progress will be assessed through self-reflection or confidence/baseline assessment post topics
- The Personal Development [RSE/PSHE] programme covers six key strands over a 7-year curriculum