

SECONDARY PSHE EDUCATION: LONG-TERM OVERVIEW

	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 7	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, exericse 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.
Year 8	Online Safety Image sharing and nudes. Online gaming. Onlice 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
Year 9	Physical Health Drugs and alcohol. Tattoos and piercings.	Current Affairs What is democracy? Personal finance, understanding investment	Online Safety Online consent. Fraud. Identity fraud and data protection. Social attitudes to sending nudes. Online grooming.	Mental Health Coping strategies, resilience, appropriate online content, relationships on screen, sexualised media content	RSE Sexual intercourse, initimacy, 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?

Year 10	Current Affairs Beliefs, values and attitudes, FGM, human trafficking, fraud and identity theft	Online Safety Cyberbullying. Image sharing. Digital wellbeing and managing screentime. Trusted adults	Careers 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?	Physical Health Testicular cancer. Breast cancer. Lifestyles and wellbeing. Influences on lifestyle decisions. Vaping.	Mental Health Male depression. Building empathy. Promoting emotional wellbeing. Addiction. Anxiety	RSE Respecting their bodies, peer pressure, self image, parenthood, pregnancy and abortion, abuse
Year 11	Careers 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?	Physical Health Addiction. Drugs and alcohol. Substance use. Help and seeking support.	Mental Health Resilience (already covered so remove) stress management, social perceptions, exam stress, loneliness	RSE Fertility, STI's, coercive control, pornography	Exam period	Exam period
Year 12	RSE Life in 6 th form Challenges faced Pornography	Mental Health Life in 6 th form, effective studying, effects of gambling	Current affairs Wize up sessions	Careers 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		Physical Health Choice of: Rounders, tennis, football, gym

				makes an employer 'good' to work for?		
Year 13	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 four-day week?	

