

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.

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
	Lesson	Lesson	Lesson	Lesson	Lesson	Lesson	Lesson
Advent Term 1	Mental Health Monitoring	Sexting	The Truth About Vaping	Building Healthy Masculinity	Birth Control	Consent and Coercion	Types of Relationships
	The Stress Scales	Sharing Information Online	Drug Laws and the UK	RESPECT	Pornography	Managing your Study Time	Relationship Values
	Combat Worry, Stress & Anxiety	The Limitless Internet	Drugs and County Lines	Religious Freedom in the UK	STI's	Knife Crime with Chloe Castledine	Knife Crime with Chloe Castledine
	Dealing with Worry	Fundamentals of AI	Alcohol	Is it Worth the Gamble?	Coercive Control	Domestic Abuse	Prejudice and discrimination
	Mindfulness in Action	The Impact and Effects of Gaming	Phones and Sleep	Financial Fraud	Consent with RESPECT ME	Exceeding at Sixth Form	Consent, Sexual Norms and Expectations
Advent Term 2	Health & Hygiene	What are my interests?	Exploring the Democratic Process	Phone Addiction	What are my employability Skills?	Balancing Work and Life	Independent Study
	Oral Hygiene	Job applications: Superhero CVs	How are Laws Made?	Unrealistic Online World	Post 16- Choices, Choices	Supporting Others	Vaccines and Immunisation
	Sleep essentials	Challenging and Rewards of Work	Extremism	The Dangers of Sextortion	Decision Making: Choosing your Post 16 Pathway	Routes to HE	Recognising illness
	Alcohol and your Health	What does success mean to me?	Budgeting Long Term Goals	Safe Sharing Online	Researching Volunteering and Paid Work	Introduction to HE	Cancer and getting Checked
	Vaping: a Global Dilemma	Careers and Climate	Taking Control of My Money	Keeping Your Online Data Safe	Is AI a Threat to Our Jobs?	Anxiety, Depression and Eating Disorders	Budgeting

Lent Term 1	Respecting and Celebrating Religious Diversity	Appreciating differences	Deepfakes and AI	Party Drugs	Exam Stress	The Sleep Factor	Basic First Aid
	Breaking Down Stereotypes	Tough Relationships	Instagram vs Reality	Alcohol and Social Inhibitions	Being Assertive	Degree Apprenticeships	Degree Apprenticeships
	Knife Crime	Think Before you share	Managing Privacy Online	Smoking and your Health	Unlocking Mindful Awareness	Independent Study	Preparing for exams
	Bank Accounts	Wider World	Rising Above Cyberbullying	Understanding Vaccination and Immunisation	Building Resilience	Drive Insured	Drink Spiking
	Smart Saving Strategies	Feelings	Online Grooming	Sleep, Diet and Exercise	Challenging Negative Thinking	Lancaster Uni Talk	Political Parties
Lent Term 2	Who am I?	Racism & Discrimination	Understanding Eating Disorders	Gender Biases	Saving Lives With First Aid	UCAS	Independent Study
	Changing Bodies	Forced Marriages	Exploring Emotional Intelligence	Self Confidence	Self examination and Screening	UCAS	Independent Study
	Healthy Inside and Out	Budgeting Basics	Male Body Image	Catastrophising and Thinking Traps	Vaping Crackdown	UCAS	
	Where we Come From	Financial Risk	Dealing with Challenging Thoughts	Managing Emergencies	Alcohol Dependence and Excessive Drinking	Tom Pritchard	Tom Pritchard
	Family and Friends	Empathy in Action	Managing Stress and Overthinking	Caring for you Mental Health	Substance Use and the Law	Lancaster Uni	

Pentecost Term 1	Exploring possibilities: dream jobs	First Aid	The Search for Love	Reflecting on my Career Journey	UCAS
	What is a career?	First Aid Beyond Emergencies	Love People Use Things	Exploring Employer Profiles	UCAS
	What is an entrepreneur?	Evaluating Eating Habits	In Control of my Choices	What type of Career is Best for Me?	UCAS
	What is work-life balance?	Fitness in the Digital Age	Fertility and Contraception	In Person, Hybrid and Remote	UCAS
	Careers and the future	Smoking and Nicotine Addiction	Consent		UCAS
Pentecost Term 2	Digital Footprint	Changing emotions	What Are My Skills?	Authentic Freedom	Sporting Activities
	Viewing Harmful Content	Resilience Toolkit	What comes After School?	Self Image	Sporting Activities
	Sexualisation in the Media	Peer Pressure Survival Guide	Taking Control of Your Career	Pregnancy & Abortion	Sporting Activities
	Social Media Addiction	Overcoming Limiting Beliefs	Working and Earning- Managing Your Money	Abuse	Sporting Activities
	Online Masculine Narratives	Managing Anxiety	What is the Labour Market and Why is it Important	Beliefs & Values	Sporting Activities



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