

Year 7 PSHCE

Unit 1: Relationships and Sex Education					
Friendships	Families	Romance love & feelings	Keeping Safe / positive relationships	Puberty	Periods
Unit 2: British Values/Democracy/Rights and Responsibilities					
Aspirations	The Power of a Good Deed	Citizenship	British Values	British Culture	Islamophobia
Unit 3: Emotional Health and Wellbeing					
Mental Health, Happiness & Positivity	Emotional Literacy	Bullying	Personal Strengths	Mindfulness & Relaxation	Mental Health Quiz
Unit 4: Careers and Financial Awareness					
Incomings and Outgoings	Budgeting	Banking Finances	Financial Products	Financial Transactions	
Unit 5: Promoting Healthy Lifestyles and Physical Wellbeing					
Physical Wellbeing: What is this?	The importance of regular exercise	The Importance of a Healthy Diet	Negative Impact of Drugs: Focus on Smoking and Vaping	Personal Hygiene, with reference to self-image	Links between Physical and Mental Wellbeing

Year 8 PSHCE

Unit 1: Relationships and Sex Education

Domestic conflict	Consent	Contraception	Sexting	STIs	Pornography
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Unit 2: Emotional Health and Wellbeing

Keeping Good Mental Health & Recognising Signs of Depression	Self Confidence & Self Esteem	On -Line Bullying	Self – Harm & Eating Disorders	Strategies to Manage Feelings & Challenging Circumstances	Keeping Safe On-line
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Unit 3: British Values/Democracy/Rights and Responsibilities

British Law and the Legal Process	Animal Testing	Combatting Exploitation	Racism	Nationalism	Extremism
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Unit 4: Careers and Financial Awareness

Entrepreneurs	Team Work	Communications skills	Work related finance – credit and debt	Tax and National Insurance	How are UK taxes spent?
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Unit 5: Promoting Healthy Lifestyles and Physical Wellbeing

How Physical Wellbeing can combat stress and anxiety	The link between poor diet and disease	The negative impact of Drugs: Focussing on Alcohol	Drugs and the Law	Basic First Aid Training	Basic First Aid Training
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Year 9 PSHCE

Unit 1: Relationships and Sex Education			
Same sex relationships	Abusive relationships	Safe Sex	
Unit 2: Careers and Financial Awareness			
Personal skills and qualities	Work skills and the work environment	Work place skills and characteristics	Start Profile
Unit 3: Promoting Healthy Lifestyles and Physical Wellbeing			
How we can improve our Physical and Mental Health: focussing on hobbies and interests: focus here on the negative impact of the 'Online World'	The negative impact of Drugs: Focussing on Cannabis use	The importance of sleep, diet and exercise on our physical wellbeing: focus on gaming.	
Unit 4: British Values/Democracy/Rights and Responsibilities			
Crime and County Lines	Genocide	Women's Rights and the Vote	
Unit 5: Emotional Health and Wellbeing			
Recognising Mental Ill Health and when to Get Help	Impact of the Media on Mental Health and Emotional Wellbeing	Managing Social Anxiety	