

Secondary PSHE Curriculum Overview

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Health & Wellbeing	Careers & Finance	Identity & Belonging	Personal Safety & Risk	Relationships & Respect	The Online world & Influence
A	<p style="color: green;">Positive Health & wellbeing</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Recognising, naming & managing emotions Developing strategies for self-regulation Understanding sleep, exercise & nutrition Managing change, loss & bereavement Knowing when & how to seek help 	<p style="color: orange;">Financial decisions & future choices</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding attitudes to money & spending Managing financial choices & risks Recognizing needs, wants & value Exploring strengths & early aspirations Understanding pathways & influences 	<p style="color: purple;">Belonging & Building Positive Relationships</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Types of relationships Developing respect, kindness & inclusion Recognising bullying & discrimination Managing emotions in relationships Belonging & peer influence Citizenship - your rights & freedoms, who helps our community (institutions/ voluntary groups) 	<p style="color: blue;">Staying Safe & Making Informed Choices</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Assessing & managing risks Staying safe in public environments Recognising grooming & exploitation Understanding substance risks Knowing how to seek help Citizenship - how the justice system works 	<p style="color: red;">Respect, Boundaries & Consent</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding consent & boundaries Recognising pressure & coercion Understanding privacy & body autonomy Recognising harmful behaviours Accessing support 	<p style="color: cyan;">Understanding the Online World</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding online identity & privacy Recognising online influence & algorithms Identifying misinformation Understanding impact on wellbeing Knowing how to stay safe online Citizenship - How elections work & online influence
B	<p style="color: green;">Self-care & seeking support</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Developing emotional awareness Building resilience & wellbeing Recognising mental health difficulties Understanding body image influences Knowing how to seek support 	<p style="color: orange;">Future pathways & finances</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Managing money & budgeting Understanding financial risks Exploring career pathways Developing strengths & skills Managing future pressures 	<p style="color: purple;">Identity, Inclusion & Community</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding identity & diversity Challenging stereotypes & discrimination Promoting inclusive communities Understanding rights & responsibilities Recognising extremism risks Citizenship - How the UK is governed 	<p style="color: blue;">Risks, Gangs & Substance Awareness</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding personal safety & independence Recognising exploitation & gang involvement Understanding substance risks Managing peer influence Knowing how to seek help 	<p style="color: red;">Safe & Healthy relationships</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding healthy relationships Communicating boundaries & consent Recognising abuse & coercion Understanding early sexual health Accessing support 	<p style="color: cyan;">Digital Influence, AI & Online Pressures</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding AI & online influence Recognising deepfakes & manipulation Understanding online risks & scams Managing social media pressure Staying safe online

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KS4	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	Health & Wellbeing	Careers & Finance	Identity & Belonging	Personal Safety & Risk	Relationships & Respect	The Online world & Influence
10	<p>Independence, Health choices & Wellbeing</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Maintaining healthy routines Understanding reproductive health Recognising illness & self-examination Managing mental wellbeing Accessing health services 	<p>Study work & Careers</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Exploring career pathways & employability Developing applications & interview skills Understanding workplace expectations Managing finances & budgeting Recognising financial risks & scams Citizenship 2 - Becoming a voter & elections Citizenship 9 - Payslips, Tax, NI, Pensions - Credit, Debt & Interest 	<p>Friendship, Diversity & challenging extremism</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Promoting respect & inclusion Challenging discrimination & stereotypes Understanding peer & community influence Recognising extremism & harmful ideologies Knowing how to seek support 	<p>Managing Influence, Risk & Digital Exploitation</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding risks from substances Recognising coercion & exploitation Managing risky situations Personal safety strategies Online scams & exploitation 	<p>Consent, Power & Relationships</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding consent & communication Recognising coercion & abuse Exploring relationship influences Understanding sexual readiness Accessing support Citizenship 5. Human Rights, autonomy & the law 	<p>AI, Algorithms, Deepfakes & Media Manipulation</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding AI & algorithms Recognising misinformation & deepfakes Evaluating online content Managing digital footprint Understanding online influence
11	<p>Lifelong Wellbeing</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Managing stress & anxiety Developing resilience Recognising mental health needs 	<p>Careers, & Future Planning</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Exploring pathways & opportunities Developing employability skills Understanding workplace expectations Managing finances Maintaining online reputation 	<p>Offline & Online communities</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Belonging & community participation Diversity & inclusion Challenging discrimination & harmful narratives Recognising extremism & online influence Understanding online communities & risks 	<p>Substances, Criminal risk & Digital safety</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding substance risks Recognising criminal exploitation Understanding legal consequences Managing personal safety 	<p>Pregnancy, Fertility & Sexual health</p> <p>Learning Opportunities:</p> <ul style="list-style-type: none"> Understanding relationships & family life Exploring fertility & parenthood Understanding contraception & sexual health 	

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	<ul style="list-style-type: none"> Maintaining routines & sleep <p>Preparing for transitions</p>	<p>Citizenship 9 - Banking borrowing & financial safety - Public money & government spending</p>	<ul style="list-style-type: none"> Managing digital identity & reputation Understanding rights & responsibilities <p>Participating positively in society</p>	<ul style="list-style-type: none"> Seeking help & support Citizenship 6 - the justice system, courts & sentencing 	<ul style="list-style-type: none"> Recognising pregnancy choices <p>Accessing support services</p>	
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