

PSHCE content overview

RSHE in red

Citizenship in green

Financial Capability in blue

CIAG in purple

3 x additional RSE specific lessons will take place during the year, delivered by the in-house specialist team

Year 7

Term 1	RSHE Content	Category	Topic
Lesson 1		My Future	All About me – goal setting
Lesson 2		My World	Democracy – school council
Lesson 3	Respectful relationships, including friendships	My Choices	Healthy Relationships – friendships/bullying
Lesson 4	Health and Prevention	My Choices	Staying safe (incl bonfire night)
Lesson 5	Mental Well Being	My Choices	Mental Well Being - Positive self esteem
Lesson 6		My World	Rights and responsibilities – Rights of the child
Lesson 7		Christmas	Tutor choice

Term 2	RSHE Content	Category	Topic
Lesson 1	Changing Adolescent Body	My Choices	Puberty – single gender (boys and girls) - periods (girls) + free samples
Lesson 2	Healthy Eating	My Choices	Looking after my body
Lesson 3	Online and Media	My Choices	Internet safety
Lesson 4	Health and Prevention	My Choices	Smoking and Alcohol
Lesson 5	Mental Well Being	My Choices	Building Resilience
Lesson 6		My Future	My personal brand

Term 3	RSHE Content	Category	Topic
Lesson 1	Mental Well Being	My Choices	Mental Well Being
Lesson 2		My Money	Enterprise skills – qualities and prep
Lesson 3		My Money	Enterprise skills – business idea and presentation
Lesson 4		My World	The law – what do you know?
Lesson 5		My World	Being a good citizen
Lesson 6		My World	Sustainability

Year 8

Term 1	RSHE Content	Category	Topic
Lesson 1		My Future	All About me – goal/target setting
Lesson 2	Respectful relationships, including friendships	My Choices	Healthy and appropriate relationships
Lesson 3		My World	Democracy
Lesson 4	Health and Prevention	My Choices	Personal safety + basic first aid
Lesson 5	Mental Well Being	My Choices	Mental and Emotional Well Being – The impact of bullying
Lesson 6		My World	Knife Crime
Lesson 7		Christmas	Tutor choice

Term 2	RSHE Content	Category	Topic
Lesson 1	Respectful relationships, including friendships	My Choices	Equality
Lesson 2	Family	My Choices	Families
Lesson 3	Online and Media	My Choices	Staying safe online – sexting and image sharing
Lesson 4		My Money	Saving and Budgeting
Lesson 5		My Money	Being a clever consumer
Lesson 6		My World	Prejudice and Discrimination

Term 3	RSHE Content	Category	Topic
Lesson 1	Family	My Choices	Family
Lesson 2	Mental Well Being	My Choices	Resilience
Lesson 3	Drugs, Alcohol and Tobacco	My Choices	Alcohol and Smoking
Lesson 4	Health and Prevention	My Choices	Health and fitness (incl sleep)
Lesson 5		My Future	Raising Aspirations
Lesson 6		My World	My Environment

Year 9

Term 1	RSHE Content	Category	Topic
Lesson 1		My Future	Goal/Target setting
Lesson 2		My World	Democracy – voting at 16
Lesson 3	Respectful relationships, including friendships	My Choices	Positive Relationships
Lesson 4		My World	Discrimination
Lesson 5	Mental Well being	My Choices	Peer pressure
Lesson 6		My World	Rights, Justice and the Law – Being a young offender
Lesson 7		Christmas	Tutor Choice

Term 2	RSHE Content	Category	Topic
Lesson 1	Respectful relationships, including friendships	My Choices	Equality – Discrimination and the Equality Act 2010
Lesson 2		My World	Immigration in the UK and diverse communities
Lesson 3	Online and media	My Choices	Sexting
Lesson 4		My Money	Money Management
Lesson 5		My Future	Options Prep 1
Lesson 6		My Future	Options Prep 2

Term 3	RSHE Content	Category	Topic
Lesson 1	Mental Health and Well Being	My Choices	Body image
Lesson 2	Health and Prevention	My Choices	Alcohol awareness
Lesson 3		My Future	Employability skills
Lesson 4		My Future	Employability skills
Lesson 5		My Money	Income Tax and NI
Lesson 6		My World	Sustainability

Year 10

Term 1	RSHE Content	Category	Topic
Lesson 1	Online and Media	My Choices	Revenge Porn
Lesson 2	Respectful relationships, including friendships	My Choices	Conflict management
Lesson 3		My World	Diversity – Overt and Covert Racism
Lesson 4		My Future	Your online appearance
Lesson 5	Mental Well Being	My Choices	Social media and self- esteem
Lesson 6		My World	Crime, gangs and county lines
Lesson 7	Christmas		

Term 2	RSHE Content	Category	Topic
Lesson 1		My Money	Financial survival tips
Lesson 2		My World	Multiculturalism
Lesson 3		My World	Fake news and critical thinking
Lesson 4		My Future	Personal Branding
Lesson 5	Health and Prevention	My Choices	Alcohol Abuse
Lesson 6		My Future	Types of employment/Employment trends

Term 3	RSHE Content	Category	Topic
Lesson 1	Mental Health and Well Being	My Choices	Coping with Stress
Lesson 2		My Money	Budgeting
Lesson 3		My Future	Marketing yourself and personal branding
Lesson 4	Identity and Community	My Choices	LBGTQ+ - Pride Month
Lesson 5		My Future	Career research (computer rooms)
Lesson 6		My Future	Preparing for Work Experience