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PSHE Curriculum Long Term Map 2026-27

Age	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 7	Transition Resilience Unique me, Differences and conflict, Emotions Peer pressure Child-on-child abuse Online safety	Prejudice and discrimination Equality Act 2010 Bystanders Assertiveness Stereotypes, Human Rights & Inclusion, Wellbeing and respect **Black History Month** **Anti- Bullying Week**	Defining success Dreams and goals Skills for the future Teamwork Health and wellbeing Gang culture and knife crime, county lines – **Visit Police Officer**	Nutrition and exercise Stress and anxiety Nicotine and caffeine, vaping Nutrition Sleep Dental Health – **Visit NHS Dentist** Medicine Personal hygiene Positive community	Changing relationships Consent Healthy friendships Falling out and friends Social media vs reality, Authenticity online Personal space and setting boundaries, Healthy and unhealthy relationships	Puberty changes, Reproduction facts, Menstrual cycle Parenting IVF Types of families UN Rights of a Child Media and self-esteem
Year 8	Resilience Self-identity Influences - online influence, Family and identity Managing expectations Active listening skills Positive self-talk Marriage, civil partnerships and the law Protected characteristics	Prejudice and persecution LGBT bullying Equality Act 2010 Social justice and hate crimes Celebrating differences **Black History Month** **Anti- Bullying Week**	Goal setting Grit & resilience Can money buy happiness? Keeping safe online Income and poverty Budgeting Online scams (sextortion, taking risks) Online Safety	Types of health Cardiovascular health Diabetes Risks (illegal and legal substances) Dental health – **Visit NHS Dentist** Skin protection Protecting physical health Vaccinations Peer pressure	AI and media influence Maintaining positive relationships Assertiveness Sexting and recap sextortion Power dynamics Knife crime Social media platforms Neurodiversity: inclusion and equality	Types of intimate relationships Healthy and unhealthy romantic relationships Harassment Attraction, love or lust? Sexuality Pornography and the law Dealing with unwanted messages Alcohol, risky behaviour and the law
Year 9	Resilience Peer approval Consent Personal safety Exploitation (grooming, radicalisation, county lines) Self-esteem Managing risk Online safety Coercive control	Power of positive language LGBT+ phobia / myths Banter v's bullying Promoting equality Cyber bullying and harassment Prejudice & Discrimination Understanding Gaslighting Changemakers **Black History Month** **Anti- Bullying Week**	SMART planning Changing appearances Cosmetic surgery & weight loss products Mental illness and stigma Social media Self-esteem Deepfakes & AI Harmful and illegal online content Misogyny & VAWG	The teenage brain Risks and personal safety Drugs and alcohol – law **Visit from DASH team** Emergency situations - CPR, Mental health first aid Health choices (nutrition, stress, sleep) **Life Lab General Hospital trip**	Equity and equality Healthy and unhealthy relationships Consent Power dynamics Pornography Contraception Pregnancy & STIs Gillick Competence Test	Change Managing emotions Importance of sleep Self-expression Body image - online influence, Misogyny (incel culture) Healthy vs unhealthy online communities Mental health and addiction
Year 10	Resilience Human rights Safety in UK - Law Stages of grief, loss and bereavement Social media risks, algorithms and use of online data (GDPR) Online safety and the dark web Managing screentime and content AI chatbots and online scams	Human Rights & Law Multicultural societies Equality Act 2010 Hidden disabilities, discrimination in the workplace Inequality and campaigning for equality Equality in relationships, UK healthcare **Black History Month** **Anti- Bullying Week**	Nurturing important relationships Achieving your goals Physical and mental health Impact of social media Our body and vital organs, blood, organ and stem cell donation Balanced lifestyles Resilience toolkit	Improving health Cancer (skin, testicular and breast cancer) Common mental health disorders and treatment Substance use and mental health STIs (transmission, treatment, symptoms) Contraception Diabetes Cardiovascular disease	Long-term relationships and legal status Science of attraction Why do relationships end? Unhealthy relationships Law on marriage, cohabitation and the impact on children Difference between real life and the relationships that we see in the media and pornography Stalking and harassment Sex trafficking and modern slavery	Impact of societal change on young people Role of media on societal change Gaining independence Personal safety Gender stereotypes Virginity testing and hymenoplasty Physical and emotional changes Family change

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Year 11	Becoming an adult Age limits and the law Relationships and the law Consent Coercive control (domestic abuse, honour based violence, arranged and forced marriages) AI and algorithms Pornography and online safety	The risks associated with gambling Emergency situations First aid – **St Johns Ambulance Visit / training** County lines & possession of drugs – **Police Visit/ workshop** **Black History Month** **Anti- Bullying Week**	Importance of Sleep Anxiety & solutions-focused thinking Money & employment Budgeting Understanding tax, debt & credit cards. Long-term family goals Parenting Developing resilience	Self-worth Relationships- consent and power imbalance Contraceptives Sexual health & STIs Male & female reproductive/health/fertility (PCOS, endometriosis, PMS, heavy periods) Pregnancy choices Loss and miscarriage **Visit No Limits**	Stages of a relationship Relationships in the media LGBT terminology & rights Equality Act 2010 FGM, challenging social norms and cultural practices Exam anxiety Healthy body, healthy mind	Exam revision

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