



PSHE CURRICULUM MAP



Preparing students for life outside of education

Living in the wider world

Health & Wellbeing

Relationships



Communication in relationships

- Values
- Gender & sexual orientation
- Consent
- Sexual harassment
- Stalking
- Abuse
- Force marriage
- Honour based violence

Families

- Types of families & positive parenthood
- Fertility & IVF
- Pregnancy, birth, miscarriage & TFMR
- Unplanned pregnancy
- Adoption & fostering
- Managing change, loss and grief

Independence

- Risk
- Emergency first aid
- Blood, organ & stem cell donations
- Self-examination (breast & testicular)
- Vaccinations & smear tests
- Cosmetics & aesthetics

Careers

Please see Careers for further information

Healthy Relationships

- Sex and relationships
- Online relationships inc sextortion
- Realistic expectations
- Consent & coercion
- Abuse

Mental Health

- Teen mental health
- Reframe negative thinking
- Positive coping mechanisms
- Signs & warnings
- Support
- Mental health & the media

Financial Decision Making

- Budgeting
- Debt
- Gambling
- Cybercrime
- Digital Footprint
- AI

Extremism & Radicalisation

- Online
- Extreme Right Wing
- Islamist Terrorism
- Misleading information
- Community & belonging
- Protected Characteristics

Exploring Influence

- Role models
- Social media
- Keeping safe
- Abuse & addiction
- Peer influence
- County lines
- How can I say no?

Peers & substances

- Friendships
- Managing influence (inc online)
- Knife crime
- Acid attacks
- Gang violence

Intimate relationships

- How do I know I'm ready?
- Contraception
- STIs
- Pornography
- Explicit images & Sextortion

Careers

Please see Careers for further information

Religion

- What is religion and does it matter?
- Worldviews
- Challenges
- R&W at school

Respectful Relationships

- Families
- Conflict management
- Domestic abuse
- Homelessness
- Care leavers
- Managing the breakdown of a relationships

Healthy Lifestyles

- Work life balance
- Physical & mental
- Sleep
- Dental hygiene
- Self-examination (breast & testicular)

Careers

Please see Careers for further information

Discrimination

- Who influences you?
- Racism
- Religious discrimination
- Disability discrimination
- Sexism
- Homophobia, biphobia & transphobia

Drugs & Alcohol

- Healthy lifestyles
- Energy drinks
- Alcohol
- Drugs
- Vaping & tobacco

Digital Literacy

- Online communications
- Social media
- Digital footprint
- Online grooming
- Fraud
- Online gambling

Financial Decision Making

- Budgeting
- Interest
- Financial products
- Fraud

Health & Safety

- Managing emotions
- What do I enjoy?
- Keeping safe
- Water safety
- Emergency First Aid

Diversity

- Protected Characteristics
- LGBTQ+
- Homophobia
- Transphobia
- Bullying (inc online)

Careers

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Emotional Wellbeing

- Mental Health
- Managing emotions
- Change
- Unhealthy strategies
- Healthy strategies

Identity & Relationships

- Consent
- Healthy relationships
- Sexual orientation
- Sextortion
- HSE & CSI
- Contraception

Building Relationships

- What makes a good friend?
- What types of families are there?
- Romance & feelings
- Is it bullying or banter?
- Online friendships

Health & Puberty

- What is puberty?
- Why do people have periods?
- Understanding our bodies
- Period Poverty
- FGM

Careers

Please see Careers for further information

