

PSHE at Stour Valley

	Autumn 1 Health and wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health and wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills and raising aspirations	Diversity Diversity, prejudice and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact and FGM	Building relationships Self- worth, romance and friendships, (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices and different types and patterns of work	Discrimination Discrimination in all its forms, including, racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, ‘sexting’ and an introduction to contraception	Digital literacy Online safety, digital literacy, media, reliability and gambling hooks
Year 9	Peer influence, substance misuse and gangs Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE option process	Respectful relationships Families and parenting, healthy relationships, conflict resolution and relationship changes	Healthy lifestyles Diet, exercise, lifestyle, balance and healthy choices and first aid	Intimate relationships Relationships and sex education, including consent, contraception, the risks of STIs and attitudes to pornography	Employability skills Employability and online presence.
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.	Exploring influence The influence and impact of drugs, gangs role models and the media.	Addressing extremism and radicalism Communities, belonging and challenging extremism	Work and experience Preparation for work experience and readiness for work
Year 11	Building for the future Self efficiency, stress management, and future opportunities .	Next Steps Application processes and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices and safety in independent contexts.	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	