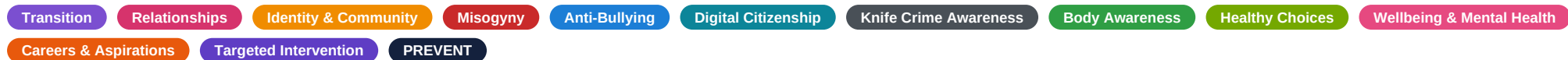




Our PSHE Learning Journey

Years 7 to 11 | Follow the coloured stops from left to right, top to bottom



Year 7	Transition Settling in, becoming independent and making new friends	Identity & Community What identity and community mean; tackling discrimination and racism	Misogyny Recognising and challenging sexism	Anti-Bullying Spotting bullying and being a supportive bystander	Digital Citizenship Online safety, healthy phone use and resisting online influence	Knife Crime Awareness Understanding the risks and consequences
	Body Awareness Puberty, reproductive systems, periods, body image, life-saving skills	Wellbeing & Mental Health Looking after body and mind	Careers & Aspirations Ambitions, strengths and taking control of learning	PREVENT Safeguarding session: recognising extremism and radicalisation, and how to seek help		
Year 8	Relationships Family, friendships, romantic relationships and physical intimacy	Identity & Community Knowing your rights; discrimination and allyship	Anti-Bullying Understanding and challenging bullying	Digital Citizenship Online safety, grooming, fake news and media influence	Knife Crime Awareness Understanding the risks and consequences	Healthy Choices Alcohol, smoking, vaping, drugs, contraception basics, staying safe
	Careers & Aspirations Budgeting, avoiding scams and the world of work	Wellbeing & Mental Health Physical and mental wellbeing	Misogyny Recognising and challenging sexism	Careers & Aspirations Financial decisions, saving and choosing a future path	PREVENT Safeguarding session: recognising extremism and radicalisation, and how to seek help	
Year 9	Transition Dealing with change, study skills, resilience, mental health, peer pressure	Identity & Community Discrimination, racism and anti-racism	Anti-Bullying Understanding and challenging bullying	Digital Citizenship Online wellbeing, scams and gambling	Knife Crime Awareness Understanding the risks and consequences	Body Awareness Body image, puberty, cycle awareness, contraception, readiness for sex
	Body Awareness Consent, sexual health and STIs, media depictions of relationships	Wellbeing & Mental Health Physical and mental wellbeing	Misogyny Recognising and challenging sexism	Careers & Aspirations Pathways to your future and setting high expectations	PREVENT Safeguarding session: recognising extremism and radicalisation, and how to seek help	



Our PSHE Learning Journey

Years 10 and 11 | Preparing for adulthood

- Transition
- Relationships
- Identity & Community
- Misogyny
- Anti-Bullying
- Digital Citizenship
- Knife Crime Awareness
- Body Awareness
- Healthy Choices
- Wellbeing & Mental Health
- Careers & Aspirations
- Targeted Intervention
- PREVENT

Year 10	Relationships Marriage, parenthood, family conflict, communication and abusive relationships	Relationships Sexual violence, consent, expectations and intimacy	Anti-Bullying Understanding and challenging bullying	Digital Citizenship Online wellbeing, scams and gambling	Knife Crime Awareness Understanding the risks and consequences	Wellbeing & Mental Health Rights, extremism, mental health conversations, balancing modern pressures
	Healthy Choices Alcohol and drug misuse, addiction and responsibility	Misogyny Recognising and challenging sexism	Careers & Aspirations Work experience, pathways and achieving your goals	PREVENT Safeguarding session: recognising extremism and radicalisation, and how to seek help		
Year 11	Identity & Community Adulting, self-worth, gender identity, diversity and grief	Anti-Bullying Understanding and challenging bullying	Body Awareness Mindfulness, stress, self-concept, body image and parenthood choices	Careers & Aspirations Work rights, finding work, using the internet to reach goals	Targeted Intervention Support led by subject leaders, tailored to exam-year needs	PREVENT Safeguarding session: recognising extremism and radicalisation, and how to seek help

Year 11 lessons run in Terms 1-3; after that, sessions are targeted and led by subject leaders to suit each group's needs during the exam year.



What each unit means

A guide for families | All content is taught in an age-appropriate way

Transition

Helps students move confidently through big changes, from starting secondary school to handling change, stress and pressure in Year 9.

Years: 7, 9

Relationships

Family, friendships and romantic relationships: what makes them healthy, how to communicate, and how to spot abuse. Includes consent and sexual violence in Year 10.

Years: 8, 10

Identity & Community

Who we are and where we belong. Students explore rights, diversity, discrimination, racism and allyship, and how to build inclusive communities.

Years: 7, 8, 9, 11

Misogyny

Understanding sexism and misogyny, including online, and how to challenge it. Delivered through assemblies, a drop-down morning and lessons.

Years: 7, 8, 9, 10

Anti-Bullying

Marks Anti-Bullying Week. Students learn to identify bullying, be an active bystander and know where to get help.

Years: 7, 8, 9, 10, 11

Digital Citizenship

Staying safe and well online: grooming, scams, gambling, fake news, healthy phone use, and using the internet for good.

Years: 7, 8, 9, 10

Knife Crime Awareness

Age-appropriate learning about the risks, consequences and pressures around knife crime, with guidance on making safe choices.

Years: 7, 8, 9, 10

Body Awareness

Puberty, reproductive health, periods, contraception, consent, sexual health and a positive body image, taught sensitively as students grow.

Years: 7, 9, 11

Healthy Choices

Making informed decisions about alcohol, smoking, vaping and drugs, and keeping safe in public places.

Years: 8, 10

Wellbeing & Mental Health

Looking after physical and mental health, managing stress, and knowing when and where to ask for help. Linked to Mental Health Awareness Week.

Years: 7, 8, 9, 10

Careers & Aspirations

Ambitions, strengths, money management and the world of work, including work experience and pathways after school.

Targeted Intervention

Year 11 sessions led by subject leaders, focused on the support each group needs most during the exam year.

PREVENT

A safeguarding session, delivered every year group, helping students recognise the signs of extremism and radicalisation and know how to seek help and support. Part of our wider duty to keep students safe, in line with the government's Prevent strategy.