**PSHE Map – KS3/KS4**

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|  | **Autumn 1**  **Health & wellbeing** | **Autumn 2**  **Living in the wider world** | **Spring 1**  **Relationships** | **Spring 2**  **Health & 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 of 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, disability, 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 use and gangs**  Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation | **Setting goals**  Learning strengths, careers options and goal setting as part of the GCSE options process | **Respectful relationships**  Families and parenting, healthy relationships, conflict resolution and relationship changes | **Healthy lifestyle**  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 radicalisation**  Communities, belonging and challenging extremism | **Work experience**  Preparation for and evaluation of work experience and readiness for work |
| **Year 11** | **Building for the future**  Self-efficacy, 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 |  |