



Content - Big ideas

Autumn 1: Living in the Wider World

Career pathways, exploring career sectors, showcasing personal strengths, managing online opportunities

Autumn 2: Relationships and Sex Education (RSE)

Gender equality, contraception, consent and the law, explicit material – fact or fiction

Spring 1: Health and Wellbeing

Drugs and alcohol, risk management, informed choices and personal safety

Spring Term 2: Relationships and Sex Education (RSE)

Recognising and responding to online sexual behaviours, unhealthy relationship behaviours and reducing inappropriate behaviours

Summer Term 1: Relationships and Sex Education (RSE)

Tbc by DESC

Summer Term 2: Living in the Wider World

Budgeting, debt awareness, financial literacy and employability skills

Prior learning

The PSHE curriculum is spiralled, with key topics revisited and deepened each year. This allows students to build on previous learning, reinforcing skills and understanding while introducing more complex concepts as they progress.

Global/IOM/Subject Links

PSHE links with other subjects:

- **Science** (health, puberty)
- **PE** (healthy lifestyles)
- **Citizenship** (rights, democracy)
- **ICT** (online safety)
- **English** (communication)
- **Religious Studies** (diversity, ethics)
- **Maths** (financial education)

Subject specific skills development

PSHE equips students with essential life skills, including emotional intelligence, effective communication and critical decision making. It fosters resilience, empathy, and problem solving, helping students manage their wellbeing, both physically and mentally. These skills empower students to lead confident, responsible and independent lives, preparing them for future challenges both in and outside of school.