



## Content - Big ideas

### Autumn 1: Living in the Wider World

Study skills, careers research, recognising personal strengths, interview preparation

### Autumn 2: Relationships and Sex Education (RSE)

Online dating, sex, drugs and alcohol, knowing your body, the importance of communication

### Spring 1: Living in the Wider World

CV writing, personal statement, employability skills

### Spring Term 2: Relationships and Sex Education (RSE)

Healthy relationships and consent, human fertility, contraception & STIs and explicit material- fact or fiction?

## 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.