

# PSHCE

## 1. Transition

Moving into secondary school, setting new goals and facing new challenges.

Year 7

## 2. RSE

Healthy and unhealthy relationships, managing conflict and bullying.

## 4. Substances

Understanding drugs and the risks around caffeine, tobacco and alcohol.

## 4. RSE

Ending relationships, relationship roles and stereotypes.

## 6. Living in the Wider World

Financial services, first aid skills and voting.

## 1. RSE

Managing conflict, relationship abuse, the dangers of pornography and pressure, persuasion and coercion.

## 2. Substances

Assessing risk, managing influence and seeking support.

## 3. Careers

Application processes, CV writing and interview skills.

## 4. Health

Facing new challenges, reframing negative thinking and recognizing ill mental health.

## 5. Social Challenges

Discrimination, challenging extremism, knife crime and gang culture.

## 6. Living in the Wider World

Financial risks, first aid skills and laws.

## 3. Careers

Exploring transferable skills and what makes you employable.

## 5. RSE

Puberty, menstrual wellbeing and consent.

Year 8

## 6. Living in the Wider World

Understanding money and first aid skills.

## 2. Careers

Career goals, showcasing strengths and discrimination in the workplace.

Year 9

## 5. Health

Healthy coping strategies, unhealthy coping strategies and change, loss and grief.

## 3. Substances

Exploring attitudes, the law and risks linked to alcohol and cannabis.

Year 11

## 1. RSE

Family conflict, intimacy and pleasure, contraception and long term commitments.

## 3. Substances

The dangers around smoking and vaping, drink and drug driving, 'party drugs'.

## 5. Health

Managing exam stress and change into post 16.



## 2. Careers and Money Management

Post 16 options, financial challenges and the value of money.

## 4. RSE

Fertility and the routes to parenthood, pregnancy outcomes and pregnancy choices.

## 1. RSE

Relationship values, expectation and an introduction to contraception.

## 2. Careers

Employment rights, building your employability and online reputation.

## 3. Substances

Exploring vaping, cannabis and nitrous oxide.

## 4. RSE

Sexual orientation and gender identity, FGM and avoiding assumptions.

## 5. Health

Promoting emotional wellbeing, healthy lifestyle and digital resilience.

## 6. Living in the Wider World

Earning money, an introduction to politics and first aid skills.

## 1. RSE

Respectful relationships, contraception and sexual health.