

WHA PSHE CURRICULUM OVERVIEW 2024-2025

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
7	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Belonging to a group, peer pressure, online safety, sexting, consequences.	Bullying, prejudice and discrimination, the Equality Act, stereo typing, challenging influences, assertiveness.	Celebrating success, identifying goals, employment, basics of banking, safe and unsafe choices, substances, gangs, knives and exploitation.	Stress and anxiety, managing mental health, effects of substances, nutrition, sleep, vaccinations and making healthy choices.	Healthy relationships, consent, relationships and change, emotions within friendships, child on child abuse, rights and responsibilities, assertiveness.	Puberty, reproduction facts, responsibilities of parenthood, changing feelings, media, self-esteem and confidence.
8	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Self-identity, influences, family, stereotypes, personal beliefs and judgments. Managing expectations, first impressions, respect for others, marriage, protected characteristics.	Positive change and behaviour, well-being, social injustice, inequality, multi-culturalism, diversity, race, religion. Stereotypes, prejudice, hate crimes. Fear and emotions, bullying.	Long-term goals, skills, qualifications, money and happiness. Ethics and mental well-being, budgeting, impact of money. Online safety and legal responsibilities, gambling issues.	Long-term physical health, responsibility for own health. Dental health, stress and help, substances and mood. Legislation related to substances, exploitation, county lines. Medicine and vaccinations.	Positive relationships with self, social media and negative self-talk. Managing relationships, child on child abuse, personal space. Online etiquette, online privacy, bullying and personal safety. Balance of power in relationships.	Types of close intimate relationships, physical attraction, love. Legal status of relationships, behaviours in healthy and unhealthy relationships, pornography, sexuality, alcohol and risky behaviour.
9	Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Perceptions about intimate relationships, consent. Sexual exploitation, peer pressure, child on child abuse, grooming, radicalisation, county lines. Risks, self-identity, influences and social media. Abuse and coercion.	Protected characteristics, Equality Act, phobic and racist language. Legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, child on child abuse, bullying and discrimination.	Personal strengths, health goals, SMART planning. The world of work and career planning. Non-financial dreams and goals. Mental health and ill health, media manipulation, self-harm, self-esteem, stigma, anxiety and depression.	Misperceptions about health choices, physical and psychological effects of drugs and alcohol. Alcohol, smoking, vaping, drug classification, the law. Emergency situations, first aid, CPR, substances and safety, sources of advice.	Healthy relationships, power and control in intimate relationships, risk and importance of consent. Assertiveness skills, sex and the law, pornography and stereotypes. Contraception, age of consent, consequences of unprotected sex, support and advice.	Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, the importance of sleep and relaxation.
10	Dreams and Goals	Being Me in My World	Celebrating Differences	Healthy Me	Relationships	Changing Me
	Work Experience planning, work related skills and CV writing. Impact of health in reaching goals. Resilience, work-life balance, connections and impact of mental health. Online profile and impact on future goals.	Human rights, societal freedom, understanding safety in the UK and beyond. Ending relationships safely, stages of grief, loss and bereavement. Social media and culture, online data and the law.	Equality in the workplace, relationships and society. The Equality Act 2010 including protected characteristics, responsibility and control.	Improving mental and physical health. Sexual health and self-examination. Diet and long-term health, misuse of substances. Common threats to health including disease.	Sustaining long-term relationships, intimacy, healthy relationships with self, attraction, love and lust. Relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, child on child abuse, revenge porn, impact on family and grief cycle. Understanding love, fake news and pornography.	Impact of societal change on young people, role of media and social media. Decision making, sexuality, identity, stereotypes. Physical and emotional changes, family change and sources of support.
11	Being Me in My World	Dreams and Goals	Healthy Me	Relationships		
	Becoming an adult, age limits and the law. Relationships, consent, coercive control, domestic abuse, honour-based violence, FGM, arranged and forced marriages. The Equality Act 2010, the law on internet use and pornography, social media concerns, sexting and keeping safe. Emergency situations, first aid and advice.	Anxiety, solution focused thinking, sleep, relaxation, aspirations, career, finances, budgeting, borrowing and relationships. Skills identification, realistic goals, gambling, skills set, employment and future plans. Goal setting, contingency plans and resilience.	Managing anxiety and stress, exam pressure, concentration strategies, work-life balance, sexual health, hygiene, self-examination. STIs, sexual pressure, fertility issues, contraception, consent. Pregnancy choices, identifying risks and staying safe.	Stages of intimate relationships, positive and negative connotations of sex. Gender and sexuality under the Equality Act, media stereotypes. Child on child abuse, power control, forced marriage, FGM and other abuses. Sources of support.		

