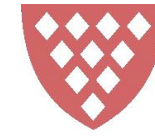


Curriculum Overview - PSHE



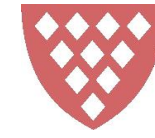
Year 7	Cycle 1 Transition, Belonging and Community	Cycle 1 Emotional wellbeing	Cycle 2 Careers and future choices	Cycle 2 Health and Wellbeing	Cycle 3 Families and changing relationships	Cycle 3 Developing Critical thinking
	- Settling into secondary school and the KCC community - School values and British values - Protected characteristics under the Equality Act 201 - Respecting differences and challenging prejudice and discrimination - Positive friendships and relationships - Trust, respect, honesty and kindness - The importance of belonging and community for wellbeing - How and when to seek help from trusted adults	- The teenage brain and adolescent development - Positive coping strategies and resilience - Looking after mental wellbeing - Recognising early signs of mental health concerns - Sources of support for mental health - Understanding that worry and low mood can be a normal part of life	- Introduction to Careers, raising aspirations and exploring future careers - Identifying personal strengths and achievements - Setting goals for future success - Links between personal values and career choices - A range of career pathways and opportunities - Challenging stereotypes in the workplace	- Healthy routines, nutrition and physical activity - Personal hygiene and self-care - Preventing the spread of infections and viruses - Accessing healthcare services - Vaccinations and their purpose - Dental health - Basic first aid and CPR awareness - The importance of sleep for health, mood and learning	- Healthy and unhealthy relationships - Personal boundaries and assertiveness - Consent and respecting others' choices - Recognising verbal and non-verbal communication of consent - Family life and committed relationships - The role of parents and carers - Managing change, loss and grief - Accessing support in school and beyond	- Staying safe online - The influence of social media and online influencers - Algorithms, echo chambers and digital footprints - Artificial intelligence (AI), deepfakes and misinformation - Recognising online scams, blackmail and sextortion - Identifying harmful online influences - Recognising grooming, radicalisation and extremism online

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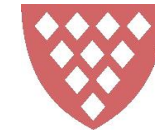
Year 8	Cycle 1 Personal safety and managing risk	Cycle 1 Managing Changes	Cycle 2 Rule of law and Democracy and social media	Cycle 2 Managing Money	Cycle 3 Developing Healthy Relationships	Cycle 3 Developing critical thinking to support wellbeing
	- The teenage brain and risk-taking behaviour - UK laws that protect young people - Legal and illegal drugs - Alcohol, vaping and substance misuse - The impact of substances on physical and mental health - Risks associated with counterfeit medicines and illicit substances - Accessing support for substance misuse	- Physical and emotional changes during puberty - Building positive relationships at home - Conflict resolution skills - Different forms of committed relationships - Managing change, separation and divorce - Identifying unsafe family relationships - Female genital mutilation (FGM), virginity testing and the law - Seeking support and reporting concerns	- What is the rule of law? - Democracy and how the UK is governed - The criminal justice system - Family law including marriage, civil partnerships - Understanding that forced marriage and marriage under the age of 18 is illegal - Personal safety in public and social spaces - The law in relation to radicalisation and extremism - Laws to prevent VAWG - How to identify and report harmful content online including, misogyny, violence, and weapons	- Advertising and consumer influence - Being a critical consumer - Financial pressures in gaming and online environments - Online financial risks and scams - Opportunities and risks of making money online - Sources of financial advice and support	- Healthy and unhealthy relationships - Media influences and relationship stereotypes - Misogyny and gender stereotypes - Consent and the law - Sexual harassment - Sharing sexual images, including AI-generated images - Reporting concerns and accessing support	- Identifying reliable sources of information - Fake news, misinformation and disinformation - Conspiracy theories and critical thinking - Artificial intelligence and malicious content - Personal data, privacy and targeted advertising

Curriculum Overview - PSHE



Year 9	Cycle 1 Harmful and Exploitive Relationships	Cycle 1 Careers and future choices	Cycle 2 Mental health and wellbeing	Cycle 2 Financial Literacy	Cycle 3 Navigating online harms	Cycle 3 Developing Healthy Relationships
	- Power imbalances in relationships - Child sexual exploitation (CSE) - Grooming and coercive control - Sexual, criminal and financial exploitation - Consent, harassment and exploitation laws - The impact of drugs and alcohol on decision-making - Knife crime and personal safety - Strategies for managing unsafe situations	- GCSE option choices and future pathways - Personal strengths and aspirations - Career planning and decision-making - Labour market information - Jobs of the future - Qualifications and career routes - Preparation for Key Stage	- Mental wellbeing and mental ill health - Healthy and unhealthy coping strategies - Mental health stigma - Recognising signs of concern - Substance misuse and decision-making - Accessing support services - First aid and CPR	- Budgeting and money management - Bank accounts and personal finance - Fraud, scams and money mules - Online gambling and gaming-related financial risks - Debt and financial decision-making - Seeking support for financial concerns	- Online risks and harmful content - Deepfake technology and AI-generated content - AI chatbots and online safety - Online harassment and coercive behaviour - Misogyny and harmful online cultures - Extremism and radicalisation - The impact of pornography on attitudes and relationships - Online influencers and harmful subculture	- Respectful and healthy relationships - Consent, sexual harassment and sexual violence - The law on sharing sexual images - Sexual health and wellbeing - Contraception and STI prevention - Accessing support and sexual health services

Curriculum Overview - PSHE



Year 10	Cycle 2 Harmful and Exploitive Relationships	Cycle 2 Sexual health and wellbeing	Cycle 3 Physical health and wellbeing	Cycle 3 Discovery and careers
	• Recognising sexual pressure and peer pressure • Respecting personal choices and boundaries • The impact of drugs and alcohol on sexual decision-making • Healthy intimacy and relationships • The influence of pornography and online content • Misogynistic online content and harmful sexual attitudes • Accessing support and advice	• Sexually transmitted infections (STIs) • Safer sex and condom use • STI testing and treatment • HIV awareness, prevention and stigma • Confidential sexual health services • Contraceptive choices • Pregnancy, miscarriage and pregnancy loss • Pregnancy options, including parenting, adoption and abortion	• Body image and self-esteem • Cosmetic procedures and appearance-related pressures • Steroid misuse • Menstrual health • Self-examination and recognising body changes • Breast and testicular health awareness • Accessing local healthcare services	• Employability skills • Personal strengths and career planning • Labour market opportunities • Online reputation and professionalism • CV writing • Work experience preparation • Employer encounters and careers guidance

Curriculum Overview - PSHE



Year 11	Cycle 1 Post 16 and Future Employment	Cycle 1 Sexual health and wellbeing	Cycle 2 Impact of exploitive and harmful relationships now and in the future	Cycle 2 Impacts on mental health and wellbeing now and in the future	Cycle 3 General and Reproductive health
	• College, sixth form, apprenticeships and employment routes • Training and volunteering opportunities • Application processes and progression pathways • Choosing suitable post-16 courses • Planning for future careers	• Employment law and young workers' rights • Payslips, taxation and loans Equality and British Values in the workplace • Protected characteristics and discrimination • Budgeting, saving and financial planning	• Characteristics of healthy long-term relationships • Power imbalances and coercive control • Emotional manipulation and pressure • Stalking, harassment and unhealthy breakups • Recognising abusive relationships • Relevant laws and sources of support	• Healthy routines and self-care • Managing stress and pressure • Sleep and wellbeing • Addiction and unhealthy coping strategies • Accessing support for mental health and substance misuse	• The healthcare system and medical consent • Gillick competence and accessing healthcare independently • First aid and CPR • Menstrual and gynaecological health • Fertility and reproductive health • Menopause and reproductive changes • Pre-pregnancy health • Pregnancy loss and miscarriage • Accessing appropriate healthcare and support services