

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year 7	Transition and Learning Talents <ul style="list-style-type: none"> Introduction to PSHE at St Paul's Organisation Making the most of school Collaboration Managing distractions Perseverance and resilience End of Topic Review 	Developing Healthy Friendships <ul style="list-style-type: none"> Healthy friendships vs toxic friendships* Respectful relationships and managing conflict* Banter or Bullying* The dangers of physical conflict* Peer pressure* Self-awareness and showing empathy End of Topic Review 	RSE – Healthy Relationships <ul style="list-style-type: none"> My values and feelings* Puberty* Changing adolescent bodies: females* Changing adolescent bodies: males* Puberty and hygiene* 	RSE – Healthy Relationships <ul style="list-style-type: none"> Hormones and boundaries* Gender and stereotypes* Types of relationships* Relationships and marriage* Diversity and the family unit* End of Topic Review 	Online Safety <ul style="list-style-type: none"> Social media and mental health* Cyber bullying and trolling* Catfishing and online grooming – keeping safe* 	Healthy Living <ul style="list-style-type: none"> End of Topic Review (online safety) The importance of exercise* Healthy eating* Dental hygiene* The importance of sleep* Looking after the health of others* End of topic review
Year 8	Mental Health <ul style="list-style-type: none"> Introduction to Year 8 PSHE What is mental health* Emotional wellbeing* Anxiety* Eating disorders* Screen time and effects on mental health* End of topic Review 	Finance <ul style="list-style-type: none"> What influences my financial decisions? Making informed decisions Why do my decisions matter Saving and borrowing money Credit and debit cards Budgeting End of topic review 	RSE – Consent and Healthy Relationships <ul style="list-style-type: none"> Consent and respect* Consent in relationships* Consent and victim blaming* Consent and sexual harassment* Consent and body language* 	RSE – Consent and Healthy Relationships <ul style="list-style-type: none"> Consent and image sharing* Effective communication and expressing feelings* What to do when you are concerned for yourself/others* Is this consent?* Misogyny and misandry End of topic review 	Identity, Prejudice and Discrimination <ul style="list-style-type: none"> Identity and self Role models Prejudice and stereotyping* 	Identity, Prejudice and Discrimination <ul style="list-style-type: none"> Free speech and hate speech* Understanding protected characteristics* Disability discrimination* Extreme Nationalism Understanding and preventing extremism Who commits crime and why are they punished End of topic review
Year 9	The Growth Mindset <ul style="list-style-type: none"> Introduction to Year 9 PSHE How memory works Growth and fixed mindsets Empathy* Metacognition Our moral foundations* Other people's moral foundations End of topic review 	Alcohol, Tobacco and Gambling <ul style="list-style-type: none"> Alcohol* Dangers of alcohol* Smoking and vaping* Peer Pressure* Gambling* Impact of risky behaviours Safety and independence* End of topic review 	RSE – Sexual Relationships and Contraception <ul style="list-style-type: none"> Making informed choices* Consent and pressure* Healthy sexual encounters* Virginity and firsts* Female genital mutilation and virginity testing* Contraception and pregnancy* 	RSE – Sexual Relationships and Contraception <ul style="list-style-type: none"> Hormonal contraception* Coercive and controlling behaviours* Stalking* Sexual assault and rape* Understanding the laws about rape* End of topic review 	Real World Finance <ul style="list-style-type: none"> Income tax and NI Loans and borrowing Financial exploitation and fraud <p>Unifrog rotation – 2x forms each week – work with days of rec</p>	County Lines and Gangs <ul style="list-style-type: none"> End of Topic Review Gangs County lines Knife crime and preventing knife crime* Young offenders and the law Joint enterprise* End of topic review
Year 10	Creating a GCSE vision <ul style="list-style-type: none"> Introduction to Year 10 PSHE Building confidence Goal setting Motivation Effort and grit Your Revision Toolbox End of topic review <p>Unifrog rotation – 2x forms each week</p>	Employability – Work Experience <ul style="list-style-type: none"> Being enterprising Job interviews Online presence The purpose of Work Experience Work experience health and safety End of topic review <p>Unifrog rotation – 2x forms each week</p>	RSE – The Physical and Emotional Risk of Sex <ul style="list-style-type: none"> My relationships* Physical risks of sex* Sexually transmitted diseases/infections* Living with STDs and STIs* Hormones and boundaries* 	RSE – The Physical and Emotional Risk of Sex <ul style="list-style-type: none"> Gender stereotypes in sexual relationships Pornography, the media and sex* Image sharing and sexting Revenge porn* End of topic review 	Finance – Making Decisions <ul style="list-style-type: none"> Money and work Savings Financial risk and security Investing End of topic review 	Drugs and Addiction <ul style="list-style-type: none"> Drugs and the law* Types of drugs* Vaping* Addiction* Consequences of addiction* End of topic review

Year 11	Organising and management <ul style="list-style-type: none"> • Introduction to Year 11 PSHE • Creating an effective revision environment • SMART targets • Revision timetables • Creating revision notes • Retrieval practice • Managing stress* • PPE reflection • The importance of sleep* • The importance of diet* • Resilience and coping with change* • End of topic review (prep for RSE) 		RSE – Pregnancy and Fertility <ul style="list-style-type: none"> • Pregnancy - the process* • Pregnancy - the options* • Pregnancy and adoption* • Teenage pregnancy 1* • Teenage pregnancy 2* 	RSE – Pregnancy and Fertility <ul style="list-style-type: none"> • Fertility* • Infertility* (add endometriosis and PCOS) • Menopause 1 • Menopause 2 • Sexual health checks* • Risky sexual behaviour* 	Mini Mindfulness Sessions (followed by revision time) <ul style="list-style-type: none"> • If/then statements • Proper breathing • Labelling emotions • Control the controllable • Get rid of your worries 		
Year 12	NO RSE THIS HALF TERM	RSE Programme 1: Consent and Harassment <ul style="list-style-type: none"> • Consent • Consent – alcohol and drugs • Image and video sharing • Respect and break ups • Revenge porn • Online dating and relationships • Sexual harassment and assault 	NO RSE THIS HALF TERM – WEX PREP	RSE Programme 2: Coercive Behaviours <ul style="list-style-type: none"> • Coercive control in relationships • Coercive control and cohabitation • Coercive control and criminal prosecutions • Is it coercive control? • Coercive control and male victims (2 lesson documentary) 	RSE Programme 3: Healthy Sexual Relationships - MOVED <ul style="list-style-type: none"> • Healthy sexual relationships • Contraception and pregnancy • Hormonal contraception • Risky sexual behaviour • Living with STIs 	NO RSE THIS HALF TERM	
Year 13	RSE Programme 4: Healthy and Unhealthy Relationships <ul style="list-style-type: none"> • Healthy communication in relationships • Healthy and unhealthy relationships • Gaslighting • Consent in relationships • Pornography and coercion • Pornography and addiction • Abusive relationships • Seeking Help 				RSE Programme 5: Fertility <ul style="list-style-type: none"> • Periods and period poverty • PMS and painful periods • PCOS and endometriosis • Fertility support • Miscarriage • Health screenings 	RSE Programme 6: Staying Safe <ul style="list-style-type: none"> • Staying safe on a night out • Reporting rape and assault • Safe sex • Staying healthy away from home 	