

	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 	Developing Healthy Friendships <ul style="list-style-type: none"> Healthy friendships vs toxic friendships Conflict management Respectful relationships Bullying or banter: peer on peer abuse The dangers of physical conflict Peer pressure Self-awareness Care and concern for others (showing empathy) 	RSE – Healthy Relationships <ul style="list-style-type: none"> Me and RSE My values and feelings Body talks Changing adolescent bodies: males Changing adolescent bodies: females Puberty and hygiene 	RSE – Healthy Relationships <ul style="list-style-type: none"> Hormones and boundaries Gender and stereotypes My relationships Types of relationships Diversity and the family unit 	Online Safety <ul style="list-style-type: none"> Social media: mental health Trolling and cyber bullying Catfishing Online grooming – keeping safe False realities – social media 	Healthy Living <ul style="list-style-type: none"> The importance of exercise What is healthy eating Dental hygiene The importance of sleep Basic First Aid Donation of blood, stem cells and organs
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 	Finance <ul style="list-style-type: none"> What influences my decisions? How can I make informed decisions Why do my decisions matter Saving and borrowing Credit and debit Budgeting Family budgeting Budgeting when gaming 	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 Image sharing 	RSE – Consent and Healthy Relationships <ul style="list-style-type: none"> Effective communication and expressing feelings What to do when you are concerned for yourself/others Is this consent? Misogyny and misandry Gender roles in relationships 	Identity and Self <ul style="list-style-type: none"> Identity and self Role models British values Gender identities Sexuality and identity 	Prejudice and Discrimination <ul style="list-style-type: none"> Prejudice and stereotyping Free speech and hate speech Disability discrimination Extreme Nationalism Understanding and preventing extremism Who commits crime and why are they punished
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 	Real World Finance <ul style="list-style-type: none"> Income tax and NI Average cost of living Loans and borrowing Credit scores and debt How advertising influences our financial decisions Financial exploitation and fraud Universal credit 	RSE – Sexual Relationships and Contraception <ul style="list-style-type: none"> Sexual intercourse and respect Consent and pressure Virginity and firsts Sexual Intercourse: mutual pleasure Contraception and pregnancy Hormonal contraception 	RSE – Sexual Relationships and Contraception <ul style="list-style-type: none"> Healthy sexual encounters Coercive and controlling behaviours Sexual assault and rape 'Is this rape?' activity 	Alcohol, Tobacco and Gambling <ul style="list-style-type: none"> Alcohol Dangers of alcohol Smoking and vaping Gambling Impact of risky behaviours 	County Lines and Gangs <ul style="list-style-type: none"> Gangs Teenage gangs: county lines Knife crime and preventing knife crime Young offenders and the law Joint enterprise
Year 10	Creating a GCSE vision <ul style="list-style-type: none"> Introduction to Year 10 PSHE Building confidence Goal setting Motivation Effort Building grit Your Revision Toolbox 	Employability – Work Experience <ul style="list-style-type: none"> Being enterprising Job interviews Presenting yourself Online presence Online reputation The purpose of Work Experience Work experience health and safety 	RSE – The Physical and Emotional Risk of Sex <ul style="list-style-type: none"> My relationships Physical risks of sex STDs and STIs Living with STDs and STIs Hormones and boundaries 	RSE – The Physical and Emotional Risk of Sex <ul style="list-style-type: none"> Pornography, the media and sex Image sharing and sexting Revenge porn 	Finance – Making Decisions <ul style="list-style-type: none"> Money and work Savings Financial risk and security Investing Future of money 	Drugs and Addiction <ul style="list-style-type: none"> Drugs and the law Types of drugs Vaping Addiction Consequences of addiction

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 • ASSEMBLY DELIVERY: careers and future pathways • Stepping up to sixth form 2 		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 • Fertility 	RSE – Pregnancy and Fertility <ul style="list-style-type: none"> • Infertility • 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 	RSE Programme 2: Healthy Sexual Relationships <ul style="list-style-type: none"> • Healthy sexual relationships • Sex: mutual pleasure and respect • Contraception and pregnancy • Hormonal contraception • Risky sexual behaviour • Living with STIs 	RSE Programme 3: Coercive Behaviours <ul style="list-style-type: none"> • Coercive control in relationships • Coercive control and cohabitation • Coercive control and criminal prosecutions • Coercive control and male victims 	NO RSE THIS HALF TERM	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 				RSE Programme 5: Fertility <ul style="list-style-type: none"> • Periods and period poverty • PMS and painful periods • PCOS and endometriosis • Miscarriage 	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 • Health screenings 	