

Inspire, Believe, Support, Achieve



Year 7 to Year 11: Key content and skills - PSHE

Y11

Health and Wellbeing: Drug and Alcohol abuse, managing personal risk and safety
Living in the wider world: Financial choices, and media and digital resilience
Relationships: Values and forming and maintaining respectful relationships

Y10

Health and Wellbeing: Self-Concept and mental & emotional wellbeing:
Relationships: Health related decisions, consent, bullying, abuse and discrimination
Living in the Wider World: Choices and pathways, learning skills and interview prep

Y9

Health and Wellbeing: Diet and exercise, lifestyle balance and healthy choices
Relationships: Relationships and Sex Education, consent, conflict resolution and parenting
Living in the Wider World: Choices and GCSE options, goal setting and employability skills

Y8

Health and Wellbeing: Emotional wellbeing and coping strategies, body image and drugs and alcohol
Relationships: Discrimination e.g. racism, homophobia, identity, consent and contraception
Living in the Wider World: Digital literacy, Esafety, community and careers

Please see separate document for Year 7