

[PSHE Association Programme of Study for PSHE Education \(Key stages 1-5\), Jan 2020 1.pdf](#)

KS3	Autumn 1 RSE	Autumn 2 RSE	Spring 1 Living in the wider world	Spring 2 Health and wellbeing and Living in the Wider World	Summer 1 Living in the wider world
Year 7	Gender equality	Developing personal values in family, friendships, love relationships.	Enterprise skills and introduction to careers: setting aspirational goals and gaining skills.	The risks of and law relating to alcohol, tobacco and other substances.	Making ethical financial decisions: the social and moral dilemmas about the use of money.
	Grooming	Exploring family life, positive relationships and healthy relationships: in school, wider society, = friendships and online.	Recognising fake news, online risk and extremist views.	Managing puberty and the issues of unwanted contact and FGM.	Saving, spending and budgeting our money.
	Online safety (fake profiles) and healthy relationships: adverts and the media's influence.	Peer influence: challenging harmful norms and access appropriate support.	Decision making skills and the options available at the end of Key Stage 3.	Mental and emotional health, well-being and body image.	To recognise financial exploitation, including online scams and mules.
Year 8	Toxic masculinity, gender and sexual harassment	Relationships and managing feelings: consent.	Rights and responsibilities in the community: managing to money, tackling age and disability discrimination	Physical health: our responsibility to look after our physical health.	Attitudes and values around money and debt.
	Sexting	Managing loss and change of relationships, including its online legacy.	Recognising fake news, online risk and extremist views.	Using articulate language to express our emotions.	Clarification of career aspirations, career pathways and roles.
	Reducing risk in relationships, including effective communication and compromise.	Grooming, sexual harassment, sexual and emotional abuse: managing online influences.	Seeking a variety of perspectives on issues and assessing evidence.	Managing change and loss.	Preparation for work experience Evaluation of work experience and readiness for work.
Year 9	How gender affects our behaviour, attitudes and beliefs.	Establishing personal and clear boundaries around aspects of life that you want to remain private.	Understanding careers: challenging career stereotypes and raising aspirations. Setting ambitious goals and managing emotions in relation to future employment.	Managing peer pressure in relation to illicit substances.	Planning and carrying out an enterprise project, using knowledge of finance and debt.
	Challenging homophobia	Emotions related to different stages of relationships, managing sexting and pornography.	Radicalisation, fake news and extremism.	Assessing the risks of drug and alcohol abuse and addiction.	to respond appropriately when things go wrong online, including confidently accessing support, reporting to authorities and platforms.
	The difference between biological sex, gender identity and sexual orientation and	How the media and pornography affects our expectations of sex and romantic relationships.	Features of the internet can amplify risks and opportunities: the speed and scale of information sharing, blurred public and private boundaries and the perception of anonymity.	Strategies to manage the physical and mental changes that are a typical part of growing up and in puberty.	Reflecting on learning skills development in key stage 3; developing them in KS4.

KS4	Autumn 1 RSE	Autumn 2 RSE	Spring 1 Living in the wider world	Spring 2 Health and wellbeing and Living in the Wider World	Summer 1 Living in the wider world
Year 10	Gender and healthy relationships	How the media portrays relationships potentially creates expectations	Understanding the causes and effects of debt, values and attitudes relating to finance.	Exploring the influence of role models	Risks and consequences of making financial decisions
	Consent and the Law.	Contraceptive use in healthy relationships	Understanding the risks associated with gambling	Evaluating the social and emotional risks of drug use	The role of social media and internet safety.
	Recognising unwanted attention, including harassment and stalking – in our practical and online lives	LGBTQ+ and challenging homophobia	Strategies to critically assess bias, reliability and accuracy in digital content and identifying extremism.	Looking after your mind	To identify the ways that money can impact on people’s feelings and emotions
Year 11	Sexual assault, violence and the role of gender	To recognise and challenge stereotypes and family or cultural expectations that may limit aspirations	Understanding the college application process and plans beyond school. Skills for employment, work experience and career progression	Health and safety in independent contexts	To recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes
	Seeking and giving permission (consent) in different situations	Healthy relationships and the risks related to unprotected sex	The causes and personal consequences of extremism and intolerance in all their forms.	Taking responsibility for health choices including the risks of alcohol, illicit drugs and how to resist peer pressure.	about stereotypes in the workplace and that a person’s career aspirations should not be limited by them
	The portrayal of sex in the media and social media (including pornography) and its impact on people’s expectations of relationships and sex	Coming out and celebrating LGBTQ+ including hate crime	How to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks	Looking after your mind while making great academic progress	Revision and exams

KS5	Autumn 1 RSE	Autumn 2 RSE	Spring 1 Living in the wider world	Spring 2 Health and wellbeing and Living in the Wider World	Summer 1 Living in the wider world
Year 12	Exploring Unifrog: Choices and pathways	Coming out and celebrating LGBTQ+ including hate crime	Radicalisation and extremism	Keep safe when socialising online and offline	Gambling and managing finances and media literacy
	The difference between 'love' and 'lust' including sexual harassment and violence	Celebrating difference including race, sexuality and ability	Understanding your rights and responsibilities as students in casual, part-time jobs, including in the 'gig economy'	Look after your mind	Exploring Unifrog: Choices and pathways To find and apply for the best courses and apprenticeships for you. To compose a CV
	Safe sex, pornography and consent	Deescalating aggression	Travel safely when in the UK, abroad or on a gap year	Addiction: drugs, alcohol, peer pressure and body enhancement	Staying well at work including basic first aid
Year 13	Applying for UCAS Complete UCAS personal statement	FGM, forced marriage and honour based violence	Criminal exploitation and radicalisation	Moving away from home including student loan and budgeting	Revision and exams
	Sexual harassment and violence in the workplace	Keep safe when socialising online and offline	Mortgages, pensions, tax and more bills	Illness in young people including 'fresher flu'	
	Safe sex and parenthood	Maintaining professional relationships and protecting yourself at work	Being the new person	Managing change and preparing for next steps	