

Y7 PSHE lessons								
Wellbeing	Healthy choices	My body & Me	Healthy Relationships	Healthy Intimate Relationships	Identity & community	Digital Lives	Aspiration & money	Transition
What are my emotions telling me?	What are the facts about smoking and vaping?	What support might females need during their period?	What do we need from a healthy relationship?	What is sexual harassment and how can we stop it?	What does identity mean to you?	How can we have a healthy relationship with our devices?	Ambitions and goals	How does it feel to start secondary school?
How can we make healthy choices for our mental wellbeing?	How can we stay safe in different environments?		How can we keep our friendships healthy?		How can we reduce harmful stereotypes?	How can we take control of our privacy online?	Developing our strengths and interests	Four Year 6 transition lesson available as part of the Life Lessons primary curriculum
How can we build a positive relationship with ourselves?	How can we perform first aid?		How can we balance our needs, with our friends?		Is it easy to find a feeling of belonging?	How do we choose what to share online?	Taking control of our learning	
How can we build our resilience to challenges?	How do our bodies change during puberty?		How do we have healthy boundaries with our friends?		What does a community need to be healthy?	How can online content affect us?	What aspirations do we have for the world?	
How do exercise and sleep impact our physical health?	How does it feel to go through puberty?		What rights do we have to privacy and our bodies?		What can be the impact of discrimination?	Who decides what we view online?		
How do I keep my body and teeth clean?	Genitals and reproductive systems		How do we identify and challenge bullying?		How does the Equality Act protect everyone in the UK?	How does money affect the online world?		
	How do our genitals change during puberty?				How can we create a world free from sexism?			

Y8 PSHE lessons								
Wellbeing	Healthy choices	My body & Me	Healthy Relationships	Healthy Intimate Relationships	Identity & community	Digital Lives	Aspiration & money	Transition
How can we talk about alcohol?	What are the facts about alcohol?	How can people understand their sexual desires?	What roles do we play in relationships?	What are the signs of a healthy romantic relationship?	What does heritage mean to you?	How can the internet impact our wellbeing?	Preparing for the world of work	
How can we develop a positive mindset?	What are the facts about legal and illegal drugs?	How can we all love the body we have?	How can families have healthy relationships?	How can we manage feelings in relationships?	What do the Fundamental British Values mean to you?	Can the internet improve our lives?	Budgeting for teenagers	
Who am I?	How can we manage risks while trying new things?	The importance of genitals (including FGM)	How can we manage conflicts with friends?	What is a healthy way to communicate about romantic feelings?	How can we support people to love who they love?	Why do people sometimes behave differently online?	How do we avoid losing our money? (gambling, loot boxes and advertising manipulation)	
How does our diet affect our physical health?		The importance of vaccination and healthcare	How do power dynamics affect us?	What could be the impact of viewing pornography?	How can we create a world where disabled people thrive?	What can be the impact of sharing intimate content?		
How can we overcome barriers to physical exercise?		What happens during sexual intercourse?	How can we be active bystanders?	How can we create a school free from sexual harassment?	How can we create a world free from racism?	How can algorithms unite or divide us?		
		What choices do people make around using condoms?	How can we end relationships with kindness?	How can someone respond to controlling behaviour?		How can we know what is real online?		

Y9 PSHE lessons								
Wellbeing	Healthy choices	My body & Me	Healthy Relationships	Healthy Intimate Relationships	Identity & community	Digital Lives	Aspiration & money	Transition
Self-regulation techniques	How could someone respond to emergencies involving drugs?	How can we support everyone to have positive body image?	When does showing vulnerability in a relationship make you stronger?	How do people decide if they are ready for romance and intimacy?	What influences our sense of identity?	What impact can our online choices have?	Pathways to the future that I want	
Experiencing complex emotions (including mental ill-health)	How can we stay safe in public spaces?	How are people affected by hormonal and mood cycles?	How can we avoid pressuring other people?	Why is sexual consent so important?	How are stereotypes used to spread hate and make money?	What can be the impact of deepfakes?	Setting high expectations for the future	
Why can it be hard to talk about our feelings?	How can we avoid criminal exploitation?	How can we check our own health?	How can we manage peer influence?	Why is connection important in romantic relationships?	How do we build a feeling of belonging?	How can we respond to online influence?	How do successful people achieve their goals?	
		How can blood, organ and stem cell donation save lives?	How can we manage feelings around change?	How do online cultures affect our connection to each other?	How can healthy communities make our lives better?	Why can being online feel addictive?	Making financial decisions that work for me	
		How can people protect themselves and others from STIs?		How can bystanders reduce sexual harassment?	What is the impact of sexism?		How do we avoid financial scams and exploitation?	
				What are the warning signs of unhealthy sexual behaviour?	Why does sexism still exist today?			
				How can we reduce domestic abuse?	How can we create an anti-discrimination school?			
					How can we talk about gender with respect?			
					What are my rights?			

Y10 PSHE lessons								
Wellbeing	Healthy choices	My body & Me	Healthy Relationships	Healthy Intimate Relationships	Identity & community	Digital Lives	Aspiration & money	Transition
Healthy and unhealthy coping strategies	How can someone stop smoking or vaping?	How does the media affect body image and the way we relate?	How can we manage conflict healthily?	Why do some people have civil partnerships or marriages?	How do we measure our worth?	How might AI affect our lives?	How can my strengths, interests and education help me decide where to go?	
Techniques for improving mental health and reducing low-mood	What are the effects of illegal drugs on the body and mind?	Pregnancy and healthy foetal development	How can we help our friends to have healthy boundaries?	How can people communicate honestly in a romantic relationship?	How do gender norms influence the way we behave?	How can we create a positive reputation online?	Making decisions about the future	
How can we improve our self-esteem?	How can people stay safe around alcohol?	What does it mean to become a parent?		How can someone understand sexual pleasure and attachment?	What would our world be like if there was more tolerance?	Why can extremism spread online?	Finding work locally and internationally	
How can we overcome barriers to a healthy lifestyle?	How can we manage powerful influences?	How can people make healthy choices around contraception?		How can someone communicate choices about sex and intimacy?	What is it like to live in Britain?		Saving money and budgeting wisely	
	What life saving skills do I need? (part 1)			How can romantic relationships be impacted by culture and technology?	Why is talking about discrimination complex?			
	What life saving skills do I need? (part 2)			How can we respond to sexual behaviour online?	What is the social model of disability?			
				How do gender stereotypes influence sexual violence?	How easy do people find it to express their religion or beliefs?			
				What are the effects of sexual harassment on men and women?	How important is money for happiness?			
				How can we prevent controlling behaviour in relationships?				

Y11 PSHE lessons								
Wellbeing	Healthy choices	My body & Me	Healthy Relationships	Healthy Intimate Relationships	Identity & community	Digital Lives	Aspiration & money	Transition
Balancing everyday pressures and opportunities	How does addiction impact mental health?	How can people make healthy choices about cosmetic procedures?	How can you tell if a friendship is positive?	How can someone be a positive long-term romantic partner?	How do values influence our decisions?	What would you change about the online world?	How the internet can help me achieve my goals	How does it feel to complete secondary school?
How can we build resilience and overcome challenges?	How can we avoid exploitation and radicalisation?	What health issues can affect people with female bodies?	What influences our ability to connect to others?	What happens when romantic partners want different things?	Why do humans need to feel like they belong?	How can we promote equality and respect online?	How we tackle challenges to our goals and dreams	
	How can I feel when confident and safe meeting new people?	What does it mean to become a parent?	How can we deal with grief and loss?	What is the key to maintaining a healthy romantic relationship?	What does it mean to be anti-racist?	How is data used to make money and influence us?	What are my rights and responsibilities at work	
		Fertility, infertility and miscarriage		How can we have a positive impact on romantic partners?			Making financial decisions that work for me	
		The choice to continue or end a pregnancy		How can we repair when things go wrong?			Gambling: making healthy choices	
		How can we access the healthcare we need?		What can be the impact of combining alcohol and drugs with intimacy?				
		How can we test for, and protect each other from, STIs?		How do online cultures and content affect sexual relationships				
				What support do the survivors of sexual violence and harassment need?				