

St Bede's Inter-Church School PSHCE Curriculum Map

	Autumn 1 Health & Wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & Wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
	Oct: Black History month 08.10 World Mental Health day <i>#helloyellow</i>	1.11 Parliament week 15.11 Anti-bullying week Remembrance			09.05 Mental health week 20.06 Diversity week	
Year 7	Transition Transition to secondary school and personal safety in and outside school including first aid.	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations.	Diversity Diversity, prejudice and bullying.	Health and puberty Healthy routines, influences on health, puberty, unwanted contact and FGM.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries.	Financial decision making Saving, borrowing, budgeting and making financial choices.
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use.	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work.	Discrimination Discrimination in all its forms, including racism, religious, disability, gender-based or sexuality-based discrimination.	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies.	Identity and relationships Gender identity, sexual orientation, consent, 'sexting' and an introduction to contraception.	Digital literacy Online safety, digital literacy, media reliability and gambling hooks.
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation.	Setting goals Learning strengths, career options and goal setting.	Respectful relationships Families and parenting, healthy relationships, conflict resolution and relationship changes.	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence.
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices.	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.	Exploring influence The influence and impact of drugs, gangs, role models and the media.	Addressing extremism and radicalisation Communities, belonging, and challenging extremism.	Government and politics
Year 11	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.	Families Different families, pregnancy, marriage, relationships	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse.	Independence Responsible health choices, and safety in independent contexts.		