

## PSHCE Topics

		Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
	First lesson	Health & Wellbeing	Living in the Wider World	Relationships	Health & Wellbeing	Relationships	Living in the Wider World
Year 7	<b>Transition &amp; Safety</b> Transition to secondary school, goal setting, changing friends and personal safety (in and out of school) e.g. road, rail, water		<b>Careers &amp; Enterprise</b> Developing skills and aspirations, careers, teamwork, enterprise, raising aspirations	<b>Diversity &amp; Discrimination</b> Diversity, prejudice and all forms of discrimination e.g. racism, sexism	<b>Health &amp; Puberty</b> Healthy routines, influences on health, puberty, teeth, rest	<b>Building Relationships &amp; Respect</b> Self-worth, romance and friendships (healthy and unhealthy), boundaries, conflict resolution, relationship change	<b>Law and Order</b> Voting and the electoral system, parliament and laws, the police, courts and prisons
Year 8	<b>Bullying</b> What is it? Different Types of bullying	<b>Drugs, Alcohol &amp; Gangs</b> Alcohol and drug misuse and pressures, gang exploitation, assertiveness	<b>Digital Literacy &amp; Employability Skills</b> Online presence and safety, media reliability, gambling, employability skills, changing workforce	<b>Identity &amp; Relationships</b> Sex, orientation, consent, contraception, STI's, pregnancy	<b>Healthy Lifestyle &amp; Emotional Wellbeing</b> Mental and emotional health, diet, exercise, balance, gambling	<b>Healthy Relationships &amp; Families</b> Expectations and myths, pleasure and challenges, the impact of media and porn, different families, parenting, pregnancy, forced marriage	<b>Real Life Game</b> Life choices, career, types and patterns of work, household finances (budgeting)
Year 9	<b>Bullying</b> Cyber bullying	<b>Mental Health</b> Mental Health and stigma, safeguarding health, self-efficacy, stress management	<b>Democracy</b> Electoral system (recap), political parties, the role of MPs, moral, social and cultural, issues	<b>Addressing Extremism &amp; radicalisation</b> Communities, belonging, challenging extremism	<b>First Aid</b> First aid	<b>Intimate Relationships</b> Personal values, assertiveness, communication consent, contraception, "sexting", relationship challenges, abuse	<b>Financial Decision Making</b> Borrowing money, the impact of financial decisions, debt, advertising on financial choice