

PSHE Overview: Academic Year 2025/26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Remove	Transition and Safety Transition to secondary school and personal safety in and outside school.	Building relationships Self-worth, romance, friendships and relationship boundaries.	Life Online Developing awareness of online life: cyberbullying, sexting, peer pressure, self esteem, influencers, algorithms and AI.	Introduction to Careers Careers, self-awareness, life aspirations, subjects and careers, working models and Morrisby.	Health and Puberty Healthy routines, influences on health, puberty, unwanted contact and FGM.	Financial Decision Making Spending, budgeting, work and pay, inflation and critical consumers.
LIV	Belonging & Community Discrimination, bias, stereotypes, protected characteristics and the positives of diverse communities.	Careers & Aspirations Aspirations, priorities, curriculum and careers, challenging stereotypes, employability skills and Morrisby.	Emotional Wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity & Relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Reducing Risks Alcohol and drug misuse and pressures relating to drug use.	Financial Literacy Bank accounts, bank cards, debt and managing gambling risk.
UIV	Careers: Setting Goals Employability skills, priorities, decision making, GCSE options, post-16 pathways and introduction to LMI.	Media Literacy Bias and representation, conspiracy theories, generative AI, mis-, dis- and mal information, digital literacy and social media.	Intimate Relationships Relationships and sex education including consent, contraception, the risks of STIs, relationship breakdowns and sexting.	Substance Abuse Healthy and unhealthy friendships, assertiveness, substance misuse, including vaping, cannabis and alcohol use.	Financial Literacy Mobile phones, crypto currency, financial exploitation, gaming and online scams.	Staying Safe Gangs and knife crime: involvement, staying safe and leaving.
LV	Careers: Post-16 Pathways and Work Experience Morrisby Profile, post-16 study and career pathways, future careers, professional communication and employability skills. Preparing for work experience.	Mental Health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Healthy Relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.	Exploring Influence Communities, belonging and challenging extremism.	Financial Decision Making Pay slips, budgeting, savings, investments and insurance.	Drugs & Alcohol The influence and impact of drugs on decision making, peer pressure, role models and the media.
UV	Careers: College, Work and Beyond Review of Morrisby questionnaires and assessments, post-16 study and career pathways, interview skills and CVs.	Healthy Lifestyles Testicular, breast and vulval health, body modifications, including cosmetic surgery.	Families and Parenting Long-term commitments, marriage, parenting, routes to parenthood, pregnancy and potential outcomes, including abortions.	Communication in Relationships Personal values, assertive communication, relationship challenges and abuse and changing relationships		