

# NUSA PSHE CURRICULUM OVERVIEW 2021-22

	Autumn 1 7 weeks (TR 6 +7)	Autumn 2 7 weeks	Spring 1 5 weeks (TR 4 +5)	Spring 2 6 weeks	Summer 1 6 weeks (TR 5 + 6)	Summer 2 7 weeks
<b>Year 7</b>	<b>Building Relationships</b> <ul style="list-style-type: none"> <li>Features of positive friendships</li> <li>Building and maintaining friendships</li> <li>Bullying and cyberbullying</li> </ul>	<b>Physical Health</b> <ul style="list-style-type: none"> <li>Diet, exercise, sleep, dental health, personal hygiene</li> <li>Choices about physical health</li> </ul>	<b>Health and Puberty</b> <ul style="list-style-type: none"> <li>Physical and emotional changes during puberty</li> <li>Menstruation</li> </ul>	<b>Mental Health</b> <ul style="list-style-type: none"> <li>Healthy and unhealthy coping strategies (self-harm)</li> <li>Body image &amp; confidence</li> </ul>	<b>British Values and Online Safety</b> <ul style="list-style-type: none"> <li>British Values and personal values</li> <li>Antisocial behaviour</li> <li>Online safety</li> </ul>	<b>Respectful Relationships</b> <ul style="list-style-type: none"> <li>Introduction to consent</li> <li>FGM</li> <li>Romantic relationships</li> <li>Family roles</li> <li>Change and loss</li> </ul>
<b>Year 8</b>	<b>Mental Wellbeing</b> <ul style="list-style-type: none"> <li>Attitudes and stigma</li> <li>Unhealthy coping strategies (self-harm, eating disorders)</li> <li>Healthy coping strategies</li> <li>Impact of social media</li> </ul>	<b>Diversity and Discrimination</b> <ul style="list-style-type: none"> <li>Sexual orientation</li> <li>Gender identity</li> <li>Stereotypes, prejudice and discrimination</li> <li>The Equality Act (2010)</li> </ul>	<b>Drugs and Alcohol</b> <ul style="list-style-type: none"> <li>Introduction to legal and illegal drugs</li> <li>Legal drugs: caffeine, smoking, vaping, alcohol</li> <li>Managing influences and decision making</li> </ul>	<b>Healthy Relationships</b> <ul style="list-style-type: none"> <li>Healthy and unhealthy relationships</li> <li>Domestic abuse</li> <li>Consent</li> <li>Sexting</li> <li>Introduction to contraception</li> </ul>	<b>Online Safety</b> <ul style="list-style-type: none"> <li>Social media use</li> <li>Cyberbullying</li> <li>Peer pressure</li> <li>Gaming safety and online grooming</li> </ul>	<b>Careers and First Aid</b> <ul style="list-style-type: none"> <li>Employability skills</li> <li>Goal setting and future aspirations</li> <li>Growth mindset</li> </ul>
<b>Year 9</b>	<b>Physical and Mental Health</b> <ul style="list-style-type: none"> <li>Mental ill-health (depression, anxiety, stress)</li> <li>Healthy coping strategies</li> <li>Positive health choices</li> </ul>	<b>Intimate Relationships</b> <ul style="list-style-type: none"> <li>Unhealthy relationships</li> <li>Consent</li> <li>Relationships and the media, including sexting</li> <li>Pornography</li> <li>Contraception and STIs</li> </ul>	<b>KS4 Options and Careers</b> <ul style="list-style-type: none"> <li>Personal skills and interests</li> <li>Post-16 and career pathways</li> <li>KS4 Options</li> </ul>	<b>Respectful Relationships</b> <ul style="list-style-type: none"> <li>Child Sexual Exploitation</li> <li>Conflict management</li> <li>Change and breakdown of relationships</li> <li>Marriage and family roles</li> </ul>	<b>Financial Decision Making</b> <ul style="list-style-type: none"> <li>Budgeting and spending</li> <li>Saving and borrowing</li> <li>Debt</li> <li>Media reliability</li> </ul>	<b>Drugs and Alcohol</b> <ul style="list-style-type: none"> <li>Attitudes to drugs</li> <li>Drugs and the law</li> <li>Alcohol and cannabis</li> <li>Managing risk and influence</li> <li>Gangs and violent crime</li> <li>'County Lines'</li> </ul>
<b>Year 10</b>	<b>Physical and Mental Health</b> <ul style="list-style-type: none"> <li>Mental ill-health (depression, anxiety, stress)</li> <li>Reframing negative thinking</li> <li>Positive health choices</li> </ul>	<b>Intimate Relationships</b> <ul style="list-style-type: none"> <li>Intimacy expectations and managing sexual pressure</li> <li>Pornography</li> <li>Contraception</li> </ul>	<b>Intimate Relationships</b> <ul style="list-style-type: none"> <li>Contraception</li> <li>STIs</li> <li>Pregnancy choices (abortion, adoption, having the baby)</li> </ul>	<b>Drugs and Influences</b> <ul style="list-style-type: none"> <li>Attitudes to drugs</li> <li>Drugs and the law</li> <li>Alcohol and cannabis</li> <li>Assessing risk</li> <li>Managing influence</li> <li>Help-seeking and support</li> </ul>	<b>Financial Decision Making</b> <ul style="list-style-type: none"> <li>Budgeting and spending</li> <li>Saving and borrowing</li> <li>Debt</li> <li>Payslips and tax</li> </ul>	<b>Safe and Respectful Relationships</b> <ul style="list-style-type: none"> <li>Celebrating diversity and challenging prejudice</li> <li>Extremism and radicalisation</li> <li>FGM, forced marriage and honour-based violence</li> <li>Abuse and harassment</li> </ul>
	<b>Careers and Next Steps</b> <ul style="list-style-type: none"> <li>Pathways and aspirations</li> <li>Work experience</li> <li>Positive personal image</li> </ul>					
<b>Year 11</b>	<b>Preparing for the year ahead</b> <ul style="list-style-type: none"> <li>Managing stress</li> <li>Positive lifestyle choices</li> </ul>	<b>Next Steps</b> <ul style="list-style-type: none"> <li>Post-16 and career options</li> <li>CV writing</li> <li>Interview skills</li> </ul>	<b>Relationship Safety</b> <ul style="list-style-type: none"> <li>Abusive relationships</li> <li>Sexual harassment/violence</li> <li>Coercive control</li> <li>Contraception negotiation</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>Cancer awareness and self-examination</li> <li>STIs and sexual health services</li> <li>Fertility (including miscarriage)</li> <li>Blood, organ and stem cell donation</li> </ul>	<b>Preparing for Adult Life</b> <ul style="list-style-type: none"> <li>Budgeting, borrowing and saving</li> <li>Payslips and tax</li> <li>Borrowing and debt</li> <li>Mortgages and the cost of living</li> <li>Financial risk (insurance)</li> <li>Online gambling</li> </ul>	
	<b>Family Relationships</b> <ul style="list-style-type: none"> <li>Long-term commitment</li> <li>Marriage, including forced marriage</li> <li>Parenting</li> </ul>	<b>Health</b> <ul style="list-style-type: none"> <li>CPR and defibrillators</li> <li>Basic first aid</li> <li>FGM</li> </ul>				