

NUSA PSHE CURRICULUM OVERVIEW 2022 - 2023

	Autumn 1 7 weeks	Autumn 2 7 weeks	Spring 1 5 weeks	Spring 2 6 weeks	Summer 1 6 weeks	Summer 2 6 weeks
Year 7	<p><u>BUILDING RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Features of positive friendships. • Building and maintaining relationships. • Bullying and cyberbullying. 	<p><u>PHYSICAL HEALTH</u></p> <ul style="list-style-type: none"> • Diet, exercise, sleep, dental health, and personal hygiene. • Choices about physical health. 	<p><u>HEALTH AND PUBERTY</u></p> <ul style="list-style-type: none"> • Physical changes during puberty. • Emotional changes during puberty. • Menstruation. 	<p><u>MENTAL HEALTH</u></p> <ul style="list-style-type: none"> • Healthy and unhealthy coping strategies. • Body image and confidence. • Challenging body comparisons. 	<p><u>BRITISH VALUES & D ONLINE SAFETY</u></p> <ul style="list-style-type: none"> • Personal values • British values • Anti-social behaviour • Online safety 	<p><u>RESPECTFUL RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • FGM • Romantic relationships • Change and loss
Year 8	<p><u>MENTAL WELLBEING</u></p> <ul style="list-style-type: none"> • Attitudes and stigma around mental health. • Unhealthy/healthy coping strategies. • Impact of social media. 	<p><u>DIVERSITY AND DISCRIMINATION</u></p> <ul style="list-style-type: none"> • Sexual orientation. • Gender identity. • Stereotypes and prejudice. • The Equality Act (2010) 	<p><u>DRUGS AND ALCOHOL</u></p> <ul style="list-style-type: none"> • Introduction to legal and illegal drugs. • Legal drugs: Caffeine, smoking, and alcohol. • Managing influences and decision making. 	<p><u>HEALTHY RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Healthy and unhealthy relationships. • Domestic abuse. • Consent. • Introduction to contraception. 	<p><u>ONLINE SAFETY</u></p> <ul style="list-style-type: none"> • Social media use and cyberbullying. • Peer pressure. • Gaming safety and online grooming. 	<p><u>CAREERS</u></p> <ul style="list-style-type: none"> • Employability skills • Goal setting and future aspirations. • Growth mindset. <p><u>FIRST AID</u></p> <ul style="list-style-type: none"> • CPR and basic First Aid
Year 9	<p><u>PHYSICAL AND MENTAL HEALTH</u></p> <ul style="list-style-type: none"> • Mental ill-health (depression and anxiety) • Healthy coping strategies and positive health choices. 	<p><u>INTIMATE RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Unhealthy relationships. • Consent. • Relationships and the media. • Pornography. 	<p><u>KS4 CAREERS AND OPTIONS</u></p> <ul style="list-style-type: none"> • Personal skills and interests. • Post-16 careers pathways. • KS4 options. 	<p><u>DRUGS AND ALCOHOL</u></p> <ul style="list-style-type: none"> • Attitudes to drugs. • Drugs and the law. • Alcohol and cannabis. • Managing risk - 'County Lines'. 	<p><u>FINANCIAL DECISION MAKING</u></p> <ul style="list-style-type: none"> • Budgeting and spending. • Saving and borrowing. • Debt. • Money and work. 	<p><u>RESPECTFUL RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Child Sexual Exploitation. • Conflict management. • Change and breakdown in relationships.
Year 10	<p><u>PHYSICAL AND MENTAL HEALTH</u></p> <ul style="list-style-type: none"> • Re-framing negative thinking. • Th relationship between physical and mental health. • Lifestyle and wellbeing choices. 	<p><u>INTIMATE RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Intimacy and managing sexual pressure. • Contraception. <p><u>WORK EXPERIENCE</u></p> <ul style="list-style-type: none"> • Pathways and work experience. 	<p><u>INTIMATE RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Contraception • STIs • Pregnancy choices (abortion, adoption and having a baby). 	<p><u>DRUGS AND INFLUENCES</u></p> <ul style="list-style-type: none"> • Attitudes to drugs. • Cocaine and heroin. • Assessing risk. • Help-seeking and support. 	<p><u>DIGITAL LITERACY & ONLINE SAFETY</u></p> <ul style="list-style-type: none"> • Online safety • Cybercrime • Online fraud • Digital literacy 	<p><u>SAFE AND RESPECTFUL RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Celebrating diversity and challenge prejudice. • Extremism and radicalisation. • FGM and forced marriage.
Year 11	<p><u>THE YEAR AHEAD</u></p> <ul style="list-style-type: none"> • Managing stress and positive lifestyle choices. <p><u>FAMILY RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Long-term commitments. • Marriage and parenting. 	<p><u>NEXT STEPS</u></p> <ul style="list-style-type: none"> • Post-16 careers pathways. • CV and personal statement writing. <p><u>HEALTH</u></p> <ul style="list-style-type: none"> • CPR and basic First Aid. 	<p><u>RELATIONSHIP SAFETY</u></p> <ul style="list-style-type: none"> • Abusive relationships • Sexual harassment and violence. • Coercive control. • Contraception 	<p><u>HEALTH AND WELLBEING</u></p> <ul style="list-style-type: none"> • Cancer awareness and self-examination. • STIs and sexual health services. • Fertility (including miscarriage). • Blood, organ and stem cell donation. 	<p><u>PREPARING FOR ADULT LIFE</u></p> <ul style="list-style-type: none"> • Budgeting, borrowing, and saving. • Payslips and tax. • Mortgages and cost of living. • Online gambling. 	

