

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<b>Managing Change</b> <ul style="list-style-type: none"> <li>-Getting to know people</li> <li>-What is a community?</li> <li>-Careers and your future</li> <li>-Sleep and relaxation</li> <li>-Financial education</li> <li>-Transition points in your life</li> </ul>	<b>Puberty &amp; body development</b> <ul style="list-style-type: none"> <li>-Introduction to puberty</li> <li>-Girls puberty and periods</li> <li>-Boys puberty</li> <li>-Personal hygiene</li> <li>-Growing up</li> <li>-Self-esteem</li> <li>-Tooth decay and dental health</li> </ul>	<b>Friends, respect and relationships</b> <ul style="list-style-type: none"> <li>-Consent and boundaries</li> <li>-Respect and relationships</li> <li>-What makes a good friend</li> <li>-Friendships &amp; online relationships</li> <li>-Being positive</li> <li>-Pressure, influence &amp; friends</li> <li>-What does it mean to be a man today?</li> </ul>	<b>Staying safe online and offline</b> <ul style="list-style-type: none"> <li>-Avoiding gangs and criminal behaviour</li> <li>-Staying safe online</li> <li>-Online gaming, grooming and addiction</li> <li>-Alcohol and risk</li> <li>-Nicotine and smoking</li> <li>-E-cigs, vaping and shisha</li> <li>-Energy drinks and caffeine</li> <li>-Knife crime and safety</li> </ul>	<b>Celebrating differences</b> <ul style="list-style-type: none"> <li>-What is your identity?</li> <li>-Multicultural Britain</li> <li>-Importance of being kind</li> <li>-Breaking down stereotypes</li> <li>-Learning disabilities</li> <li>-Prejudice and discrimination</li> <li>-Challenging Islamophobia</li> </ul>	<b>Parliament and Politics</b> <ul style="list-style-type: none"> <li>-Why is politics important?</li> <li>-How is our country run?</li> <li>-The role of the prime minister</li> <li>-The monarchy and King Charles</li> <li>-Politics, debates and parliament</li> <li>-Elections and campaigning</li> <li>-Creating a political party</li> </ul>
Year 8	<b>Proud to be me</b> <ul style="list-style-type: none"> <li>-Employability and enterprise skills</li> <li>-Proud to be me</li> <li>-Careers and aspirations</li> <li>-Self-esteem and the media</li> <li>-The importance of happiness</li> <li>-What makes me angry</li> <li>-Exploring careers</li> </ul>	<b>Physical health and wellbeing</b> <ul style="list-style-type: none"> <li>-Health and wellbeing</li> <li>-What is mental health</li> <li>-Positive body image</li> <li>-Child abuse</li> <li>-Types of bullying</li> <li>-Healthy eating and cholesterol</li> <li>-Stress management</li> </ul>	<b>Identity, relationships and sex education</b> <ul style="list-style-type: none"> <li>-Relationships and sex education</li> <li>-Being yourself &amp; self-love</li> <li>-Healthy respectful relationships</li> <li>-What is love</li> <li>-Dealing with conflict</li> <li>-Periods and menstrual cycle</li> <li>-Introduction to contraception</li> <li>-Sexual orientation</li> </ul>	<b>Dangerous society, online and offline</b> <ul style="list-style-type: none"> <li>-County lines, what is it?</li> <li>-County lines, who is at risk?</li> <li>-Substance misuse</li> <li>-Cyberbullying</li> <li>-Online grooming</li> <li>-Alcohol safety</li> <li>-Child exploitation and online protection</li> </ul>	<b>Equality and diversity</b> <ul style="list-style-type: none"> <li>-Equality Act 2010</li> <li>-LGBTQ+ What is it</li> <li>-LGBTQ+ right across the world</li> <li>-Gender equality</li> <li>-Ableism and Disability discrimination</li> <li>-Removing the barriers</li> <li>-Racism and discrimination in society</li> </ul>	<b>Law, crime and society</b> <ul style="list-style-type: none"> <li>-Desert Island – living</li> <li>-Desert Island – Building a community</li> <li>-Desert Island – Making decisions</li> <li>-Desert Island – Criminals, law and society</li> <li>-How are laws made?</li> <li>-Prison, reform and punishment</li> </ul>

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<b>Year 9</b>	<b>Essential life skills</b> <ul style="list-style-type: none"> <li>-From failure to success</li> <li>-Assertiveness</li> <li>-First Aid</li> <li>-Saving and managing your money</li> <li>-Labour market information</li> <li>Finance, budgeting and employment</li> <li>-Social media and online stress</li> </ul>	<b>Body confidence</b> <ul style="list-style-type: none"> <li>-How self-esteem changes</li> <li>-What is a penis</li> <li>-What is a vulva</li> <li>-Bullying in all its forms</li> <li>-Dealing with grief and loss</li> <li>-Media and airbrushing</li> <li>-Cancer prevention and healthy lifestyles</li> </ul>	<b>Sex, law and consent</b> <ul style="list-style-type: none"> <li>-Sexual consent and the law</li> <li>-FGM and the law</li> <li>-Relationships and partners</li> <li>-Domestic abuse and domestic violence</li> <li>-Why have sex?</li> <li>-Delaying sexual activity</li> <li>-Sexual harassment and stalking</li> </ul>	<b>Legal and illegal drugs</b> <ul style="list-style-type: none"> <li>-What is a drug?</li> <li>-Different substance addictions</li> <li>-Cannabis products</li> <li>-Drug classifications</li> <li>-Party drugs &amp; illegal drugs</li> <li>-The war on drugs</li> <li>-Volatile substance abuse</li> </ul>	<b>Contraception and STI's</b> <ul style="list-style-type: none"> <li>-What are STI's?</li> <li>-Treating STI's and the clinic</li> <li>-Contraception explored</li> <li>-Condoms</li> <li>-Contraception explored further</li> <li>-HIV and AIDs</li> <li>-HIV and AIDs, prejudice and discrimination</li> </ul>	<b>Combatting extremism and terrorism</b> <ul style="list-style-type: none"> <li>-Conspiracy Theories</li> <li>-Forms of extremism</li> <li>-What is Terrorism</li> <li>-War and conflict</li> <li>-The radicalisation process</li> <li>-How does counter terrorism work?</li> <li>-Antisemitism</li> </ul>
<b>Year 10</b>	<b>Rights and responsibilities</b> <ul style="list-style-type: none"> <li>-Insta and TikTok generation</li> <li>-Targeted advertising and your data</li> <li>-What is marriage?</li> <li>-Rights and responsibilities</li> <li>-Consumer rights</li> <li>-Employment rights</li> <li>-Exploring a pay check</li> </ul>	<b>Mental health and wellbeing</b> <ul style="list-style-type: none"> <li>-Child sexual abuse</li> <li>-Screen time</li> <li>-Mental health illness</li> <li>-Self-harm</li> <li>-Suicide (thoughts and feelings)</li> <li>-Promoting emotional wellbeing</li> </ul>	<b>Risk, relationships and sex education</b> <ul style="list-style-type: none"> <li>-Pleasure and delaying sexual activity</li> <li>-Campaigning against FGM</li> <li>-Sexting and Nudes</li> <li>-Online pornography</li> <li>-Porn and its impact on society</li> <li>-Unhealthy relationships, sexual abuse and rape</li> <li>-Sexualisation of the media</li> </ul>	<b>Violence, crimes and seeking safety</b> <ul style="list-style-type: none"> <li>-Honour based violence</li> <li>-Forced marriage and breast ironing</li> <li>-Online gaming and gambling</li> <li>-Social media validation</li> <li>-Modern day slavery</li> <li>-Keeping your data safe</li> <li>-Causes of knife crime</li> </ul>	<b>Exploring world issues</b> <ul style="list-style-type: none"> <li>-International organisations</li> <li>-Peace, war and conflict</li> <li>-Human rights during war</li> <li>-Aid &amp; supporting other countries</li> <li>-Striking and trade unionism</li> <li>-Women's rights and equality</li> <li>-Fair trade &amp; free trade</li> </ul>	<b>Exploring British values</b> <ul style="list-style-type: none"> <li>-Critical thinking and fake news</li> <li>-Hate crime in the UK</li> <li>-British values and identity</li> <li>-Mutual respect and tolerance</li> <li>-Individual liberty</li> <li>-What are human rights?</li> <li>-Democracy explored</li> </ul>
<b>Year 11</b>	<b>Adult health and looking after yourself</b> <ul style="list-style-type: none"> <li>-Organ and blood donation</li> <li>-Teenage pregnancy choice</li> <li>-Abortion laws, morals and</li> </ul>	<b>Sexual health</b> <ul style="list-style-type: none"> <li>-Peer on peer abuse</li> <li>-Fertility and what impacts it</li> <li>-Alcohol, parties and bad choices</li> <li>-Importance of sexual health</li> </ul>	<b>Your future and beyond</b> <ul style="list-style-type: none"> <li>-Screen addiction and studying</li> <li>-Post 16 options</li> <li>-Exam stress and anxiety</li> <li>-Social media VS real life</li> </ul>	<b>Staying safe (Part 1)</b> <ul style="list-style-type: none"> <li>-Virtual reality and live streaming</li> <li>-Online reputation and digital footprints</li> <li>-Group chats and anti bullying</li> </ul>	<b>Staying safe (Part 2)</b> <ul style="list-style-type: none"> <li>-Cosmetic and aesthetic procedures</li> <li>-New psychoactive substances</li> </ul>	

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Dame Elizabeth  
Cadbury School

## PSHE Curriculum Overview 2025-2026

	ethics -Parenthood for teenagers -Testicular and prostate cancer -Breast cancer, cervical cancer and screening -Love and abuse	-Revisiting STI's -Revisiting contraception -Respect, love and relationships	-CV Writing -Writing a personal statement		-Festivals and nitrous oxide -Substance addiction	
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