

PSHE OVERVIEW 2025-2026

KS3	TERM 1 16 September-14 October 2025	TERM 2 11 Nov-9 Dec 2025	TERM 3 6 Jan-24 Feb 2026	TERM 4 10 Mar-24 Mar 2026	TERM 5 21 April-19 May 2026	TERM 6 9 June-7 July 2025
YR 7	-Introduction to PSHE -Personal Strengths -Emotions and Self esteem	-Road safety (External Talk KCC) -Self Care strategies -Self-esteem and the media	-Online Safety and Peer Pressure -Cyber bullying -Healthy and Unhealthy Relationships	- Friendships -Bullying and the role of bystanders -Puberty	-Periods and the Menstrual Cycle -Coping with Periods -Vaping and Smoking	-FGM -Health Campaign Presentations
YR 8	-Healthy Habits -Ways to wellbeing and self-care -Emotional Empathy	-Online Safety and Social Media -Responsible Social Media use -Sexting Risks and Laws	-Intimate relationships and marriage -Marriage Debate -The role of Parents -Consent	-Body Image Appearance ideals and the media (External Speaker BHM) -Body affirmations and positive body image	-UNIFROG (Work Shadow day Preparation) -Budgeting -Democracy and Laws	-Political parties -Mock Election -Summer Safety
YR 9	-Alcohol -Drugs -Mental Health and Self Harm	-British Values -Prejudice in Society and role of social media -Racism	-Sexism and Misogyny -Radicalisation and Extremism -Sexual Orientation/LGBT History month	-Exploitation and Grooming -Gangs and Knife Crime -St Johns Ambulance First Aid Course	-St Johns Ambulance First Aid Part 2 -Consent -Contraception and STIs	- Contraception methods and STIs Practical -Contraception and STI Campaigns -Summer safety

Please note that lessons may be subject to change order on occasion

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
KS4	16 September-14 October 2025	11 Nov-9 Dec 2025	6 Jan-24 Feb 2026	10 Mar-24 Mar 2026	21 April-19 May 2026	9 June-7 July 2026
YR 10	<ul style="list-style-type: none"> -Healthy Body and Healthy Mind - Mental Health (Stress,Anxiety and Depression) -Why do people take drugs and the implications on mental health 	<ul style="list-style-type: none"> -Cosmetic and Aesthetic Procedures -Breast Cancer (External Speaker Coppa feel) -County Lines 	<ul style="list-style-type: none"> -Sexual Harassment -Healthy relationships and coercion -Global Issues for Women -IWD and women in the workplace 	<ul style="list-style-type: none"> -Employability (External Speaker- InvestIN) -Intro to banking 	<ul style="list-style-type: none"> - Finance and Debt -Paths to Parenthood RSE -Pregnancy Facts and miscarriage/termination 	<ul style="list-style-type: none"> -Managing Online Presence -Careers journey
YR 11	<ul style="list-style-type: none"> -First Aid and Alcohol -Pregnancy choices and contraception recap -Being a young parent 	<ul style="list-style-type: none"> -Career pathways Apprenticeships and A Levels - Managing sixth form study/choosing A levels -Preparing for WEX 	<p>EXAMS</p> <ul style="list-style-type: none"> -Consent - (Talk Consent- External Speaker) -Sex: Assumptions and norms? SEX ED 	<ul style="list-style-type: none"> -Pornography SEX ED -Assertiveness in relationships 	<ul style="list-style-type: none"> -Next steps and hopes and aspirations Image boards PUBLIC EXAMS 	PUBLIC EXAMS

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KS5	16 September-14 October 2025	11 Nov-9 Dec 2025	6 Jan-24 Feb 2026	10 Mar-24 Mar 2026	21 April-19 May 2026	9 June-7 July 2026
YR 12	<ul style="list-style-type: none"> -Intro to PSHE and making the most of sixth form. Tips for Wellbeing - Financial Choices – Pensions and Tax -Gambling Risks 	<ul style="list-style-type: none"> - Men’s Health and testicular cancer - Driving Awareness course with KCC (2 sessions) 	<ul style="list-style-type: none"> -Driving Awareness Talk (External Speaker) -STI’s and Testing -Gaslighting and coercive relationships -Revenge Porn/Deep fakes 	<ul style="list-style-type: none"> -‘We are with you’ Drugs and Alcohol Talk (External Speaker) -Alcohol and Consent-‘Blurred lines?’ 	<ul style="list-style-type: none"> -EXAMS -UCAS (External Speaker) -UCAS 	<ul style="list-style-type: none"> -UCAS -PREP WEX and conduct
YR 13	<ul style="list-style-type: none"> -Alcohol and risks of spiking -Fertility -Infertility in men and women 	<ul style="list-style-type: none"> -Menopause -Health Services 	<p style="text-align: center;">EXAMS</p> <ul style="list-style-type: none"> -Diversity and Inclusion -Representation and racism -Debating 	<ul style="list-style-type: none"> -Budgeting -Student Finance and Loans -Revision for exams 	<p style="text-align: center;">PUBLIC EXAMS</p>	<p style="text-align: center;">PUBLIC EXAMS</p>