



PSHCE, RSE & Health Education Curriculum -

Updated in line with Statutory guidance from September 2026

British values will be incorporated into as many lessons as possible (encouraging students to think about what makes them British, the values of Britain), as will being inclusive and accepting of all.

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11	KS4 (Year 10) Foundation	KS4 (Year 11) Foundation
Aut1	Personal Identity Who am I? Family tree to discover who I am and heritage. Consider: - Ethnicity - Faith - Nationality i.e. British citizen. Transitions to Secondary School	Drugs illegal drugs The different types of drugs. Subcultures and drug use – Discussing the dangers of young people 'party drugs.' How bad are illegal drugs? Risks involved- addiction, physical and mental health effects. Discussion around	Personal Safety at school and in the Community: Road Safety Keeping safe in school: Identifying safe zones and danger zones in school. What are the dangers I can face when out and about? How can I stay safe when out and about?	Healthy living **Understand what is needed to lead a healthy lifestyle. Why is it important to eat healthy? What are the health risks of a poor diet-tooth decay and cancer? Be able to demonstrate how they can contribute to a healthy lifestyle. What are the risks of not living a healthy lifestyle? What are the links between living an inactive lifestyle and ill-health- Including cancer and cardio-vascular ill-health? Ethnicity and diseases. How does neighbourhood	*Individual Rights and Responsibilities: Human Rights Where do rights come from? Highlighting that Britain embeds the UN Declaration in law, and everyone has rights regardless of protective factors, social and economic position.	Environmental Awareness What is climate change and global warming? Reference to a range of countries around the world. Emphasis on Global Citizen; a person who belongs to the world community. What are the effects of climate change and global warming? Case studies on negative impacts and	Personal Safety Keeping myself safe. <u>Keeping safe in school:</u> Identifying safe zones and danger zones in school. Risks



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	What has changed? How can I manage the changes? Bensham manor – school rules, we celebrate Diversity and inclusivity. We respect everyone, including staff members and peers. Where are our peers from? Bullying - different types of bullying. How can bullying impact people? What to do if this occurs, who can I speak to?	manipulation and how criminals manipulate vulnerable adults into things like county lines. Legal Drugs Are all legal drugs good for you? The different types of drugs. Medicine- are they always good? Are there alternatives to scientific medicines? e.g., alternatives. Chinese herbal remedial practices. Alcohol- What are the physical	Children missing from home and/or care. Personal Safety in the Community: Crime Prevention What crimes can happen to me? Exploitation of young people, this could be through social media. Honour-based violence. How can I make sure I am not a victim of crime? How can being a victim of crime affect me and my community mentally, physically, and socially?	dynamics effect physical health? E.g. racism and not being able to safely go for a casual run.	**Why are human rights important? **What are the 30 human rights that people have? Child Rights Child Rights **Why do children have extra rights? **What rights do children have?	threats to individuals and/or communities around the world. What other environmental problems exist? Environmental Awareness What do people do that harms the environment?	FGM and other risks that students may face. Cultural practice of different communities Why this can be harmful? Narratives from FGM survivors – global problem.
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	Who is the safeguarding lead? Who can I contact if bullied? The role of bystanders. And complicit, thus those that do nothing to help in a bad situation. Online safety basics – scams, privacy, critical thinking. How can I manage situations where I or someone else is being bullied? How can I identify online bullying? How do I report it or find support? And complicit, thus those that do	and psychological risks involved in alcohol consumption? What constitutes low alcohol consumption in adulthood? Social groups that refrain from intoxicants. Why? E.g., Religious groups. Tobacco- what are the risks involved in smoking tobacco? Why is it better to quit? Vaccinations. The facts and sciences relating to	Grooming/vulnerability Child criminals NEW: AI, deepfakes, sextortion, scams, monetisation of games, risks of roblox and gambling risks (KS3–KS5) Financial harms – risks of gambling, game monetisation, scams.			**What happens when children do not have their rights?			
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	nothing to help in a bad situation. How can I access cultural help groups if needed? List of third sector organisations that have experience with a particular social group e.g., Muslim youth, Roshni (domestic abuse – South Asian communities).	immunisation and vaccination. Rights-based approach and free consent must be given. Why are some races/ethnicities reluctant to take vaccine? Draw on experience of POC in America – “Human guinea pigs.” History of scientific racism					
Aut2	*Careers Introduction to careers	*Careers	Personal Safety in the Home/First Aid at home	Healthy living Describe what they can do to contribute to a healthy lifestyle.	*Individual Rights and Responsibilities: Human Rights – 2	Environmental Awareness (Edexcel Unit E2)	Personal Safety (Edexcel Unit E2)



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	Different jobs available.	National careers website	Plan:	Choose appropriate activities that can make an improvement to their lifestyle.	Plan:	What do people do that can help the environment?	
	What do I like? British workforces promote gender equality. Diverse workforce and equal opportunities for all social groups. Acting out job roles.	Apprenticeships Different routes. Salaries and the functions and uses of money, the importance and practice of budgeting, and managing risk. Introduction to CVs.	What are the dangers I can face when at home? How can I keep myself safe when at home? Who can I speak to about the problems I face at home? What first aid rules will help me if I have an accident at home?	Carry out activities to contribute to a healthy lifestyle. Describe how the activities have improved their lifestyle. Looking after my mental health – explicit teaching on self-harm and suicide prevention, using professional guidance. Drugs and its impact - responsible use - Antimicrobial resistance – importance of vaccinations and responsible antibiotic use, age restrictions,	What rights in the HRA am I glad I have? What responsibilities do I have? Who can help me with my rights and responsibilities? Human Rights in various demographics (countries) around the world – withheld. Consequences? Current examples from news-media.		



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				legalities and support available.			
Sprg 1	Healthy lifestyles/ Impacts on Physical Wellbeing Healthy lifestyles. - Healthy living- ways to stay active. How can I maintain a healthy weight? How can eating habits impact me mentally, physically, and socially? Different diseases associated with unhealthy eating- diabetes, cardio-vascular disease, cholesterol, anorexia, etc. Cooking practices – Food can be healthy	Emotional & Mental Health & Social Media (emotional wellbeing) How do mental illnesses affect young people? What does the media do to increase mental illness? Unrealistic representation of people, causing body dysmorphia, unrealistic goals.	Identity and Friendships **Who am I? What are my qualities? What do I like about myself? Discuss belonging to various social groups/Talents. How does this impact personal identity? **Who are my friends in real life and online? What does it mean to be a toxic friend? How can you manage conflict? Reconciliation?	Careers National careers website, introduction to colleges - how to pick a course, what courses are available, entry requirements. Jobs: Promote the value of Arts and Humanities subjects. All professions can be accessed by males and females. https://www.inspiringthefuture.org/campaigns/inspiring-women/redraw-the-balance/	Democracy continued *Democracy Why is democracy important? The power of government, the role of citizens in holding those in power to account, the different role of the executive legislature and judiciary and a free press.	Environmental Awareness What can I and the school do realistically to help the environment?	RSE continued Different types of relationships. Consider what Lesbian, Gay, Bisexual, transgender, Queer, Intersex and Asexual relationships are? Sex, consent and relationships-



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	dependent on how it is prepared. Discover methods from various social and cultural groups. The benefits and importance of physical exercise, time outdoors, community participation and voluntary, and service-based activities on mental wellbeing and happiness What can cause me to be physically unhealthy? Lack of sleep, physical inactivity, and unhealthy eating. Does this only impact my physical health?	Representation and negative influences. How can I ensure that I use the internet safely and ensure that I carry out the same responsibilities I have at school online? NEW: Suicide prevention – recognising signs, when to seek help, and available support networks (KS3–KS4).	Deciding to end a friendship? What should I look for in a good friend? **Include respect, trust, honesty, kindness, generosity, boundaries, and consent. How can I be a better friend? Accepting who I am (my protective characteristics).		Gender equality in the workplace. STEM – Science, Technology, Engineering and Mathematics.	The different electoral systems used in and beyond the UK and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally, and beyond Other systems and forms of government, both democratic and non-democratic, beyond the UK.			Consent- Consider the importance of Lesbian, Gay, Bisexual, transgender, Queer, Intersex and Asexual relationships – Consent is necessary. Shift focus from heteronormativity and look at same-sex relationships and consent. The law, Sexual Offences Act 2003
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	<i>Some of the below will be covered in food technology:</i> Eating habits, traditions, and practices of those from different demographics. Dishes from around the world. E.g., Biryani, Sushi, paella, traditional Sunday roast etc. Explore a range of diets e.g., Vegan, Vegetarian, pescatarian, Omnivore. <u>Keeping safe in school:</u> Bensham Manor School rules	Healthy relationships – recognising coercion, consent, and stereotypes. NEW: Explicit teaching on self-harm and suicide prevention, using professional guidance. Discrimination online can take many forms and not limited to but includes racism/faith based.				International law. What do political parties do? What are the roles of Parliament? What are the roles of the monarchy? The legal system in the UK, different sources of law and how the law helps society deal with complex problems			
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		Eurocentric visions of beauty can have mental health implications for non-Caucasian people. How to we challenge these standards?					
Sprg 2	Mental Health and emotional Wellbeing How can I deal with friendship problems, so I am not sad? Emotional wellbeing – how can I manage	Coping with Mental and Emotional Health How can I recognise the early signs of mental wellbeing concerns?	Other Relationships (families/partners) **Different types of stable and committed relationships. Is happiness linked to the people you are connected to?	RSE Different types of relationships, Marriage? Characteristics of other relationships and their legal status. Forced marriage, why is marriage an important choice and why	*Financial Literacy How is public money is raised and spent? What is the difference	Environmental Awareness (Edexcel Unit E2) Take part in an environmental awareness project	RSE continued STI/STD's, - **Contraception, **Reproduction.



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	friendships and my emotions? Should I try and reconcile my friendship? How do I know when to walk away from a friendship? Managing our emotions. Bereavement & grief – introduction to change, loss, and emotions. Adopting practices from other cultures to manage stress and maintain wellbeing e.g., Roman Baths, Yoga (India).	Where can I go for help at home, school and in the community? Grief and emotional wellbeing – strategies for coping with change. What can I do to build resilience? Negative representations of mental illness stimulated by media and different	**What makes families special? Responsibilities of a parent, what are the characteristics of successful parenting? What is the importance of bringing up a child? NEW: Bereavement & grief – change, loss, coping strategies, and cultural responses (KS3–KS5) **What problems can happen in families? How can you help improve and support your family? Loss of a	does it need to be freely chosen? How do people get married in different parts of the world? Use specific terminologies. Sex, consent and relationships, How can people actively communicate and recognise consent? I can still enjoy an intimate relationship without sex, I have a choice. How and when can consent be withdrawn? Why is consent so important? What damages can happen if consent is not given? Legal aspects? There is a range of strategies for identifying and managing sexual pressure, including understanding peer-pressure, resisting pressure and not pressuring others. Cultural expectations of sex after marriage.	between a credit and debit card? Why should I learn to save money? What are insurance and pensions? What are the dangers of gambling? What is debt? Cultural and religious associations with debt and gambling.		Menstruation and menopause, Abortion, Social groups that are against abortion. Why? Miscarriage. Risks Some cultures practice FGM – Why can this be harmful? Case studies: Experiences of FGM survivors around the world.
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		cultural groups must be challenged. What coping strategies can I learn and use? Physical activity? How can I deal with stress? Are there stereotypes about crying? Is it ok to cry?	family member/ pet, friend, acquaintance Suicide prevention awareness – recognising signs, when to seek help, and how to support family and peers. **What does an unhealthy/abusive relationship look like? What support is available? Some behaviours within relationships are criminal, including violent behaviour, pornography and coercive control. What is domestic violence? What	Consent in marriage in obligatory.	Interest - cultural and religious views on interes		FGM and other risks that students may face.
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		support is available? For those who are in Lesbian, Gay, Bisexual, transgender, Queer, Intersex and Asexual relationships. NEW: . Upskirting and other abusive relationships. What is sexual violence, sexual harassment, sexual exploitation, grooming, rape abuse? How can this impact future relationships? What support is available? Do drugs and alcohol affect				
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		the way you act? The law. Abuse within relationships - how do you report it? Coercive control Patriarchy is common to all cultures and must be stopped in its tracks. Patriarchy is when households or communities where men hold power. FGM- illegal Pornography – harmful impacts,					
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			online misogyny, and incel culture. Being proud of who I am, I CAN BE ANYONE.				
Sum 1	**Puberty What body changes will happen? Body part naming (including genitalia) – safeguarding clarity. What changes have happened in my body already? **Puberty in boys. -	*Discrimination & The Role of the Media What does it mean to stereotype others? Outline the importance of respecting other people's backgrounds and beliefs- The Equality Act (2010). How can stereotypes based on sex, gender, race, religion, disability, or sexual-	Reproduction, different relationships, Consent, Intimacy & Online Safety **Reproduction - **Different types of relationships. How do they contribute to human happiness? What is personal consent?	RSE Inappropriate images online. Why should I not share certain images online? How is information and data generated, collected, shared, and used online? Why should I not share personal images which have been sent to me? What support is available to report such materials or manage issues online? What is the impact of viewing harmful images? The effects of pornography.	RSE continued NEW: Relationships – consent in intimate relationships, sextortion, and online safety in adult contexts. Abortion, there are choices in relation to pregnancy- where can you get further help. What are the	Identities Who am I? Accepting my identity choices Equality act- Risks	Identities Accepting my identity choices equality act Catch - up/Admin



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	**Puberty in girls. Menstruation. Period poverty in LEDCs – barriers to access of necessities and repeated infections and deaths. How can I manage the changes in my body and the emotions I go through? What emotional and physical changes might I go through? Introduction to general consent Importance of the starting of puberty in different cultures.	orientation cause damage? Ableism. 'Whiteness' Toxic masculinity Misogyny. What makes prejudice wrong? What forms of discrimination are there? How does discrimination affect people's lives?	**What is ok and not ok to do in intimate relationships? Are there stereotypes? (E.g. the normalisation of non-consensual behaviour or encouraging prejudice). How can this cause damage? How do I consent? What if I change my mind? Coercive control How can I stay safe online? The similarities and differences between the online world and the physical world, the impact of unhealthy or obsessive comparison with others online. The risks of online	NEW: Online misogyny, incel culture, and harmful gender stereotypes (KS3–KS4) **Reproduction, Who can I take further advice from on sexual and reproductive health, advice and treatment? It is important that I understand that all aspects of my health can either positively or negatively be impacted by sex and relationships. Menstrual wellbeing and reproductive health, including menopause NEW: Expanded menstrual & gynaecological health – menopause, endometriosis, PCOS, and challenging	laws around abortion? Cultural and religious views on abortion Recap of healthy and unhealthy relationships Support available Miscarriage. Advanced reproductive health – access to sexual health services, abortion law, miscarriage, and long-term health implications. emotional wellbeing within relationships Bereavement & grief – cultural	FGM and other risks that students may face. Self-examination and screening.	
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		*Challenging Discrimination How can I challenge discrimination? What does diversity mean? How can I promote diversity? Tolerance! Integration Vs Assimilation. Which is best? Online safety – AI, deepfakes,	gambling, including the accumulation of debt, the use of adverts and how they are aimed at young people. NEW: AI, deepfakes, sextortion, scams, monetisation of games, and gambling risks (KS3–KS5) Cross-cultural literacy. Stress that being open to learning others cultures can maintain healthier relationships with peers, family and wider community. Understanding perceptions and	cultural stigma. How can my health and lifestyle choices impact my **fertility? Smoking, being obese, etc. How different cultures manage period tensions/symptoms?	responses, accessing support, and resilience strategies		
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		sextortion, and online misogyny.	frames of reference.				
Sum 2	**Puberty and General consent continued. **Puberty recap Why is general consent important? Personal Hygiene Hygiene and self-examination, germs, and bacteria. How are viruses spread? What treatments are available? How do you prevent	Basic first aid Basic treatment for common injuries Life-saving skills, including how to administer CPR. The purpose of defibrillators and when one might be needed.	Democracy Why is democracy important? Explore questions around justice and inequality. How is the UK democratic? Political literacy allows us to make informed decisions as British Citizens. How? What do political parties do? What are the roles of Parliament? What	Risks Young women and sexual exploitation. The concepts and laws relating to sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape. How to have safe sex? **Contraception and STIs/STDs. Sexual exploitation in young women. Violence and gangs.	LEFT	Financial Literacy What is a Budget and why should I have one? What is the difference between a credit and debit card? Why should I learn to save money? What are the dangers of gambling? What is debt?	LEFT



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viruses from spreading? NEW: Antimicrobial resistance – importance of vaccinations and global health impact Infections? Antibiotics? Why is dental health important? Importance of flossing and healthy eating on oral health. Regular check-ups. Breaking down cultural taboos and stigma of receiving professional help must be challenged – Medical and support services are		are the roles of the monarchy? The operation of parliament, including voting and elections. What role do pressure groups place in democracies? Creating solutions that try to address challenges facing neighbourhoods. How can I have a say in my community? What are the roles of citizens, public institutions, and voluntary groups? School-based activities. Partnering with a	FGM and other risks that students may face. (What do I do if my friend tells me that she is going on a secret holiday?)- Exploitation? Extremism? Forced marriage? Why are both wrong? What are their legal statuses? Self-examination and screening. What do you test for? What resources/equipment/services are available? Cervix screening. Cancer of the cervix is higher in some ethnic groups because of taboos around discussion of reproductive health etc.		Planning a holiday project. Different cultures have alternative systems for managing money e.g. in some, men take the responsibility.	
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	important to access when necessary.		range of grass-root organisations. Emphasis on social justice and equality for all British Citizens. Grass-root organisations are those which are created and run by local people in a community. What does it mean to be British? Including the precious liberties enjoyed by UK citizens. Refer to the Equality Act (2010) and the Fundamental British Values- tolerance and acceptance of						
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		others. Everyone is unique and special. Prevent strategy. Multi-cultural and multi-faith society, that is tolerant. Integration into fabric of British society. Cosmopolitans – People from different cultures and countries in a local area. Diasporas – People living outside of their ‘homeland’. Extremism. **Honour-based violence. What is Shame? In some cultures. **Radicalisation-peer pressure. Online safety.				
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	Autumn 1	Autumn 2	Spring 1		Spring 2	Summer 1	Summer 2	
Post 16	Preparation for adulthood –, AI/media literacy, (post-16).	RSHE - Sexual health services,	Independent living		financial literacy (debt, credit, pensions, scams),	AI/media literacy,	resilience, grief, and transitions	

SfL in year 7, science, added from RSE National Curriculum, added from the Citizenship National Curriculum, Child care.