



BENSHAM MANOR School

PSHCE*

Curriculum 2026-2027- *Updated in line with Statutory guidance from September 2026*

For more information and further details please refer to the in-depth curriculum map - also available on the school website.

**Some topics are also taught in Humanities, life skills, food technology, childcare, CDM and science)*

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11	Post 16
Autumn Term 1	<u>Personal Identity - British values, equality and diversity.</u> Pupils will learn about the transition to Secondary school - how they can manage the changes and the support available. Pupils will discover their personal identity - looking at Ethnicity, faith and nationality (links to SMSC). Pupils will learn about British Values and the importance of equality and diversity. Pupils will learn about school rules and British Values. <u>Bullying</u> Pupils will learn about bullying, support available and the role of a bystander. Pupils will learn about the safeguarding team at Bensham and how they can contact the safeguarding team.	<u>Drugs</u> Pupils will learn about legal and illegal drugs and substances. The law related to drugs will be taught. Pupils will learn about subcultures and drug use, addiction and mental health. Vaccinations and medications will also be discussed and pupils will learn about the rights based approach, free will and the reasons why some cultures are reluctant to take vaccinations (SMSC).	<u>Personal Safety at School and in the Community:</u> Pupils will be taught strategies to keep themselves safe in school, at home and within their local community. This includes recognising unsafe situations, crimes that can occur online and in person, knowing how to respond appropriately, and understanding the importance of personal boundaries.	<u>Healthy living</u> Pupils will learn about the importance of leading a healthy lifestyle, including maintaining physical fitness, making informed food choices and supporting their mental health. Through practical fitness activities, pupils will develop an understanding of how exercise benefits the body. They will investigate different types of food, analyse nutritional information and discuss how a balanced diet contributes to wellbeing. Pupils will also be introduced to a range of self-care strategies to help them manage and maintain good mental and physical health.	<u>Individual rights and relationships</u> Pupils will develop an understanding of human rights and child rights, exploring what they are, why they exist and why they are essential for every individual. They will learn about the responsibilities that accompany these rights, including how to manage their own responsibilities within school, home and the wider community. Pupils will also explore the role of charities, organisations and international bodies that work to protect and promote human rights. They will learn where individuals can seek support if their rights are not being upheld and how these organisations respond to human rights concerns	<u>Preparation for adulthood – , AI/media literacy).</u> Pupils will engage in preparation for adulthood, developing the knowledge and skills needed to make informed decisions about their future. This includes building AI and media literacy, enabling pupils to understand how digital technologies work, recognise misinformation, evaluate online content critically and use digital tools responsibly.

Autumn Term 2	<u>Careers</u> Pupils will be given an introduction into careers and different jobs available and the salaries. Gender equality will be discussed and humanities and stem subject roles will also be highlighted to pupils. Pupils will also have the opportunity to act out job roles.	<u>Careers</u> Pupils will be given the opportunity to use the national careers website. Pupils will be taught about apprenticeships, job roles, salaries and will be introduced to CVs.	<u>Personal Safety at School and in the Home</u> Pupils will also learn about the various sources of support, such as teachers, family members, support services and community groups, and how to access help when they have concerns or feel unsafe. Pupils will watch the murder games documentary on Breck Bednar - looking at the impact of online grooming and how it can occur. Pupils will learn about the dangers of AI, deepfakes, scams and monetisation of games and gambling.	<u>Healthy living</u> Pupils will learn about the importance of leading a healthy lifestyle, including maintaining physical fitness, making informed food choices and supporting their mental health. Through practical fitness activities, pupils will develop an understanding of how exercise benefits the body. They will investigate different types of food, analyse nutritional information and discuss how a balanced diet contributes to wellbeing. Pupils will also be introduced to a range of self-care strategies to help them manage and maintain good mental and physical health.	<u>Individual rights and relationships</u> Pupils will examine examples of countries or regions where human rights are restricted or denied, helping them develop global awareness, empathy and an understanding of the challenges faced by people around the world.	<u>RSHE - Consent and sexual health services</u> Pupils will develop a deeper understanding of consent and its importance in all relationships. They will explore how to communicate boundaries clearly, how to recognise coercion, and the legal and ethical aspects of consent in adulthood. Pupils will also learn how consent applies in digital spaces, including image sharing and online interactions. In addition, pupils will gain detailed knowledge of sexual health services available to them after the age of 16. This includes understanding how to access local clinics, what services are offered (such as contraception, STI testing, pregnancy support and counselling), and the confidentiality rights they are entitled to. Pupils will learn how to make informed and responsible choices about their sexual health and where to seek advice or support when needed.
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Spring Term 1	<u>Healthy lifestyles/ impacts on physical wellbeing.</u> Pupils will learn about the benefits of Physical exercise and its effects on mental wellbeing. Pupils will learn about unhealthy lifestyles and what can be done to support a healthy lifestyle. Pupils will learn about a range of diets e.g. vegan, vegetarian, pescatarian, omnivore. Different cooking practices and cultural foods will be discussed, practices from different demographics, eating habits around the world, cultural and world foods, (SMSC). <u>Keeping safe in school.</u> Identifying the school rules and how they help us stay safe, healthy and support out wellbeing.	<u>Emotional & Mental Health & Social Media (emotional wellbeing)</u> Pupils will be taught about mental illness amongst young people, the impact of media on mental illness, discrimination online, the impact of the media, suicide in men and women, coercive control, internet safety, self harm, suicide prevention, discrimination and support available.	<u>Identity and Friendships</u> Pupils will reflect on their own personality and will identify strengths and qualities. Pupils will learn about protective characteristics and will learn about the qualities of a good friend, how to behave like a good friend, toxic relationships and support available. Who am I and what are my qualities?	<u>Careers</u> Pupils will revisit the National Careers Service website and be introduced to a range of further education options, including local and national colleges. They will learn how to choose an appropriate course, understand the types of courses available and become familiar with typical entry requirements. Pupils will also investigate different career pathways, with a focus on: ● Recognising the value of Arts and Humanities subjects, and understanding the wide variety of careers they can lead to. ● Promoting gender equality by emphasising that all professions are open to both males and females. ● Developing awareness of opportunities in STEM fields	<u>Democracy</u> Pupils will learn about: democracy, why democracy is important, the different electoral systems in the UK, other systems and forms of governments - both democratic and non democratic - beyond the UK, international law. Pupils will also learn about political parties, the roles in parliament, role of the monarchy, the legal system in the UK, different sources of law and how the law helps society deal with complex problems.	<u>Independent Living</u> Pupils will develop the knowledge and skills needed for independent living, preparing them for life beyond school and supporting their transition into adulthood. This includes understanding how to manage personal responsibilities such as budgeting, household tasks and maintaining personal health and wellbeing. Pupils will learn essential life skills, including planning meals, understanding nutrition, managing time effectively and organising important documents. They will also explore practical aspects of living independently, such as understanding tenancy agreements, knowing their rights as renters, and recognising the costs involved in running a household (e.g., bills, utilities, insurance). Pupils will learn how to access support services, including housing advice, financial guidance and community resources. In addition, pupils will develop skills related to self-care and safety, including managing medical appointments, understanding basic first aid, and knowing how to seek
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				(Science, Technology, Engineering and Mathematics) and the skills needed to pursue them.		help in emergencies. They will also explore the emotional aspects of independent living, such as building resilience, managing stress, and maintaining healthy routines and relationships.
Spring Term 2	<u>Mental Health and emotional Wellbeing</u> Pupils will learn about the role of friendships and the connection to mental health and emotional wellbeing. Wellbeing activities will be discussed and practised. Pupils will be taught ways in which they can manage their emotions, mental health and physical wellbeing.	<u>Coping with Mental and Emotional Health.</u> Pupils will learn about identifying early signs of mental health, finding help and support within the community and how to deal with stress and its different forms. Pupils will also learn about negative representations of mental illness and the importance of challenging stereotypes (SMSC).	<u>Other Relationships (families/parents)</u> Pupils will learn about the Importances of different relationships and families., the role of family, problems that can occur at home or within families, what does an unhealthy/abusive relationship look like? Pupils will learn about types of violence, relationship safety, support available, abuse within families and cultural norms. Pupils will learn about sexual violence, pornography, coerecive control, domestic abuse, FGM and the support available. Pupils will also learn about bereavement and grief, looking at how to cope with loss and change and cultural responses.	<u>Relationships and sex education.</u> Pupils will learn about different types of relationships and what makes them healthy, including respect, communication and consent. They will explore sex and the law, pornography and its effects, and understand how to recognise unsafe or unhealthy situations. Pupils will also learn about sexual health, including STIs and STDs, condom use, and the cultural stigmas that can influence attitudes and access to support. In addition, pupils will be taught about sexual health clinics and the services they offer, as well as key aspects of menstrual health, wellbeing and the menopause, including where to find appropriate help and support.	<u>Financial Literacy</u> Pupils will learn about: how public money is raised and spent, the difference between a credit card and debit card, ways to save money, insurance and pensions, the dangers of gambling, support available and debt.	<u>Financial Literacy</u> Pupils will develop essential financial literacy skills, learning about different types of debt and how to manage borrowing responsibly. They will understand the importance of credit, how credit scores work and how financial decisions affect future opportunities. Pupils will be introduced to the basics of pensions and long-term financial planning, as well as how to recognise and avoid financial scams and fraud. This learning will equip them to make informed, confident financial decisions as they move into adulthood.

Summer Term 1	<u>Puberty</u> Pupils will learn about puberty, the changes that occur in boys and girls, period puberty in LEDCs will be discussed. Pupils will be introduced to general consent. Cultural views on dealing with puberty will be discussed.	<u>Discrimination & The Role of the Media</u> Pupils will learn about challenging discrimination, what diversity is and how to promote diversity and inclusion, understanding the meaning of prejudice and why it is wrong. Pupils will learn how the media influences us, AI, deepfakes, fact vs fiction, and the importance of thinking about both points of view.	<u>Reproduction, different relationships, Consent, Intimacy & Online Safety</u> Pupils will learn about reproduction, different types of relationships, personal consent, what is acceptable/unacceptable within relationships - own personal boundaries, stereotyping within relationships. Pupils will learn how to manage consent and what to do if they change their mind. Online safety will also be discussed.	<u>Relationships and sex education continued.</u> Pupils will develop a thorough understanding of sexual exploitation and related safeguarding issues, including the law surrounding sexual consent, and the definitions of sexual exploitation, abuse, grooming, coercion, online misogyny, incel culture, and harmful gender stereotypes harassment and rape. They will learn how to recognise unsafe or unhealthy relationships, identify early warning signs, and understand how to seek help from trusted adults and professional services. Pupils will also learn about Expanded menstrual & gynaecological health - menopause, endometriosis, PCOS, and challenging cultural stigma.	<u>Relationships and sex education continued.</u> Pupils will learn about: Abortion, support available, healthy and unhealthy relationships, consent, miscarriage, FGM, illegal cultural practices - support available, local sexual health clinics - advice and support available once pupils leave school. The law in relation to sex and relationships. Pupils will recap and learn about consent in intimate relationships, sextortion, and online safety in adult contexts. Pupils will learn about the support available to them.	<u>AI/media Literacy.</u> Pupils will develop key AI and media literacy skills, learning how artificial intelligence works and how it shapes the information they see online. They will learn to evaluate digital content critically, recognise misinformation and bias, and understand issues around online privacy and data protection. Pupils will also explore the ethical implications of AI and how to use digital tools safely and responsibly as they move into adulthood.
Summer Term 2	<u>Continuation of Puberty and General consent.</u> Pupils will continue to learn about puberty and general consent. Personal hygiene will be discussed and pupils will be taught about the importance of hygiene and personal examination, dental health - pupils will also learn	<u>Basic first Aid</u> Pupils will learn about basic first aid - the treatment of common injuries, life-saving skills, administering CPR and defibrillators will also be explained.	<u>Democracy - citizenship</u> Pupils will learn about democracy, why democracy is important, how the UK is democratic, political parties, the operation of parliament, voting and elections. How to have a say in my community, pressure groups, what does it mean to be British - equality	<u>Relationships and sex education continued.</u> Pupils will also be taught about sexual health and safe practices, including how to have safe and consensual sex, the different forms of contraception, and the risks associated with	N/A.	<u>Resilience, grief, and transitions</u> Pupils will learn strategies to build resilience, helping them cope with challenges, stress and change as they move into adulthood. They will explore the emotional

	about breaking down cultural taboos and the importance of receiving professional help when needed and accessing medical services (SMSC).		act 2010 (SMSC). Pupils will learn about online safety and will learn about stereotyping, extremism and radicalisation and the support available.	unprotected sexual activity. They will explore the importance of taking responsibility for their own sexual health and the steps required to maintain it. In addition, pupils will learn about the importance of self-examination and routine screening, including testicular self-checks, breast/chest checks, cervical screening, cancer, and regular testing for STIs and STDs. Pupils will understand why early detection is vital and how accessing health services can support their long-term wellbeing.		processes involved in grief and loss, understanding healthy ways to manage these experiences and where to seek support. Pupils will also prepare for major life transitions, such as leaving school, starting work or further study, and developing independence. This learning will help them navigate change confidently and maintain their wellbeing during key life shifts.
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