



Personal, Social, Health & Economic Education (PSHE)



L.E.A.D. Academy Trust
Lead • Empower • Achieve • Drive

Theme/ Concept	KS2	Year 7	Year 8	Year 9	Year 10	Year 11	Post-16
Health & wellbeing Mental health	<i>Mental health</i> <i>Ourselves, growing and changing</i>	Transition and safety Transition to secondary school Making new friends Managing feelings Becoming independent in and out of school Reducing risks Identity Exploring similarities and differences Respectful behaviours Diversity Prejudice	Rights and tolerance Knowing your rights Self-esteem Pride Homophobia Diversity Stereotypes Mental wellbeing Physical and mental wellbeing Attitudes to mental health Emotional wellbeing Unhealthy coping mechanisms Grief, loss and change	Identity and belonging Exploring identities critically Managing peer pressure Serious and organised crime Gangs and risks County lines	Conversations about mental health Mental wellbeing Negative thinking Mental ill health Loss and grief Coping strategies	Transition to more responsibility Exploring identities deeper Exploring identities critically Self-efficacy Appreciating diversity Identity and power dynamics Bereavement and grieving Addiction and gambling Managing anxiety and stress Depression Recognising warning signs Supporting others in crisis	<i>Self-concept</i> <i>Mental health and emotional wellbeing</i>

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Health & wellbeing Physical health	<i>Healthy lifestyles (physical wellbeing)</i> <i>Drugs, alcohol and tobacco</i>	Staying safe and healthy First aid Fire safety Personal safety Personal hygiene Eating and sleep Evaluating influences Self-harm Eating disorders	Substance abuse Alcohol and smoking/vaping Drug misuse Caffeine Tobacco Vaping Alcohol Addiction Cannabis	Prevention and emergency response Making choices about health and health prevention Evaluating influence Drugs and drug related emergencies Alcohol and alcohol related emergencies Cancer Preventing cancer and heart disease	Health choices and first aid Safety and first aid CPR, AEDs, wounds and choking Making choices about health and health prevention Cosmetic and plastic surgery Creating influence Drugs and alcohol - assessing risk Help seeking	Healthy Lifestyle Maintaining a healthy lifestyle Physical activity Healthy sleep habits Health screening Blood, organ and stem cell donation	<i>Healthy lifestyles</i> <i>Managing risk and personal safety</i> <i>Drugs, Alcohol and Tobacco</i>
Health & wellbeing Online safety	<i>Keeping safe</i> <i>Media literacy & digital resilience</i>	Communicating online Healthy phone use and communication online Sexting	Media influence 1 Fake news and echo chambers Online safety, grooming and self-esteem Media influence Media influence on body image Digital resilience	Internet dangers The power of the internet Scams and gambling	Media influence 2 Online wellbeing Online relationships and social media Media influence and role models Media influence and persuasion Gangs Radicalisation and extremism Prevent Islamophobia Algorithms, cookies, advertising and digital footprints	Online wellbeing Balancing time online Safe ways to create content online	<i>Managing risk and personal safety</i> <i>Media literacy and digital resilience</i>

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Relationships Community, family and belonging	<i>Families and close positive relationships</i> <i>Managing hurtful behaviour and bullying</i>	Identifying and addressing bullying Community Maintaining positive relationships Identifying and understanding bullying Challenging bullying	Healthy relationships Family relationships Healthy friendships	Respectful relationships Family types Homelessness Conflict Conflict resolution	Families Stable committed relationships Marriage and civil partnerships Healthy family functioning Becoming a parent Family relationships and value conflicts	(Making decisions)	<i>Relationship values</i> <i>Bullying, abuse and discrimination</i>
Relationships Relationships and sex	<i>Friendships</i> <i>Safe relationships</i> <i>Respecting self and others</i>	Body awareness and puberty Body awareness Body image and self-care Appearance ideals Puberty Sexual awareness Sexuality Privacy and consent Sex and the law FGM Forced marriage Child-on-child abuse	Romantic relationships Physical intimacy Unhealthy relationships, boundaries and consent Intimacy online Contraception Giving and seeking permission Avoiding assumptions Freedom and capacity to consent	Abusive relationships Identifying abusive relationships Cultivating a positive relationship with body Sexting Sex Periods and period poverty Readiness for sex Contraceptive methods Sexual health and STIs Sexual violence and harassment	Respectful relationships Communication and vulnerability in relationships Unhealthy relationships Abusive relationships Sexual violence The law Coercion, harassment and abuse Dangers of viewing explicit content Sex and pregnancy Intimacy and sexual pressure Gender stereotypes Making sexual choices and pregnancy Foetal development, pregnancy & abortion	Making decisions Connecting with body and emotions mindfully Core values Body image in media Body image dangers Gender identity and expression Communicating assertively Handling unwanted attention Challenging harassment Developing sexuality and readiness for sex Consent Parenthood & fertility	<i>Sexual health</i> <i>Forming and maintaining respectful relationships</i> <i>Consent</i> <i>Contraception and parenthood</i>

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Living in the wider world Learning and careers		Developing skills and aspiration Strengths and interests Skills Taking control of our learning Industries Pathways Jobs and qualifications Diversity in the workplace	Communication and resilience Communication Non-verbal communication Resilience Critical thinking Entrepreneurship	Careers and options Jobs and qualifications Employment sectors worldofwork.co.uk Post-16 pathways Options pathways and choices	Employability Education Careers meetings and guidance Finding work locally and internationally CVs Post-16 taster days ICT skills	Work and goals Rights & responsibilities at work How the internet can help us achieve our goals Tackling challenges to our goals and dreams Career identity Changing career Applying for post-16 Writing a personal statement Interview technique	<i>Choices and pathways</i> <i>Work and career</i> <i>Employment rights and responsibilities</i>
Living in the wider world Money and finance	<i>Economic wellbeing: Money</i> <i>Economic wellbeing: Aspirations, work and career</i>	Basic financial management What influences my financial decisions Informed decisions Budgeting Keeping money safe Piracy	Fraud Budgeting for teenagers ~Understanding fraud Identity fraud Money mules Social engineering FOMO Gambling	(Internet dangers)	Budgeting and debt Saving money and budgeting Budgeting Debt Religious viewpoints on debt Gambling and addiction	(Transition to more responsibility)	<i>Financial choices</i>

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Living in the wider world Society	<i>Shared responsibilities</i> <i>Communities</i>	Democracy Why are the British values important? British values: tolerance British values: respect British values: the importance of democracy	British values: the rule of law Morally right vs legally right The law making system in the UK	Deforestation How we use animals Euthanasia Abortion Life after death Media literacy What is a political party? Why do they exist? What is the first past the post system	How to register to vote What are the different elections? General elections; how to choose Why is it important to vote?	Democracy	