

Year	Autumn	Spring	Summer
7	<p>Independence and aspirations-</p> <p>Developing self-confidence, self-worth and self-awareness:</p> <ul style="list-style-type: none"> • Puberty and managing change • Body confidence and self-awareness <p>Autonomy and advocacy-</p> <p>Developing empathy, compassion and communication:</p> <ul style="list-style-type: none"> • Making and maintaining friendships 	<p>Choices and influences-</p> <p>Developing agency, strategies to manage influence and decision making:</p> <ul style="list-style-type: none"> • Regulating emotions • Diet and exercise • Hygiene and dental health • Sleep <p>Independence and aspirations-</p> <p>Developing goal setting, organisation skills and self-awareness:</p> <ul style="list-style-type: none"> • Personal identity and values • Body confidence and self-awareness • Building resilience 	<p>Autonomy and advocacy-</p> <p>Developing assertive communication, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> • Rights in the community • Communication and boundaries in relationships • Consent <p>Choices and influences-</p> <p>Developing agency and decision-making skills:</p> <ul style="list-style-type: none"> • Cyberbullying and online safety • Drugs, alcohol, vaping and tobacco

	<ul style="list-style-type: none"> • Identifying and challenging bullying • Communicating online 		<ul style="list-style-type: none"> • Safety and first aid
8	<p>Independence and aspirations-</p> <p>Developing risk management skills, analytical skills and strategies to identify bias:</p> <ul style="list-style-type: none"> • Managing online presence • Digital and media literacy <p>Autonomy and advocacy-</p> <p>Developing respect for beliefs, values and opinions and advocacy skills:</p> <ul style="list-style-type: none"> • Stereotypes, prejudice and discrimination • Promoting diversity and equality 	<p>Choices and influences-</p> <p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> • Respect and kindness • Online choices and influences <p>Independence and aspirations-</p> <p>Developing goal setting, motivation and self-awareness:</p> <ul style="list-style-type: none"> • Aspirations for the future • Identity and the world of work • Inclusivity 	<p>Autonomy and advocacy-</p> <p>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> • Healthy relationships • Relationship boundaries • Consent • Managing requests for intimate images <p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> • Maintaining positive mental health

			<ul style="list-style-type: none"> • Importance of physical activity
9	<p>Independence and aspirations-</p> <p>Developing goal setting, analytical skills and decision making:</p> <ul style="list-style-type: none"> • Career choices • Sources of careers advice • Employability <p>Autonomy and advocacy-</p> <p>Developing self-confidence, risk management and strategies to manage influence:</p> <ul style="list-style-type: none"> • Friendship challenges • Assertive communication 	<p>Choices and influences-</p> <p>Developing empathy, compassion and strategies to access support:</p> <ul style="list-style-type: none"> • Mental health (including self- harm and eating disorders) • Change, loss and bereavement • Healthy coping strategies • Honour based violence and FGM <p>Independence and aspirations-</p> <p>Developing analytical skills and strategies to identify bias and manage influence:</p> <ul style="list-style-type: none"> • Financial decisions • Gambling, financial choices and debt • Drugs and alcohol 	<p>Autonomy and advocacy-</p> <p>Developing assertive communication, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> • Healthy relationships • Consent <p>Choices and influences-</p> <p>Developing decision making, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> • Sexually transmitted infections • Contraception • Cancer awareness

10	<p>Independence and aspirations-</p> <p>Developing self-awareness, goal setting, adaptability and organisation skills:</p> <ul style="list-style-type: none"> • Organisational and learning skills • Managing mental health concerns <p>Autonomy and advocacy-</p> <p>Developing empathy and compassion, strategies to manage influence and assertive communication:</p> <ul style="list-style-type: none"> • Relationship expectations • Identifying and responding to abuse and harassment 	<p>Choices and influences-</p> <p>Developing agency and decision making, strategies to manage influence and access support:</p> <ul style="list-style-type: none"> • First aid and lifesaving • Personal safety • Sexualisation of the media • Impact of pornography <p>Independence and aspirations-</p> <p>Developing goal setting, leadership and presentation skills:</p> <ul style="list-style-type: none"> • Skills for employment • Applying for employment 	<p>Autonomy and advocacy-</p> <p>Developing respect for diversity, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> • Nature of committed relationships • Forced marriage • Extremism <p>Choices and influences-</p> <p>Developing motivation, organisation, leadership and presentation skills:</p> <ul style="list-style-type: none"> • Preparation for, and reflection on, work experience
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11	<p>Independence and aspirations-</p> <p>Developing resilience and risk management skills:</p> <ul style="list-style-type: none"> • Money management • Fraud and cybercrime • Preparing for adult life <p>Autonomy and advocacy-</p> <p>Developing communication and negotiation skills, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> • Relationship values • Maintaining sexual health • Sexual health services 	<p>Choices and influences-</p> <p>Developing confidence, agency and support-seeking skills:</p> <ul style="list-style-type: none"> • Making safe and healthy lifestyle choices • Health promotion and self-examination Blood, organ and stem cell donation <p>Independence and aspirations-</p> <p>Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> • Families and parenting • Fertility, adoption, abortion 	<p>Autonomy and advocacy-</p> <p>Developing confidence, self-worth, adaptability and decision-making skills:</p> <ul style="list-style-type: none"> • Recognising and celebrating successes • Transition and new opportunities <p>Aligning actions with goals</p>
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	<ul style="list-style-type: none"> • Maintaining relationships, challenges and relationships ending 	<ul style="list-style-type: none"> • Pregnancy and miscarriage • Menstrual and gynaecological health <p>Managing grief and loss</p>	
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Curriculum Overview – PSHE- Rye Hills.