



## PSHE (Personal Development) Overviews

	Health and Wellbeing	Relationships
Year 7	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries
Year 8	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
Year 9	Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes  Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change  Exploring influence The influence and impact of drugs, gangs, role models and the media	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography
Year 11	Independence Responsible health choices, and safety in independent contexts	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and

		abuse  Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships
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Find below an outline of the Aspire curriculum which has a spiralled approach across the 5 years. As part of the whole school curriculum, it will benefit our students to know where the Aspire curriculum links to their subjects. This needs to be signposted.

Year 7	Year 8	Year 9	Year 10	Year 11
Personal Safety	Drugs 2	Peer Influence	Supporting Mental Health	Healthy Views of Myself
Basic First Aid	Mental Health	Drugs 3	Role Models	Dealing with Stress
Healthy Life Choices	Managing My Emotions	Gang Culture and Knife Crime	Gang Culture	Personal Risks
Drugs 1	Coping Strategies – Unhealthy/Healthy	Healthy Lives	Drugs 4	Personal Health
My Body Changes	Challenging Discrimination	Family Relationships	Good Relationships	Sexual Health
Prejudice	Gender Equality	Coping with changes in relationships	Risks and Consent	Communication in Relationships
Bullying	Healthy Relationships – on and offline	Readiness for Sex	Challenges of Pornography	Abusive Relationships
Types of Relationship	Consent	Safer Sex	Community Cohesion	Families
What do I want from a relationship?	Contraception	Sex and the Online World	Extremism	Having Children
Careers – Options and Aspirations	Bullying, Harassment and Control	Skills for Employment 1	My Finances	Career Options
How to be Enterprising	Communication Online	Skills for Employment 2	Gambling and Debt	Application Process
Money Matters	Careers – options and opportunities.	My Career Path	Preparation for Work Experience	World's Largest Lesson
Staying Safe Online	Fake News	My Online Presence	Work Experience	

			Review	
World's Largest Lesson	Gambling	World's Largest Lesson	World's Largest Lesson	x
Wants and Needs	World's Largest Lesson	Refugees	Politics	x
Rights in History and Literature	Global Citizenship	Poverty		x