

PSHE KS3/4 2026-27

Curriculum Map Outline

TERM:	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
One	Managing Change Transition, Community, Self-confidence, Careers and Sleep	Staying safe and building respect Loneliness, banter, peer pressure and risk taking, personal safety	Equality and diversity explored Equality act 2010, gender equality, LGBTQ+ rights around the world, ableism and removing the barriers	Healthy bodies and healthy futures What is a GP and role of a local doctor and pharmacist? Healthcare system, antimicrobial resistance, menstrual and gynaecological health, pregnancy and unhealthy weight gain.	Sexual Health Revisit STI's and contraception, substance abuse and impact on decision making, respectful relationships
Two	Puberty and Body Development Introduction to puberty, Personal hygiene, Dental health and growing up	Physical health and mental wellbeing Health and wellbeing, mental health, positive body image, child abuse, types of bullying, health eating and stress management	Body confidence Self-esteem, bullying in all its forms, grief and loss, media and airbrushing and cancer prevention.	Healthy minds and safe choices Child sexual abuse, screen time masculinity and misogyny, self-harm, suicidal thoughts and feelings and promoting positive wellbeing	Adult health and looking after yourself Organ and blood donation, teenage pregnancy, mental health, parenthood, cancer screening and Kent choices.
Three	Friends, respect and relationships Consent and Boundaries, Respect and relationships. Online relationships, Pressure and influences	Identity, relationships and sex education Relationships and sex ed, healthy and respectful relationships, love, dealing with conflict, intro to contraception and sexual orientation	Sex and the law Sexual consent and the law, FGM, relationships and partners, domestic abuse and violence, why have sex? Delaying sexual activity, stalking and harassment and stalking	Exploring relationships and sex education Pleasure and delaying sexual activity, sexting nudes and penis pics, online pornography, unhealthy relationships and sexual assault and sexualisation in the media	Stay safe, Stay smart Social media vs real life, screen addiction, online misinformation, targeted information, cyber flashing, unsolicited images, upskirting and Kent choices.
Four	Staying safe online Criminal behaviour, Gaming, gambling and addiction, Risk taking behaviour, Smoking, vaping and energy drinks	Dangerous society online and offline County lines, Substance misuse, Cyberbullying, online grooming, child exploitation and online protection	Legal and Illegal drugs What is a drug? Addiction, Cannabis products, Drug classifications, volatile substance abuse	Violence, crimes and seeking safety Honour based violence, forced marriages and breast ironing, online gaming and gambling, social media validation, modern day slavery, knife crime	Your future and finances Wages, payslips, budgeting, taxes, buying a house vs renting.

Five	Money media and modern society Taxes, Advertising, Responsible citizen, Deepfakes in politics and financial scams	Digital worlds and emerging dangers Deepfakes, Bullying, AI generated sexual imagery, AI and chat bots, algorithms and illegal online behaviours.	Contraception and STI's What are STI's? Contraception, HIV and AIDS	Relationships, respect and modern challenges Dangers of virginity testing, sextortion, positive male role models and incel's. marriage, cohabitation, civil partnerships, financial abuse and ending relationships	Exam Stress What is stress? How to manage exam stress.
Six	Law, crime and society Building a community, Criminal, laws and society, Prisons, reform and punishment First aid	Celebrating Differences Identity, Multicultural Britain, Stereotypes, Prejudice, Discrimination and Kindness First aid	Combatting extremism and terrorism Conspiracy theories, extremism, terrorism, war and conflict, radicalisation, counter terrorism and antisemitism. First aid	Exploring British values Critical thinking, fake news, hate crime in the UK and British values First Aid	