



PSHE – Curriculum Overview

At Cranbourne, our PSHE curriculum is designed to equip students with the knowledge, skills, and attributes they need to thrive as healthy, safe, and responsible citizens. We aim to:

- **Prepare students for life beyond school** by developing resilience, confidence, and decision-making skills.
- **Promote wellbeing and mental health**, ensuring students understand how to maintain physical and emotional health.
- **Deliver statutory Relationships, Sex and Health Education (RSHE)** in an age-appropriate, inclusive, and sensitive way.
- **Foster respect and equality**, challenging stereotypes and promoting diversity.
- **Develop financial literacy and careers awareness**, supporting informed choices for future education and employment.
- **Safeguard students** by teaching them how to recognise risks, seek help, and stay safe online and offline.
- **Embed British values and SMSC** (spiritual, moral, social, cultural) development throughout the curriculum.
- **Respond to local and national priorities**, including mental health, online safety, and exploitation risks.

Our curriculum is **spiral and progressive**, revisiting key themes at increasing depth from Year 7 to Year 11, ensuring students build on prior learning and apply it to new contexts.

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
PSHE	Transitioning to Secondary School	Healthy Relationships	Introduction to Risk	Puberty	Substance Use & Misuse	Health Education
Year 7	1. Who is Who? 2. How can I get the most out of Secondary School? 3. How can I make sure I achieve my goals?	1. What does a healthy relationship look like? 2. What do healthy friendships look like? 3. How do we define bullying and what impact can it have? 4. How can I manage friendship challenges?	1. How can I stay safe on the road? 2. How can I stay safe near water? 3. How can I stay safe on the railway 4. What is my responsibility when enjoying fireworks?	1. What happens physically during puberty? 2. What happens emotionally during puberty? 3. How do people manage their menstrual cycle?	1. Is caffeine safe? 2. What are the dangers of smoking and vaping? 3. Are prescription drugs always safe?	1. How can I look after my oral health and access NHS services? 2. What are vaccinations and why are they important?

						<p>3. How can sleep affect my health and wellbeing?</p> <p>4. How can I protect myself through self-examination?</p>
Year 8	<p>Influence & Consent</p> <p>1. What is consent and how does it link to substance?</p> <p>2. How does social media influence me?</p> <p>3. What are the risks and consequences of alcohol use?</p> <p>4. Peer pressure on and offline</p>	<p>Liberty, Equality & Discrimination</p> <p>1. Is everyone treated equally?</p> <p>2. Why is stereotyping dangerous?</p> <p>3. How can I be an advocate for disability awareness?</p> <p>4. Can sport help stop racism?</p>	<p>Self-Image and Self Esteem</p> <p>1. How do influences affect the way I see and express myself?</p> <p>2. What pressures do I face around body and appearance ideals?</p> <p>3. How do digital footprints, online comparisons and image-based abuse affect self-esteem, and how can I report concerns? (Online Safety Act)</p>	<p>First Aid</p> <p>1. What basic life support skills should I know?</p> <p>2. How do I perform CPR and use a defibrillator?</p> <p>3. How can I recognise and respond to an allergic reaction?</p>	<p>The Law</p> <p>1. How do rules and laws differ?</p> <p>2. Where do laws come from?</p> <p>3. What crimes happen in my local area?</p> <p>4. Who is involved in the legal process?</p>	<p>Health Education</p> <p>1. How can I maintain good standards of personal hygiene?</p> <p>2. How can I look after my own health using public services such as the GP, pharmacy + A&E</p> <p>3. Can I make my own medical decisions (Gillick Competencies)</p>
Year 9	<p>Wellbeing & Mental Health</p> <p>1. How can I recognise and understand my emotions?</p> <p>2. What strategies can successfully</p>	<p>Substance Use & Misuse</p> <p>1. What are illegal drugs and how do young people's attitudes to them vary?</p> <p>2. What is the law relating to drugs and</p>	<p>Introduction to Sexual Health</p> <p>1. What is meant by freedom and capacity to consent?</p> <p>2. What types of contraception are available and how do they work?</p>	<p>GCSE Options</p> <p>1. How do my values and interests influence career choices?</p> <p>2. How can I find out what I want to do with my future?</p>	<p>Exploitation & Gangs</p> <p>1. Why might someone join a gang?</p> <p>2. What are the risks and consequences of belonging to a gang?</p>	<p>Risk</p> <p>1. What are the dangers involved with carrying knives?</p> <p>2. Why is gambling addictive and dangerous?</p> <p>3. How do extremist ideologies—such as</p>

	<p>help me manage stress?</p> <p>3. What is anxiety and how can it be managed?</p> <p>4. Where and how can I seek support for my mental health?</p>	<p>how can I manage risk?</p> <p>3. What are the effects of alcohol and cannabis use on individuals?</p> <p>4. How can I manage peer influence in relation to substances?</p>	<p>3. What are STIs and how can I access sexual health screenings?</p> <p>4. How do I respectfully manage the end of a relationship?</p>	<p>3. How do I choose the best options for me at KS4?</p>	<p>3. What exit strategies can help someone leave a gang safely?</p>	<p>incel beliefs—try to influence young people, and how can we resist them?</p>
Year 10	<p>Issues of Relationships</p> <p>1. What are the roles of intimacy and pleasure in a relationship?</p> <p>2. What is the impact of pornography on young people's view of sex, consent and body image?</p> <p>3. What is relationship abuse and how can someone seek support?</p>	<p>Getting Ready for Work Experience</p> <p>1. How can I select the right placement for me?</p> <p>2. How can I stand out during an interview?</p> <p>3. How do I make a good impression in the workplace</p>	<p>Media & Misinformation</p> <p>1. What is news and how is it produced?</p> <p>2. How can I judge the reliability of what I see online and how can I spot a deepfake?</p> <p>3. How might information be manipulated or misleading?</p>	<p>Wellbeing & Mental Health</p> <p>1. How can I navigate new challenges with resilience?</p> <p>2. How can I reframe negative thinking?</p> <p>3. What are the signs someone might need support with their mental health?</p>	<p>Health</p> <p>1. What are the benefits of an active lifestyle and healthy diet?</p> <p>2. How can I recognise harmful online content?</p> <p>3. How do blood, organ and stem cell donations save lives, and what should young people understand about becoming a donor?</p>	<p>Issues in Relationships</p> <p>1. How can we recognise the signs of forced marriage and understand the support available to keep people safe?</p> <p>2. What makes healthy relationships important in our lives, and how do they influence our wellbeing and choices?</p> <p>3. How and why do different relationships change over time, and how can we manage these changes positively?</p>

Year 11	Next Steps	Tax	Consent & Personal Safety	Pregnancy and Fertility	Life after Cranbourne	EXAMS
	<ol style="list-style-type: none"> 1. What are my post-16 options? 2. How can I identify my careers preferences? 3. What is the local labour market like? 	<ol style="list-style-type: none"> 1. What is tax? 2. Is tax important? 3. How does the government spend its money? 	<ol style="list-style-type: none"> 1. What are the legal and moral implications of nude image sharing? 2. What are stalking and harassment & how can I protect myself; specifically on social media? 3. How does pornography shape expectations about sex, and how can we challenge harmful messages about consent and safety? 	<ol style="list-style-type: none"> 1. How does fertility change over time and what are the routes into parenthood? 2. What are the possible outcomes in the event of an unplanned pregnancy? 3. What are the responsibilities involved with parenting and how can it affect future life choices? 	<ol style="list-style-type: none"> 1. What skills do I need to live independently? 2. What are my rights as a tenant, consumer and young adult in the UK? 3. How can I keep myself safe as I gain independence? 	