



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 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	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	1. What does a healthy relationship look like? 2. What do healthy friendships look like?	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	1. What happens physically during puberty? 2. What happens emotionally during puberty? 3. How do people manage their menstrual cycle?	1. Are prescription drugs & caffeine safe? 2. What are the dangers of smoking & snus? 3. Why is vaping dangerous?	1. How can I look after my oral health and access NHS services? 2. What are vaccinations and why are they important?

	achieve my goals? 4. Introduction to Unifrog	3. How do we define bullying and what impact can it have? 4. How can I manage friendship challenges?	4. What is my responsibility when enjoying fireworks?			3. How can sleep affect my health and wellbeing?
Year 8	Influence & Consent 1. What is consent and how does it link to substance? 2. How does social media influence me? 3. What are the risks and consequences of alcohol use? 4. Peer pressure on and offline	Liberty, Equality & Discrimination 1. Is everyone treated equally? 2. Why is antisemitism on the rise 3. How can I be an advocate for disability awareness? 4. Can sport help stop racism?	Self-Image and Self Esteem 1. How do influences affect the way I see and express myself? 2. What pressures do I face around body and appearance ideals? 3. How do digital footprints, online comparisons and image-based abuse affect self-esteem, and how can I report concerns? (Online Safety Act)	First Aid 1. What basic life support skills should I know? 2. How do I perform CPR and use a defibrillator? 3. How can I recognise and respond to an allergic reaction?	The Law 1. How do rules and laws differ? 2. Where do laws come from? 3. What crimes happen in my local area? 4. Who is involved in the legal process?	Health Education 1. How can I maintain good standards of personal hygiene? 2. How can I look after my own health using public services such as the GP, pharmacy + A&E 3. Can I make my own medical decisions (Gillick Competencies)

Year 9	Wellbeing & Mental Health 1. How can I recognise and understand my emotions? 2. What strategies can successfully help me manage stress? 3. What is anxiety and how can it be managed? 4. Where and how can I seek support for my mental health?	Substance Use & Misuse 1. What are illegal drugs and how do young people's attitudes to them vary? 2. What is the law relating to drugs and how can I manage risk? 3. What are the effects of alcohol and cannabis use on individuals? 4. How can I manage peer influence in relation to substances?	GCSE Options 1. What should I take for GCSE? 2. How can I find out what I want to do with my future? 3. What are the different pathways available to me when I leave school?	Introduction to Sexual Health 1. What is meant by freedom and capacity to consent? 2. What types of contraception are available and how do they work? 3. What are STIs and how can I access sexual health screenings? 4. How do I respectfully manage the end of a relationship?	Exploitation & Gangs 1. Why might someone join a gang? 2. What are the risks and consequences of belonging to a gang? 3. What exit strategies can help someone leave a gang safely?	Risk 1. What are the dangers involved with carrying knives? 2. Why is gambling addictive and dangerous? 3. How do extremist ideologies—such as incel beliefs—try to influence young people, and how can we resist them?
Year 10	Issues of Relationships 1. What are the roles of intimacy and pleasure in a relationship? 2. What is the impact of pornography on young people's view of sex, consent and body image?	Getting Ready for Work Experience 1. How can I select the right placement for me? 2. How can I showcase my skills in a CV? 3. How should I act in the workplace?	Revision & Risk 1. Revision Strategies 2. Alcohol Use 3. Vaping & Snus	Wellbeing & Mental Health 1. How can I navigate new challenges with resilience? 2. How can I reframe negative thinking? 3. What are the signs someone might need support with their mental health?	Health 1. How can I protect myself through self-examination 2. How can I have safe sex? 3. How do blood, organ and stem cell donations save lives, and what should young people understand about	Issues in Relationships 1. How can we recognise the signs of forced marriage? 2. What are the legal and moral implications of nude image sharing? 3. How and why do different relationships

	3. What are stalking and harassment & how can I protect myself; specifically on social media?				becoming a donor?	change over time, and how can we manage these changes positively?
Year 11	Next Steps 1. What are my post-16 options? 2. How can I identify suitable and realistic career options for myself? 3. What is the local labour market like?	Pregnancy and Fertility 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?	Consent & Personal Safety 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?	Tax 1. What is tax? 2. Is tax important? 3. How does the government spend its money? 4. How would I vote in the next election?	Revision	Exams