

# UHS PD – PSHE Curriculum Map – Personal, Social, Health and Economic Education

## 2024/25

	<b>Autumn 1 Health &amp; Wellbeing</b>	<b>Autumn 2 Living in the Wider World</b>	<b>Spring 1 Relationships</b>	<b>Spring 2 Health and Wellbeing</b>	<b>Summer 1 Relationships</b>	<b>Summer 2 Living in the Wider World</b>
<b>Year 7</b>	<p><b>Introduction to PSHE, Transition and Safety</b></p> <ul style="list-style-type: none"> <li>• Introduction to PSHE and Transition</li> <li>• Safety</li> <li>• First Aid</li> <li>• Reflection</li> </ul> <p>BV4 BV1</p>	<p><b>Developing Skills and Aspirations</b></p> <ul style="list-style-type: none"> <li>• Careers</li> <li>• Breaking Down Stereotypes in Society</li> <li>• Careers and Aspirations</li> </ul> <p>BV2 BV4 EA</p>	<p><b>Diversity</b></p> <ul style="list-style-type: none"> <li>• Multicultural Britain</li> <li>• Prejudice and Discrimination</li> <li>• Challenging Islamophobia and Hate Crime</li> </ul> <p>BV 1 BV2 BV3 BV4 BV5 EA</p>	<p><b>Health &amp; Puberty</b></p> <ul style="list-style-type: none"> <li>• Introduction to Puberty</li> <li>• Puberty and Personal Hygiene</li> <li>• Sleep and Relaxation</li> </ul> <p>BV4 BV5</p>	<p><b>Building Relationships</b></p> <ul style="list-style-type: none"> <li>• Consent and Boundaries</li> <li>• Being Positive</li> <li>• Pressure and Influence</li> </ul> <p>BV 1 BV2</p>	<p><b>Financial Decision-Making</b></p> <ul style="list-style-type: none"> <li>• Saving and Managing Your Money</li> <li>• Finance, Budgeting and Employment</li> <li>• Consumer Rights</li> </ul> <p>BV 1 BV2</p>
<b>Year 8</b>	<p><b>Drugs and Alcohol</b></p> <ul style="list-style-type: none"> <li>• Understanding Drugs</li> <li>• Tobacco</li> <li>• Alcohol Education</li> </ul> <p>BV4</p>	<p><b>Community &amp; Careers</b></p> <ul style="list-style-type: none"> <li>• Understanding the Workplace</li> <li>• Jobs and Opportunities</li> <li>• The Equality Act</li> </ul> <p>BV 1</p>	<p><b>Discrimination</b></p> <ul style="list-style-type: none"> <li>• What is Your Identity?</li> <li>• Transphobia</li> <li>• Gender Equality</li> </ul> <p>BV2 BV3 BV4 BV5</p>	<p><b>Emotional Wellbeing</b></p> <ul style="list-style-type: none"> <li>• What is Mental Health?</li> <li>• Promoting Emotional Wellbeing</li> <li>• Positive Body Image and Confidence</li> </ul>	<p><b>Identity &amp; Relationships</b></p> <ul style="list-style-type: none"> <li>• Bullying in all its Forms, including HBT bullying.</li> <li>• Gender Identity</li> <li>• Self-esteem and the Media</li> </ul>	<p><b>Digital literacy</b></p> <ul style="list-style-type: none"> <li>• Targeted Advertisement and Personal Data</li> <li>• Keeping Data Safe Online</li> <li>• Critical Thinking and Fake News</li> </ul> <p>BV 1 BV4</p>

		EA	EA	BV2	BV 1 BV2 BV4 EA	
<b>Year 9</b>	<b>Peer Influence, Substance Use and Gangs</b> <ul style="list-style-type: none"> <li>• Being a Good Friend</li> <li>• Harmful Substances</li> <li>• Gang Culture</li> </ul>	<b>Setting goals</b> <ul style="list-style-type: none"> <li>• Making Decisions about KS4 Options</li> <li>• Options Subjects</li> <li>• Qualification and Pathways</li> </ul>	<b>Respectful Relationships</b> <ul style="list-style-type: none"> <li>• Respect, Love and Relationships</li> <li>• Teenagers and Pregnancy Choices</li> <li>• Dealing with Conflict in Relationships</li> </ul>	<b>Healthy Lifestyle</b> <ul style="list-style-type: none"> <li>• Health and Wellbeing</li> <li>• What is a Healthy Lifestyle?</li> <li>• Sleep Hygiene and Mental Health</li> </ul>	<b>Intimate Relationships</b> <ul style="list-style-type: none"> <li>• Sexual Consent and the Law</li> <li>• Relationships and Partners</li> <li>• Delaying Sexual Activity</li> </ul>	<b>Employability Skills</b> <ul style="list-style-type: none"> <li>• Preparing for the workplace</li> <li>• Rights of Employees.</li> <li>• How does Tax impact your payslip?</li> </ul>
	BV2 BV4	BV2	BV2 BV4 BV5 EA	BV2	BV1 BV2 BV3 BV4	BV1 BV2 BV3 EA
<b>Year 10</b>	<b>Mental Health</b> <ul style="list-style-type: none"> <li>• Promoting Positive Mental Health</li> <li>• Reframing Negative Thinking</li> <li>• Recognising Mental ill-health</li> </ul>	<b>Financial decision making</b> <ul style="list-style-type: none"> <li>• Consumer Rights</li> <li>• Finance and Careers</li> <li>• Fair trade</li> <li>• Saving and Managing Money</li> </ul>	<b>Healthy relationships</b> <ul style="list-style-type: none"> <li>• Sexual Consent and the Law</li> <li>• Sexual Orientation</li> <li>• Sexual Harassment</li> </ul>	<b>Exploring Influence</b> <ul style="list-style-type: none"> <li>• County Lines</li> <li>• Who is at risk?</li> <li>• Alcohol and Bad Choices</li> </ul>	<b>Addressing Extremism and Radicalisation</b> <ul style="list-style-type: none"> <li>• Extremism in all its Forms</li> <li>• Conspiracy Theories</li> <li>• Antisemitism</li> </ul>	<b>Work Experience</b> <ul style="list-style-type: none"> <li>• Understanding the Workplace</li> <li>• Different industries within the UK</li> <li>• How do you enter industries?</li> </ul>
	BV4 EA	BV 1 BV2 EA	BV 1 BV4 BV5 EA	BV2 BV 1	BV1 BV3 BV5 EA	BV1 BV2 BV4 BV5 EA

<p><b>Year 11</b></p>	<p><b>Building For the Future</b></p> <ul style="list-style-type: none"> <li>• Self-efficacy</li> <li>• Stress Management</li> <li>• Future Opportunities</li> </ul> <p>BV2</p>	<p><b>Next steps</b></p> <ul style="list-style-type: none"> <li>• CV prep</li> <li>• Making Applications</li> <li>• Writing a Personal Statement</li> <li>• Interview Prep</li> </ul> <p>BV2</p>	<p><b>Communication in Relationships</b></p> <ul style="list-style-type: none"> <li>• Revisiting Contraception</li> <li>• Bacterial and Viral STIs'</li> <li>• Love and Abuse Are Not the Same</li> </ul> <p>BV2 BV4 EA</p>	<p><b>Independence</b></p> <ul style="list-style-type: none"> <li>• Importance of Sexual Health</li> <li>• Cosmetic and Aesthetic Procedures</li> <li>• Organ and Blood Donation</li> </ul> <p>BV2 BV4</p>	<p><b>Families</b></p> <ul style="list-style-type: none"> <li>• Teenagers and Pregnancy Choices</li> <li>• Abortion Laws</li> <li>• Parenthood</li> </ul> <p>BV 1 BV3 BV4 BV5 EA</p>	
<p><b>Year 12</b></p>	<p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Well being and Mental Health</li> <li>• Body image and eating disorders.</li> </ul> <p>BV2</p>	<p><b>Wider World</b></p> <ul style="list-style-type: none"> <li>• Personal/Future Finances</li> <li>• Careers profile - Work Experience, MOOCS, University Visits, Volunteering</li> <li>• Employability Skills</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• What are coercive and controlling relationships</li> <li>• Consent &amp; sexual relationships</li> <li>• What is social justice?</li> </ul>	<p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Critical thinking skills</li> <li>• Dealing with the future, exam/stress</li> <li>• Staying safe when socialising- drink, drugs.</li> <li>• Vaping.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Respect and relationships, including date rape.</li> <li>• Free speech and hate speech.</li> <li>• Honour violence.</li> <li>• Feminism.</li> </ul>	<p><b>Wider World</b></p> <ul style="list-style-type: none"> <li>• UCAS - personal statements</li> <li>• Career benchmarks</li> <li>• Personal finance – gambling, loans and debt.</li> <li>• Part-time jobs – contracts, pay-slip<sup>1</sup>s, rights and responsibilities.</li> </ul>

<sup>1</sup>**BRITISH VALUES** BV1=Rule For the Law BV2=Individual Liberty BV3=Democracy BV4=Mutual Respect BV5=Tolerance of Different Faiths and Beliefs  
**EQUALITY ACT = EA**

		<ul style="list-style-type: none"> <li>Embracing Different cultures</li> </ul> <p>BV2 BV4 BV5 EA</p>	<p>BV1 BV2 BV3 BV4</p>	<p>BV2</p>	<p>BV1 BV2 BV4</p>	<p>BV2 EA</p>
<p>Year 13</p>	<p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>Balancing studies with wellbeing</li> <li>Looking after yourself first.</li> <li>Body image and eating disorders.</li> </ul> <p>BV2 BV4</p>	<p><b>Wider World</b></p> <ul style="list-style-type: none"> <li>Future destinations and career paths, including the 'dream job'.</li> <li>Interview skills for university and beyond.</li> <li>Being a critical consumer of news.</li> </ul> <p>BV2 BV3</p>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Tackling sexual harassment, coercion and abuse.</li> <li>STDs and STIs</li> <li>Respect and relationships</li> </ul> <p>BV1 BV4 BV2 EA</p>	<p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>Wellbeing at University – stress, anxiety and sleep.</li> <li>Staying safe when socialising- drink, drugs.</li> <li>Mental Health and Exams</li> </ul> <p>BV2 BV5</p>	<p><b>Wider World</b></p> <ul style="list-style-type: none"> <li>Personal finance – gambling, loans and debt.</li> <li>Part-time jobs – contracts, pay-slips, rights and responsibilities</li> <li>Living away from home – safety, budgeting, and practical considerations</li> </ul> <p>BV2</p>	

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**Codes:**

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