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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Y7** | Settling into school | Healthy relationships | Keeping healthy | Puberty | Democracy | Elections |
|  | What are first impressions? | What makes a  relationship healthy? | What is health? | Is vaping harmful to my body? | What do young carers do? | What would my platform for election look like? |
|  | Who am I? | How are families different? | How can screentime and sleep affect  my health? | What are the physical changes during puberty + menstruation | Can young people make a change? | What happens in a General Election? |
|  | What is self-esteem? | What do healthy  friendships look like? | What are the benefits of physical activity? | What are the emotional  aspects of puberty? | What is Parliament? | What do MPs do? |
|  |  | What is bullying? What is Cyberbullying | How can I manage my personal hygiene? (inc. germs) |  | How are political parties  similar and different? |  |
| **Y8** | Legal system and democracy |  | Substances | First Aid | Money management | Money in the real world |
|  | How do rules and laws differ? Where do laws come from? | Are all courtrooms the same? | What does caffeine do to my body? | Which common health conditions should I know about? | Which documents can help me  to keep track of my money? | How effectively can I budget  for a real-world scenario? |
|  | What crimes occur near me? | How am I influenced? | What are prescription drugs? | First aid | What are my rights as a consumer? | How effectively can I budget  for a real-world scenario? |
|  | Who is involved in the legal process? | What do I need to know about gangs? What should I know about knife crime? | What are the physical effects  of drinking alcohol? (+units) | What is CPR, and how do defibrillators work? | Is a budget useful? | How does credit work? |
|  |  | How can I share key information about crime with others? | What are the social effects of drinking alcohol? How can I manage influence and pressure around alcohol? | What do antibiotics do to my body? + Vaccinations |  | Should gambling be banned? |
| **Y9** | News | Drug awareness | Careers | Democracy | Healthy relationships | Cultural views |
|  | What is news? | What is body image? + Media influence |  | What does a democratic  country look like? | What do healthy, romantic relationships look like? | How have attitudes towards sexuality changed over time? |
|  | How can I judge the  reliability of a news article? | How might drugs affects us? | Local and national options | How else might a country be run? | What is consent? | How have attitudes towards  gender changed over time? |
|  | How can I verify information? | Why might people use steroids? |  | Who holds power in the UK? | Contraception | How have attitudes towards  race changed over time? |
|  | How might I be manipulated? | What does the law say  about drugs? |  | What does the Cabinet do? | What are STIs? |  |
|  | How can I REVIEW my news? | What risks are linked to drug use? |  | What is foreign aid? |  |  |
|  |  | What is addiction? |  |  |  |  |
| **10** | Mental and Physical Health | Substances and impacts | Human Rights | Freedoms | Healthy relationships | Fertility and Pregnancy |
|  | What is mental health?  What are eating disorders? | What else should I know about drugs and alcohol? | What are human rights? | Should my privacy be protected at all costs? | What are my personal boundaries? | What factors might  affect my fertility? |
|  | How can I cope with grief? | Effects of vaping? | How can we balance human rights? | Is everyone free to practice the faith of their choice? | What is sexual harassment? | Pregnancy |
|  | How can I optimise my physical health? | What is cancer? | Do I have the right to say whatever I want? | How does the law try to protect victims of FGM and GBV? | What risks might be  involved in sexual acts? | Are all parents the same? |
|  | What do I remember about  essential first aid? | How can I examine myself? |  |  |  |  |
|  | How can I identify  meningitis and strokes? | What parts of our bodies can  be donated to others? |  |  |  |  |
|  |  | What services are available to manage my health? |  |  |  |  |
| **11** | Preparing for post school life | Preparing for post school life | Elections and rule of law | Healthy relationships |  |  |
|  | Applying for next steps | How do loans and  mortgages work? | Where does the government spend our money? | How can I maturely  end a relationship? |  |  |
|  | How can I prepare 21st Century skills for 21st Century jobs? | Do I really need insurance? | Am I allowed to vote? | What does stalking look like? |  |  |
|  | What is a CV and  what should it contain? | What are pensions? | How can I vote in a  General Election? | Where can I access sexual health services? |  |  |
|  | How can I prepare for  an interview? | How are taxes calculated? | Is our current  electoral system fair? | Pornography |  |  |
|  |  |  | How democratic is the UK? |  |  |  |

PSHE Week themes:

Y7 Treating people equally

Y8 How to manage risk

Y9 Money management

Y10 Democracy and international laws

Y11 Stress management and preparing for next steps