

PSHRE Curriculum Overview

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
KS3 A	Understanding Identity & Belonging Online Safety	Bullying, Prejudice & Discrimination	Aspirations & Life Choices	Zones of Regulation Mental & Physical Wellbeing	Healthy Friendships & Online Safety	Puberty, Reproduction & Self-Image
KS3 B	Self-Identity & Cultural Awareness	Social Justice & Community Inclusion	Careers, Money & Responsibility Online Safety	Zones of Regulation Health Risks & Peer Influence Legal and Illegal Substances	Digital Safety (Social Media) Relationship Dynamics	Romantic Relationships & The Law
KS3 C	Risky Behaviours Digital Safety (Peer Pressure)	Equality & Discrimination	Personal Growth & Mental Health	Zones of Regulation Substance Use & First Aid	Healthy & Intimate Relationships	Resilience & Emotional Wellbeing
Year 10	Online Safety Digital Responsibility	Equality in Society & Relationships	Balancing Health & Future Goals	Understanding Health Risks & Prevention	Love, Relationships & Consent	Navigating Change & Personal Safety
Year 11	Digital Safety (Legal Rights, Consent & Abuse)	Mental Resilience & Life Planning	Health & Wellbeing Choices	Sexual Identity & Healthy Relationships	Preparing for Exams Managing Expectations	Public Exams
Being Me in My World		Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Staying safe online is incorporated within different contexts throughout our PSHRE curriculum						