

Personal Development & PSHE Curriculum 2024-2025

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Overarching Theme		Celebrating Diversity & Tolerance	Anti-Bullying	Staying Safe Online & Offline	Mental Health & Wellbeing	Sexual Awareness	Rights, Responsibilities & British Values
PSHE Curriculum	7	Celebrating Differences PSHE Lesson What is PSHE? Multicultural Britain Breaking down stereotypes Prejudice and discrimination Personalised Learning Lesson The importance of being kind Equality Act 2010 Challenging Islamophobia	Friendship, Respect & Relationships PSHE Lesson Consent and boundaries Respect and relationships Pressure and influence Friendships and managing them Personalised Learning Lesson What makes a good friend? Anti-bullying Being positive and self esteem	Staying Safe Online & Offline PSHE Lesson Avoiding gangs Staying safe online Fortnite, grooming and online gaming Personalised Learning Lesson What is alcohol? What is smoking? E-cigs and vaping	Managing Change PSHE Lesson Careers and your future Financial education Transition points in your life Personalised Learning Lesson Importance of community The importance of relaxation Sleep and relaxation	Puberty & Body Development PSHE Lesson Puberty (girls) Puberty (boys) Growing up and FGM Personalised Learning Lesson Personal and dental hygiene Assertiveness, consent, and hormones Self-esteem and empowerment	Politics, Parliament & Me PSHE Lesson Why is politics important? How our country is run Exploring inside parliament Personalised Learning Lesson Create a political party Elections and campaigning Politics and debating
	8	LGBTQ+ Explored PSHE Lesson Homophobia in schools Challenging homophobia Coming out Hate crime Personalised Learning Lesson What is LGBTQ+ Supporting vulnerable groups Challenging transphobia	Proud to be me PSHE Lesson Employability skills Exploring careers Career choices Career interest and jobs Personalised Learning Lesson Types of bullying Cyber bullying Microaggression	Dangerous Society Online & Offline PSHE Lesson County Lines Grooming Child Sexual Exploitation Evaluating social media Personalised Learning Lesson Substance misuse Knife crime Drugs education – alcohol safety	Physical Health & Mental Wellbeing PSHE Lesson Positive body image What is mental health? Child abuse Personalised Learning Lesson Health and wellbeing Stress management Healthy eating	Identity, Relationships & Sex Education PSHE Lesson Introduction to relationships and sex education Sexual orientation Introduction to contraception Personalised Learning Lesson Healthy relationships Dealing with conflict Gender identity	Law, Crime & Society PSHE Lesson Criminals, law and society Law making in the UK Prisons, reform and punishment Personalised Learning Lesson Desert Island living Building a community Making decisions and priorities
	9	Combating Extremism & Terrorism PSHE Lesson Extremism Terrorism Radicalisation Anti-Semitism Personalised Learning Lesson What is racism? Ableism and disability discrimination Hate crime	Respect PSHE Lesson Peer on peer abuse Up skirting Cyber flashing and unsolicited images Gender stereotypes Personalised Learning Lesson HBT bullying. Body shaming What is cancel culture?	Legal and illegal drugs PSHE Lesson Introduction to drugs Illegal drugs Party drugs Personalised Learning Lesson Different types of addiction Drug classifications Drugs – cannabis products	Physical Health & Mental Wellbeing PSHE Lesson Male body image Mental Health and stigma Life without sleep Personalised Learning Lesson Vaping – what's the harm? Screen addiction Media and airbrushing	Relationships and Sex Education PSHE Lesson FGM and the law Contraception available What are STIs? HIV and Aids Personalised Learning Lesson Sexual consent and the law Relationships and partners Sexual harassment and stalking	Societal Responsibilities PSHE Lesson Misogyny in society Online misinformation Violence against women Personalised Learning Lesson Exploring Britishness and British values What are human rights? Exploring human rights

	10	Exploring World Issues PSHE Lesson Peace, war, and conflict Women’s rights and equality Me Too and Time’s Up Movements Fairtrade Personalised Learning Lesson International organisations Brexit Aid supporting other countries	Violence, Crimes & Seeking Safety PSHE Lesson Honour Based Violence Forced marriages Causes of knife crime Modern day slavery Personalised Learning Lesson Online gambling and gaming Social media validation Keeping data safe	Rights & Responsibilities PSHE Lesson Instagram Generation Targeted Advertising Marriage - what is it? Personalised Learning Lesson Rights and responsibilities Consumer rights Employment rights	Mental Health & Wellbeing PSHE Lesson Child Abuse (Child Sexual Exploitation) Self-Harm awareness Suicide Awareness Personalised Learning Lesson Screen time and safe mobile phone use Common mental health issues Promoting emotional wellbeing	Sexual Awareness & British Values* PSHE Lesson FGM Online safety and the risks of sexting. The harm of pornography Domestic abuse and violence Sexual assault awareness Sexualisation of the media Personalised Learning Lessons Time management Dealing with exam stress and anxiety Critical thinking and fake news CV Writing LGBT rights and British Values Writing a Personal Statement <i>* Due to sensitivity of topics, PSHE Teachers deliver sexual awareness</i>	
		11	PSHE Lesson Staying safe Virtual reality Positive relationships Self-worth and self esteem Dangers of cosmetic surgery Alcohol and risk taking Drugs substance addiction Online reputation and digital footprint Personalised Learning Careers and Applications			Personalised Learning: Independent Study	
Assemblies PSHE Content	Norfolk Police – E Scooter Safety (7) Black History Month World Mental Health Day Young Carers Humanatopia	Norfolk Police: Y7 – Online Safety Y8 – Drugs and the Law Y9 – Respecting others and Keeping Safe Y10 – Abuse in Relationships Y11 - FATAL 4 – Road Safety Road Safety Anti-Bullying UN Declaration of Human Rights	Safer Internet Day <i>What is Empathy</i> <i>World Religion and Tolerance</i> <i>Holocaust Remembrance</i> <i>Children’s Mental Health</i>	National Young Carers Day Celebrating Neurodiversity	Sexual Assault Awareness Month Celebrating Cultural Diversity <i>Love vs Lust /Consent</i> <i>RNLI – Water Safety</i> <i>Celebrating the NHS & National Nurses Day</i>	Pride Month Growth Mindset School Diversity Week Diabetes Awareness	
Staff CPD (PoW)	Child Criminal Exploitation Drugs – Staff factsheet Online Safety - Senso Training	Anti-Bullying – Peer on Peer abuse. Young Carers	Harmful Sexual Behaviour	Child Sexual Exploitation Neglect	Anxiety and Mental Health Abuse in intimate personal relationships – staff factsheet	Children in the court system – staff factsheet	
Whole School Events	Character Student Forum Celebrating Diversity & Tolerance (date tbc)	Character Student Forum Anti – Bullying Diana Award Training HSB Questionnaire (CET)	Character Student Forum Staying Safe Online & Offline (date tbc)	Character Student Forum Sexual Awareness (date tbc)	Character Student Forum Mental Health & Wellbeing (date tbc)	Character Student Forum Rights, Responsibilities & British Values (date tbc) Anti-Bullying Questionnaire	

Parent Safeguarding	Factsheets (TBC)	County Lines Tips for Staying Safe Online	Introduce The Student Voice tool Helplines for Parents & Carers Fake News and Disinformation Child Safety on Snapchat	Tik Tok WhatsApp	Your Child's Screen Time Instagram	Cyber Flashing Fortnight	Loot Box's & Skins Roblox Minecraft
Parent Safeguarding Letter	Links (my family coach)	Teach Your Child to Respect Others and Themselves - My Family Coach Supporting Your Child if They Come Out as Gay - My Family Coach Supporting a Teen Exploring Their Gender Identity - My Family Coach	Persistent Absence Debs Kemp - My Family Coach Bullying - My Family Coach Why Is My Teen Showing Bullying Behaviour? - My Family Coach	How to help your child if they're bullied online - My Family Coach 10 Ways to Talk to Your Teenager - My Family Coach 6 Ways to Protect Your Teen from Abuse - My Family Coach	How to Reduce Arguments About Screen Time - My Family Coach Healthy Eating Habits for Teens - My Family Coach	Talking to Your Child About Pornography and Sexting - My Family Coach Puberty, Sex & Relationships - My Family Coach	Stereotypes & Behaviour Nic Ponsford - My Family Coach Talking to Your Child About Drugs, Smoking and Alcohol - My Family Coach