Peacehaven Community School

Aspire • Believe • Contribute • Achieve

PSHE Curriculum Map and Medium Term Plans

PSHE education | Curriculum Map

Statutory RSHE | Statutory RSHE | Economic Wellbeing & Careers | Economic Wellbeing & Careers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional Wellbeing: managing change and transition	Friendship and Bullying	Families and Changing Relationships	Puberty and Keeping Safe	Influences on Relationships	Financial Decisions
Year 8	Health and Wellbeing	Personal Safety and managing risk	Belonging and Community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world **(drop-down day)**	Managing influence	Friendship, diversity and challenging extremism **(drop down day)**	Exploring consent and recognising abuse	Study, work and careers **(during PDI)**
Year 11	Families, fertility and pregnancy	Drugs and personal safety **(drop-down day)**	Online financial harms	Safe relationships and sexual health	Life-long wellbeing **(during PDI)**	

Year 7 - Medium Term Plan

Statutory RSHE | Economic Wellbeing & Careers

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Emotional wellbeing: Managing change and Transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills. Lessons: L1: Thriving in secondary school L2: Goal setting L3: Managing emotions L4: Managing reactions L5: Developing positive thinking habits L6: Managing rumination and worry L7: Managing tension and stress	**Friendship and bullying** This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents. Lessons: L1: Friendship and empathy L2: Bullying and bystanders L3: Friendship challenges L4: Similarities, differences and peer influence L5: Coercive friendships	**Families and changing relationships** This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation. Lessons: L1: Understanding changing relationships L2: Roles in the family L3: Managing change, loss and grief L4: Family Courts	**Puberty and keeping safe** This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse. Lessons: L1: Puberty and emotional changes L2: Menstrual wellbeing L3: Testicular health L4: Taking care of the vulva L5: Making disclosures L6: FGM- Keeping safe	**Influences on relationships** This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences. Lessons: L1: Healthy and unhealthy relationships L2: Managing conflict L3: Introduction to consent L4: Deciding what to watch L5: Relationships on-screen L6: Managing challenging content	**Financial decisions** This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending. Lessons: L1: Making spending decisions L2: Budgeting L3: Getting a job L4: The impact of inflation L5: The critical consumer L6: Decision making

Year 8 - Medium Term Plan

Statutory RSHE | Economic Wellbeing & Careers

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health and wellbeing In this unit, students develop decision- making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing. Lessons: L1: Making healthier choices L2: Maintaining dental health L3: Being active L4: Healthier sleep habits L5: Vaccinations L6: Healthcare access/use	**Personal safety and managing risk** This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs. Lessons: L1: Firework safety L2: Staying safe on the roads L3: Water safety L4: CPR L5: Understanding drugs L6: Tobacco and nicotine L7: Alcohol and risk	**Belonging and community** This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion. Lessons: L1: Identity and community L2: Bias and stereotypes L3: Discrimination and the protected characteristics L4: Values and constrictive disagreement L5: Diverse and supportive communities	**The online world** This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users. Lessons: L1: Click and pay: phones and financial risk L2: Gaming, social media and algorithms: The pressure to spend online L3: Money matters: Seeking help and support L4: The business of influence L5: Feeding the algorithm	**Healthy and unhealthy relationships** This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support. Lessons: L1: Healthy relationships L2: Sexualised media L3: Safer online relationships L4: Sexual harassment and harmful sexual behaviour L5: Sharing of nudes L6: Consent L7: Preventing gender-based violence	**Managing money** This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing. Lessons: L1: How to open a bank account L2: Reading a bank statement L3: How to save money L4: How to use a bank card L5: How to manage debt L6: Decision making: a guide to banking

Year 9 - Medium Term Plan

Statutory RSHE | Economic Wellbeing & Careers

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations. Lessons: L1: Managing strong emotions L2: Managing distractions L3: Managing disappointments and setbacks L4: Unhealthy coping strategies L5: Healthy coping strategies L6: Influences and self-expression	**Careers and future choices** This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future. Lessons: L1: Exploring career interests L2: Work patterns and workplaces L3: Managing pressure and seeking support L4: Preparing for KS4 options L5: Showcasing personal strengths L6: Managing online reputation	**Drug education** This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances. Lessons: L1: Vaping L2: Exploring attitudes L3: The law and managing risk L4: Alcohol and cannabis L5: Managing influence	**Managing risk in relation to the law** This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law. Lessons: L1: Serious and organised crime L2: Causes of cybercrime L3: Effects of cybercrime L4: Run, hide, tell L5- Knife crime	**Intimate sexual relationships** In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception. Lessons: L1: Avoiding assumptions L2: Freedom and capacity to consent L3: Relationship values L4: Contraception L5: Sexual health L6: Managing the ending of relationships	**Navigating online harms** This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives. Lessons: L1: Feelings about sharing nudes L2: Motivations and consequences L3: Tackling deepfakes L4: Exploring harms and misconceptions L5: Responding to misogyny

Year 10 - Medium Term Plan

Please note: KS4 students will have 1 PSHE lesson per fortnight

Statutory RSHE | Economic Wellbeing & Careers

Autumn 1 and Autumn 2	Autumn 2	Spring 1 and Spring 2	Spring 2	Summer 1 and Summer 2	Throughout the year (PDI)
Independence, health choices and wellbeing This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4. Lessons: L1: Study skills for KS4 L2: Making informed choices L3: Making decisions about being active **Continued in Autumn 2:** L4: Menstruation matters L5: Exploring blood, organ and stem cell donation L6: Signs, symptoms and self-examination (breast and testicular cancer awareness)	**Navigating the online world** This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images. **This unit will be delivered as a full "drop-down" day, covering the following:** -How does AI affect our daily lives? -What are the limitations of generative AI? -How does generative AI affect our understanding of the world? -How do chatbots affect relationships? -What's the harm? -What can be done? -Social attitudes to sending nudes	**Managing influence** This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour. Lessons: L1: All about the money? L2: Can it be trusted? L3: The impact and spread of misogynistic narratives **Continued in Spring 2:** L4: Safely challenging misogynistic beliefs and attitudes L5: Gambling	**Friendship, diversity and challenging extremism** This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism. **This unit will be delivered as a full "drop-down" day, covering the following:** - Recognising and challenging bullying behaviour - Recognising and challenging unhealthy attitudes to bullying - Valuing diversity - Understanding and preventing extremism - How are people drawn into extremist groups?	**Exploring consent and recognising abuse** This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse. Lessons: L1: The role of intimacy and pleasure L2:The impact of pornography L3: Pressure, persuasion and coercion **Continued in Summer 2:** L4: FGM L5: Forced marriage L6: Relationship rights and reporting abuse	**Study, work and careers** This unit explores career choices and pathways, work experience, and applications for study or work. **This unit will be delivered through PDI (tutor time), and will cover the following sessions:** 1: Identifying career preferences 2: Navigating the careers landscape 3: Mapping a career path 4: Making a good impression 5: Preparing for work experience 6: Reflecting on work experience

Year 11- Medium Term Plan

Please note: KS4 students will have 1 PSHE lesson per fortnight

Statutory RSHE | Economic Wellbeing & Careers

Autumn 1 and Autumn 2	Autumn 2	Spring 1	Spring 2	Summer 1	Throughout the year (PDI)
Families, fertility and pregnancy This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy. Lessons: L1: Long-term commitments L2: The legal status of marriage L3: Parenting **Continued in Autumn 2:** L4: Fertility and routes to parenthood L5: Pregnancy outcomes L6: Pregnancy choices	**Drugs and personal safety** This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support. **This unit will be delivered as a full "drop-down" day, covering the following:** -Assessing risk -Managing influence -Help seeking -Gangs: Managing risks and staying safe -Tackling VAWG (violence against women and girls)	**Safe relationships and sexual health** This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health. Lessons: L1: Healthy and unhealthy relationships L2: Power and control L3: Setting boundaries and getting help	**Safe relationships and sexual health (continued)** This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health. Lessons: L1: Relationship behaviours L2: Choices related to sex and contraception L3: Sexual health	**Online financial harms** This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation. Lessons: L1: Making money online: Rights, risks and cryptocurrencies L2: Controlled and uncontrolled online spending L3: Financial exploitation online: Money laundering and social engineering	**Life-long wellbeing** This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams. **This unit will be delivered through PDI (tutor time), and will cover the following sessions:** 1: Mental health and wellbeing throughout life 2: Managing distractions 3: Changing thinking habits 4: Seeking help and support 5: Managing stress and tension 6: Managing change, loss and grief L7: The importance of sleep