Peacehaven Community School

Aspire • Believe • Contribute • Achieve

PSHE Learning Journey

Personal Social Health Education (PSHE)

KS4 — Statutory RSHE | Economic Wellbeing & Careers

KS3 — Statutory RSHE | Economic Wellbeing & Careers

YEAR 11

Online financial harms
This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation.

Life-long wellbeing (in PDI)
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.

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.

Drugs and personal safety (drop down day)
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.

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.

Study, work and careers (in PDI)
This unit explores career choices and pathways, work experience, and applications for study or work.

YEAR 10

Navigating the online world (drop down day)
This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.

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.

Friendship, diversity and challenging extremism (drop down day)
This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.

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.

Independence, health choices and wellbeing
This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.

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.

Intimate sexual relationships
In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.

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.

YEAR 9

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.

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.

Careers and future choices
This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.

Drug education
This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.

YEAR 8

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.

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.

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.

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.

Influences on relationships
This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.

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.

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.

YEAR 7

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.

Families and changing relationships
This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.

Friendship and bullying
This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.

Emotional wellbeing: Managing change and Transition
This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.