



**Curriculum Map- PSHE**

Below is a curriculum map, showing what is taught at each stage of the year.

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Year 7	<p><b><u>Who am I?</u></b> Looking at what makes up someone's identity.</p>	<p><b><u>Puberty</u></b> What changes happen during puberty for both male and females.</p>	<p><b><u>Peer friendships/family</u></b> How to prevent discrimination and bullying in school and online. Also, different family scenarios.</p>		<p><b><u>Physical &amp; Mental health</u></b> How to look after physical and mental health. Strategies such as; healthy eating and mindfulness.</p>	
Year 8	<p><b><u>Sexuality/gender</u></b> Exploring the difference between sexuality and gender and why these are different for individuals.</p>		<p><b><u>Risk taking behaviour</u></b> What this looks like and how to prevent it. Also, what support is available for risk taking behaviour.</p>		<p><b><u>Digital Awareness</u></b> How to be safe when online and the impact of being online and what a digital footprint is.</p>	
Year 9	<p><b><u>Beliefs</u></b> Looking at another aspect of what makes up someone's identity and the variations of religion, ethnicity and cultures.</p>		<p><b><u>Sexual relationships</u></b> What a healthy romantic relationship looks like and understand what strategies and support are available to support unhealthy relationships.</p>		<p><b><u>Sexual health</u></b> How to keep yourself safe when sexually active. Advice on what can be used and agencies available to support.</p>	
Year 10	<p><b><u>Values</u></b> Looking at what an individual's values are and placing importance on our school and British values.</p>		<p><b><u>Working relationships</u></b> Understanding the different types of relationships they may experience and what these relationships will look like.</p>	<p><b><u>Finances and budgeting</u></b> Looking into different incomes and how to budget this.</p>	<p><b><u>Mental health</u></b> Understanding the importance of positive mental health and strategies to support both positive and negative mental health.</p>	