

PSHE Topics covered in each year:		
Year 7	Year 8	Year 9
Hygiene and Dental Health	Sleep	Improving Relationships
Emotions	Mental wellbeing	Managing Break Ups
Mental Health Your Impact	Stress	Anxiety
Friend or Foe?	Equality and the Law	Stereotyping Sex and Gender
Conflict Management	Stereotypes and Racism	Gender Identity
Bullying	Stereotypes and Disability	Stereotyping Sexuality
Cyberbullying	Positive Relationships	Pregnancy and Miscarriage
Online Relationships	STI's	Pregnancy and Choice
Safety and First Aid	Contraception	Mental Health and Volunteering
Puberty	Long Term Commitments	Group Interview Practice
Families	Marriage and the Law	Consent and the Law
Parents	Responsibility	Sexting and Online Sharing
Legal/Illegal Drugs	Trust	Alcohol and Binge Drinking
Healthy Eating	Smoking and Quitting	Prescription Drugs
Healthy Lifestyle	Addictions	Life Changing Donations
Exercise and Mental Wellbeing	CPR	County Lines
Careers Education	Careers Education	Online Rights/Risks/Data
		Careers Education