

HEIGHTS PSHE CURRICULUM OVERVIEW— THEMATIC MODEL

	Block 1	Block 2	Block 3			
KS2	<ul style="list-style-type: none"> • Relationships • Making Friends • Support Networks • Conflict • Bullying • We are all unique 	<ul style="list-style-type: none"> • Stereotypes • Recognising when unhappy or cross • Changes when becoming older • Changes in life • Managing difficulties • What makes me special 	<ul style="list-style-type: none"> • My body • Mental health support • Helpful/ unhelpful thoughts • Uncomfortable feelings • Choices/ decisions • Mindfulness/ happiness 			
KS3	<ul style="list-style-type: none"> • Alcohol & risk taking behaviour • Drugs • Puberty • Anti-social behaviour • Dangers of knife crime • Consequences 	<ul style="list-style-type: none"> • Positive/ Healthy friendships • Respectful/ keeping friendships • Bullying • Different types of relationships • Different family forms • Roles/ responsibilities of being a parent 	<ul style="list-style-type: none"> • Consent • Abuse (domestic/sexual) • Exploitation • Online safety • Social media risks • Impact of viewing harmful content 			
	Autumn 1 - Relationships	Autumn 2 - Health & Wellbeing	Spring 1 - Relationships	Spring 2 - Living in the Wider World	Summer 1 - Health & Wellbeing	Summer 2 - Living in the Wider World
Year 9	<ul style="list-style-type: none"> • Healthy/ unhealthy relationship features • Relationships changes & abuse • Families types and roles • Consent • Gender identity & sexual orientation • Contraception 	<ul style="list-style-type: none"> • Mental health attitudes and misconceptions • Emotional wellbeing • Unhealthy coping strategies • Healthy coping strategies • Digitally resilient • Challenges in their future 	<ul style="list-style-type: none"> • Freedom and capacity to consent • Safe sex • Sexually transmitted infections • Unplanned conception • Risks and consequences of sending nude images 	<ul style="list-style-type: none"> • What it means to be British • Rule of law in Britain • How a democracy works • Mutual respect of those with different faiths • Tolerance • Community 	<ul style="list-style-type: none"> • Risks and consequences of alcohol use • Risks and health problems associated by vaping and smoking • Short and long-term effects of alcohol and cannabis use on individuals. • Role model influence • Risks in belonging to a gang • Consequences of carrying a knife 	<ul style="list-style-type: none"> • Social networking safety • Risks and dangers of online grooming • Extremism and radicalisation • The media • Keeping financially secure online • Risks of gambling
Year 10	<ul style="list-style-type: none"> • Role of intimacy and pleasure in relationships • Managing conflict in relationships • Impact of pornography on relationships • Pressure, persuasion and coercion in relation to consent • Gender identity and sexual orientation stereotypes and discrimination • Gender identity & sexual orientation • Online relationships risks 	<ul style="list-style-type: none"> • Negative thinking • Mental Ill health and support • Strategies to use to promote mental health and emotional wellbeing • Stigmas and stereotypes surrounding mental health • Healthy lifestyle • Consequence of not living healthily 	<ul style="list-style-type: none"> • Individual's beliefs and actions on community • Extremism • Radicalisation • Stereotyping • Discrimination 	<ul style="list-style-type: none"> • Budgeting • Debt • Money and work • Financial risk and fraud • Digital payments • Spending behaviour when gambling 	<ul style="list-style-type: none"> • Peer pressure • Gang exit strategies • Substance use and risk • Influences in relation to alcohol and other drug use • How to balance activities that can affect wellbeing • Health and wellbeing factors 	<ul style="list-style-type: none"> • Strengths and interests in relation to career development • Opportunities in learning and work • Responsibilities in the workplace • Positive presence online • Work Experience • Manage practical problems and health and safety
Year 11	<ul style="list-style-type: none"> • Core values and emotions in relationships • Family conflict • Call out culture • Online sexual harassment • Dangers of stalking • Commitment in relationships 	<ul style="list-style-type: none"> • Importance of sleep & good sleep habits • Overcoming challenges • Think confidently • Stress and ways to cope and manage it • Healthy school/life/work balance • Aiming high 	<ul style="list-style-type: none"> • Commitment • Legal status of marriage • Parenting readiness and qualities • Fertility and pregnancy outcomes • Abortion • Change, loss and bereavement 	<ul style="list-style-type: none"> • SMART Targets/ Goals • Post-16 Options • Revision Techniques • Emergency first aid skills • Links between lifestyle and some cancers • Blood, organ and stem cell donation 	<ul style="list-style-type: none"> • Reading payslips • Financial risk & security • Money management technology • Personalised workshops • Student forum 	