



PSHE Curriculum Roadmap

Theme 1: Wider World



I know about the **6 world religions, agnosticism, and atheism**. I have begun to think about religions, beliefs, and cultures on a deeper level. I know the **British Values** and their importance and have begun to consider how I can be a **respectful, active citizen**. I have learnt about **democracy** and **my democratic rights**.

I consider **moral and ethical questions** such as 'how do we know right from wrong?' and 'what is my responsibility to the environment' through the study of different **religious and non-religious worldviews**. I deepen my understanding of my **civic responsibility** by considering my role in **my local area**. I learn about **laws** around behaviour online, substance use, sexual harassment, and consent. I develop a deeper understanding of the **protected characteristics** and the Equality Act. I can explain how **PREVENT** works and the **push and pull factors** which create extremism.

I understand **how the country is governed** and the role of various **government bodies** including health and safety, the department for education, HMRC, and my local MPs and Councillors. I know **my workplace rights** and have explored these on a deeper level, including the rights of others with a view to one day managing people. I am a **responsible, active citizen** who is encouraged to take part in **voluntary and charity work**. I am clear in my knowledge of **PREVENT**, including the push and pull factors which create extremism, online issues which add to extremism, and the problem with **polarised viewpoints** in the media.

I am a **responsible young adult** who **upholds the British Values and Equality Act** as I enter my post-18 life. I can **comfortably navigate bureaucracy**, knowing **my rights** and the **rights of others** and being committed to protecting these. I am an **active citizen** who votes and takes part in our **democracy**. *I am the kind of person you would want to live next door to.*

Middle school

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My Future

I develop my understanding of the **6 world religions, agnosticism, and atheism** by learning about different arguments for and against the existence of God. I consider the **value of life** and deepen my understanding of the **Dharmic religions**. I learn more about the **British Values of respect and tolerance** and **individual liberty**. I learn about different **political systems** and why **democracy** is important. I understand the **Houses of Parliament and Lords**. I can explain my views on the **voting age**, and I understand **what my human rights are**. I understand what **PREVENT** is and can identify what **extremism** is.

I am able to explore **moral and ethical questions** on a deeper level, such as 'what is a good parent?' and 'what is my role in society?'. I know my **workplace rights** and understand how the **Equality Act** protects these. I can explain how **voting** impacts me and why it is an important **British Value**. I can clearly articulate the **Rule of Law** on various issues, including those which will directly affect me. By the end of this year, I know how to be a **responsible, active citizen** including my use of the **NHS, First aid, and CPR**. I am a respectful young adult who understands my role in society and our local community. I have met a representative of **PREVENT** and can explain clearly how **extremism** is fostered in our society, and how to combat it.

I know **my role in society** and conduct myself respectfully. I have considered my role as a **road user** if I choose to learn to drive. I am able to articulate my ideas about **political parties** and am educated on what they stand for. I know which **authorities** to use for various circumstances, including the **Citizens Advice Bureau**. I have considered my stance on **unionisation**. I know how to navigate **Diverse Modern Britain**, with a secure understanding of different faiths, beliefs and cultures and the rights afforded to everybody. **I know my role in upholding the British Values, the Equality Act, and combatting extremism.**



PSHE Curriculum Roadmap

Theme 2: Health and Wellbeing



I know how to keep myself healthy including having a **healthy active lifestyle** and **healthy diet**. I know how **drugs and alcohol** can impact me. I know about how **puberty** and **menstruation** affects myself and others. I understand what **mental health** is and strategies that can help me to be **resilient**. I have begun to consider how the media and my peers might influence my **self-esteem**.

Middle school

I develop my understanding of **mental health** through the **NHS Every Mind Matters** lessons, learning about **managing worry** and **challenging negative thoughts** in order to build **resilience**. I understand **First Aid and CPR** at an age-appropriate level. I am able to articulate how **social media** might impact myself esteem, and how images in social media are often **doctored**. I am knowledgeable about how **body image** can impact Mental Health, including the warning signs of **eating disorders**. I know **how to get help** if I am worried about myself or somebody else.

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I revisit my knowledge of **drugs and alcohol** to deepen my understanding, including **push and pull factors** and **peer pressure**. I explore the link between drugs and **gangs and knife crime**, including **county lines**. As it gets closer to the mock exam season, I am able to **reflect on my mental health** and **identify signs of stress**. I can differentiate between stress and **anxiety** and am able to build on my learning in Year 9 to maintain **resilience** and **self-esteem** during a challenging period. I am **encouraged** to take part in **sports and activities** to maintain a **healthy, balanced lifestyle**.

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I am able to identify appropriate **NHS services** for a variety of problems and am a **confident user** of the NHS. I know that **Local Sexual Health** is a free and confidential service I have access to. I can articulate **First Aid and CPR** and have **practiced making a 999 call**. I am aware of my **personal responsibility** for my health, including **self-examination** and **routine check-ups** and **screenings** as I age. I can identify the **symptoms of a UTI** and **PCOS**. I also deepen my understanding of **health misinformation online**, including misinformation about **mental and physical health** such as vaccines. I am alert to **conspiracy theories** and **influencer culture** and know the **appropriate, reliable sources** to find out information instead.

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I begin to consider health and wellbeing through a **wider framework** of **risk and harm reduction**. I learn what to do if faced with **drug overdoses** and understand **contributing factors** to these. I can explain how to **stay safe at festivals and nightclubs** before I am old enough to go myself. I am aware of my **personal responsibility for health** and am a **confident user of the NHS**. I can articulately talk about **mental and physical health** and the importance of **routine** to reduce stress. I consider how **student budgets** may influence **diets** and **how to be healthy on a budget**.

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I develop my learning in previous years by applying these to **complex scenarios** in which there are various **risks** and **push and pull factors**, for example a **drink with work colleagues** or **unsupervised parties**. I can clearly articulate the **dangers** of using drugs, alcohol and tobacco and know the **lethal combinations** of these. I can **give advice** to others about **how to get help** for a variety of health and wellbeing needs, including **sexual and gynaecological health**.

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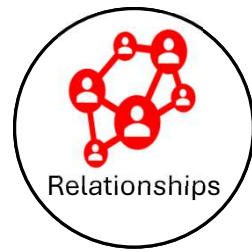
I am a **healthy, happy and safe** young adult who takes **personal responsibility** for my own health, including **sexual health**. I can **confidently navigate the NHS** including calling **999**. I am aware of the **risks of substance use** and know how to respond in **crisis situations** such as overdoses or drowning. My knowledge of **First Aid and CPR** is embedded and I will be able to **help my fellow citizens** in a crisis.

My Future



PSHE Curriculum Roadmap

Theme 3: Relationships



I know what **diverse relationships** look like, including that some people have two mums or two dads. I know what **healthy friendships** are and know how to **conduct myself online** in an appropriate way. I understand that I am **too young** to have **intimate relationships** and know that the **age of consent** is 16. I understand **consent in friendships** and what **inappropriate touch** is.

Middle school

I can articulate what **Sexually Transmitted Infections** are and know how to use **barrier contraceptives** to prevent these. I know how to **avoid pregnancy** through **hormonal contraceptives**. I am able to consider a **range of scenarios** and know that the best contraception depends on the circumstances. I can explain the **different forms of abuse**, including **financial abuse** and I know **how to get help**. I understand **consent in sexual intimacy** including **enthusiastic consent** and know that sex without this, including under the influence of **drugs and alcohol** is **sexual assault or rape**. I understand that **upskirting** and **cyberflashing** are crimes. I also understand the **dangers of pornography**.

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I begin to consider relationships through a **wider framework** of **real-life scenarios**. I learn about the risk of **spiking** and how to protect myself from this. I consider the risks associated with **alcohol** and understand the importance of a **buddy system** when going into **clubs**. I am able to explain how **stress** and **work life balance** may impact my relationships and consider how to manage these. I also consider **relationships in the workplace** including **networking** and **romance**, and the impact of these.

My Future

I am a **healthy, happy and safe** young adult who takes **personal responsibility** for my relationships, including **sexual health**. I can **confidently identify** where I would go for help and know my **feelings and values** about a range of relationship topics. I am **prepared for mature relationships** and know **how to stay safe**.

I develop my understanding of **consent** to consider ideas such as **sexual harassment**. I know that **sending or receiving nude images (sexting)** is **illegal** and could result in serious criminal charges. I know **how to report** any concerns about **unwanted touch**. I understand how to gauge **readiness for sexual intimacy** and am aware of what **manipulation, pressure, and coercion** are. I know that it is **wrong** to pressure or coerce others into sex. I also know that I should not be engaging in sexual activity due to the **age of consent**. Finally, I know how to get **help and advice** if I need to know more about relationships and sex education.

I can clearly articulate what **consent** is both online and offline. I understand the **risks** associated with **sexual activity** including **unplanned pregnancy** and **sexually transmitted infections**. I know how to **access contraception**. I understand the different options available to me in the case of an unplanned pregnancy, including the laws and facts about **abortion and adoption**. I understand how **fertility** changes over time and the potential for **miscarriage** in pregnancy. I can explain my **values around parenthood**. My understanding of **abuse** is deeper and I can give **advice to others** who may be in an abusive situation. I know that **Locala Sexual Health Clinic** is a free and confidential service I have access to, as well as the **C-card**.

I develop my learning in previous years by applying these to **complex scenarios** in which there are various **risks** and **push and pull** factors, for example moving for work, sexual activity while drunk, and unplanned pregnancy in early marriage. I can **give advice** to others about these topics, pulling on the wealth of knowledge I have accumulated through relationships lessons.



PSHE Curriculum Roadmap

Theme 4: Life Skills



I know what **saving up** is and why it is important. I can explain how my **online behaviour** can leave me at risk and know **how to stay safe online** in an age-appropriate manner.

Middle school

I develop my understanding of **my online presence** including how this may **harm my future**. I understand how my **data is stored** and that **future employers** may see my **social media activity**. I know that **cyberbullying** is unacceptable and know how to **report** it. I am also aware of **cybercrimes** including **pirating, scams and fraud** and can identify **phishing** texts easily. I learn key **study skills** and know where to get **reliable information** online. I also learn about **fire and firework safety** and the risks of **open water**. I know the basics of **CPR** and **First aid** and know how and when to call **999**. I learn how to use **maths for life** through **personal finance** tasks in my maths lessons.

I develop my knowledge of **study skills** by learning how to **revise** in the run up to my mock exam. This includes learning how to **organise my time** and consider whether the people I know are **positive influences**. I develop my understanding of **my skills and attributes** and can apply these in a variety of situations. I know **how to ask for help** in school and am **proactive** in seeking help. I revisit **maths for life** and learn about **mortgages, credit scores, and debt**. I understand the risks of **gambling**. I revisit my learning about **fire and firework safety** and the risks of **open water** and help to advise others in what to do in these circumstances. I know the basics of **CPR** and **First aid** and know how and when to call **999**.

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I develop my knowledge of **study skills** by revisiting how to **revise** in the run up to my exams. This includes being supported to **organise my time**. I develop my understanding of **my skills and attributes** and can apply these in a variety of situations. I know **how to ask for help** in school and am **proactive** in seeking help. I revisit my learning about **fire and firework safety** and the risks of **open water** and help to advise others in what to do in these circumstances. I know the basics of **CPR** and **First aid** and know how and when to call **999**. I can identify lots of **services** that I can go to for support, including for my health and wellbeing. I am **confident** and **articulate** and can **give advice** to others.

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I have been taught how to be and **independent learner** through techniques such as the **Pomodoro technique, Cornell note taking**, and more. I understand **mortgages, credit scores, and debt** in more depth and consider how to plan for **big purchases**. I know how to **purchase a car** and know what to look for when **renting a house**. I am able to **budget food shop** while maintaining a **healthy diet**. I may be **learning how to drive** and understand the **risks involved** in **reckless and drunk driving**. I have also learnt how to prepare for **independent travel** and **going to festivals** and know how to **keep safe** when doing so.

I have **experience** of **looking for houses within a budget** and **shopping for cars** and can explain **how to do this**. I know what **PCP finance** is as well as **how mortgages work**. I can explain how my **credit score** is impacted by my choices. I have learnt key life skills such as **networking, organising** my time and **justifying my ideas**. I can successfully apply **study skills** to my learning and am a **lifelong learner**, knowing that learning doesn't leave when I leave college. I have thought about **living independently** and have researched skills such as **changing a lightbulb, wiring a plug, using a washing machine and dryer, and what to do in the case of a power outage**. I understand what a **fuse box** is and how to reset it.

My Future

I am a **healthy, happy and safe** young adult who takes **personal responsibility** for myself. I can **confidently identify** how to **manage my personal finances** and can **navigate adult life** including those skills I will need when I **live independently**.



PSHE Curriculum Roadmap

Theme 5: Next Steps



I have successfully **transitioned** from middle school to high school and know that I need to **work hard** to be **successful**. I have some understanding of **appropriate behaviour** and how this might contribute to my **future employment**.

Middle school

I develop my understanding of **my values about work**, including **what is important for me** in a future career. I am able to **reflect** on my **skills and interests** and am regularly shown the **job of the week** in order to understand a **wide range of career options**. I know what my **subject pathways** are and what **careers** my subjects might lead to. I am able to **make decisions** about my future such as **choosing my options** from an **informed** perspective. I know **where my options will take me** and am **starting to think seriously** about my **future career**.

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I know the **skills interviewers value** and have reflected on my own skills in light of this. I have had **opportunities to have meaningful encounters** with **employers and education providers**. I have completed my **work experience** and **mock interviews** and am **confident** in how to conduct myself in **professional settings**. I also know how to send **professional work emails** and understand the **purpose of a CV**. I can make **SMART goals** and can use the **STAR** response to speak eloquently about how my **experiences demonstrate my skills**. I have used the **extracurricular** and **student leadership** opportunities to develop my skills.

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I know what my choices for **post-16 education or training** are and am able to make **informed decisions** about these. I understand the **application process** and am supported through this, including being guided in writing my **personal statement** and my **CV**. I am confident in my **interview skills** including using the **STAR** response. I have **met the careers advisor** and received guidance on my choices. I have **attended the careers fair** to meet employers and education providers. I understand the importance of my **tutor reference** and have worked hard to ensure that this is positive. I know that it is important to choose a pathway that **suits me best** and the **impartial advice** from school has helped me to choose this.

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I have completed the **Progression Module** which teaches me how to **apply for jobs and universities, budget, create a CV, write a letter of interest, and access finance for university**. I understand the difference between a **Russell Group University** and other universities. I have **met and spoken to** various **post-18 education providers** including **apprenticeships**. I have completed **work experience** in line with my subjects. I understand how to **apply** for my chosen post-18 education, employment, or training and I know how to **seek help** if necessary.

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I have secured my **post-18 education, employment or training** and know what my **next steps** are. I have used **complex scenarios** to **advise** others on key professional skills such as **preparing for an interview, applying for a job, the first day at the office, networking, use of social media, and more**. I understand my **workplace rights** including being able to articulate the purpose of a **union**. I understand **wage slips** and **tax codes** and know that it is my responsibility to check my tax code. I am aware of the **taxes and obligations** I must pay in the future including council tax, national insurance, and any student loans I take out.

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I am a **healthy, happy and safe** young adult who takes **personal responsibility** for myself. I demonstrate **employability skills** and am able to **search for and apply to jobs and courses** independently. I am **thriving in my place of work or education** and have chosen **education, employment or training** that is right for me.

My Future