



## PSHE and RSE Curriculum Overview 2021-2022

|                | Autumn 1  | Autumn 2  | Spring 1   | Spring 2   | Summer 1   | Summer 2  |
|----------------|---|---|--|--|--|---|
| <b>Year 7</b>  | How do I fit into the world I live in?                      | Do we need to feel 'the same as' to belong?                             | Can my choices affect my dreams and goals?                                 | To what extent am I responsible for my mental and physical health?       | What can make a relationship healthy or unhealthy? | How do I feel about becoming an adult?                            |
| <b>Year 8</b>  | Can I choose how I fit into the world?                      | How different are we really?  | Can the choices I make now influence my future?                            | Can I become more responsible for my health and happiness?               | Because I'm worth it ... or am I?                  | What factors can make an intimate relationship healthy and happy? |
| <b>Year 9</b>  | To what extent does the world I live in affect my identity? | Is being different a good thing?  | What do I dream of becoming?   | How can substances impact on wellbeing?                                  | Can relationships ever be equal?                   | How can change affect mental health?                              |
| <b>Year 10</b> | Is managing my online and offline world within my control?  | Does difference result in inequality?                                   | Is success only possible when physical and emotional needs are in balance? | When it comes to health, to what extent am I in control?                 | Is love all you need?                              | Can all change be positive in some way?                           |
| <b>Year 11</b> | Are we in the adult world at 16?                            | Can I rely on myself to achieve my goals, or do I need luck or destiny? | Should relationships, sex and sexual health be discussed more openly?      | Is it possible to stay true to yourself and be in healthy relationships? |  |   |