

Year	Autumn	Spring	Summer
7	• Rights and Responsibilities • British values • Rules and laws • Human rights • Equality Act and Protected characteristics • Social injustice • Prejudice and discrimination – Homophobia, disablism, racism	• Puberty, the changing adolescent body and menstrual wellbeing • Personal hygiene • Tooth decay • First aid: bleeding • Friendship • Bullying (including cyber) • Data online – cookies, AI, digital footprint hacking	• Family and parenting • Consent • Influences, success, skills & targets • What's a career? • Understanding loss and coping with grief
8	• Post 16 options • World of work • Job roles • The future of work and LMI • Future choices • Looking after your money • Charity • Risky behaviour	• Prejudice and discrimination • Peer pressure • Balanced lifestyle • Body image • Cosmetic surgery • Sleep • Screen time • Mental wellbeing • First aid: asthma and allergies • Relationships and consent • Moral Decisions	• Safety online – deepfakes and online scams • Hate crimes and radicalisation • Road, rail and water safety • Gambling • Weapons and gangs
9	• Healthy v unhealthy relationships • Domestic violence and abuse • Exploitation and grooming • Options available when pregnant • Abortion • Miscarriage	• Resilience and emotional wellbeing • Happiness • Recognising mental ill health and when to get help • Anxiety and depression • Reframing negative thoughts	• Cancer awareness and self-examination • Marriage (including arranged, forced and honour-based violence) • Social media • Radical views • Gender identity and sexuality

	• Euthanasia and assisted dying • What next after 16? • Your future in the North East • How can you make the most of your money?	• Suicide and self-harm • Mindfulness • First aid: choking and head injuries • Basic life support • Responsible health choices: personal hygiene, vaccinations, blood, organ and stem cell donation • Consent and delaying sexual activity • Contraception and teenage pregnancy • STIs • Social injustice • Punishment and laws	• LGBTQAI+ • Homophobia • Sexting and revenge porn • Dangers of pornography • Sexual harassment and stalking# • FGM
10	• Prejudice and discrimination: racial and LGBTQAI+ community • Drugs, alcohol, smoking and vaping – dangers, consequences, peer pressure • Drink and drug driving • What do coercive, abusive and controlling relationships look like? • Where is the line between flirting and sexual harassment? • Careers – where to now? Looking forward • Gynaecological health – premenstrual syndrome, heavy and irregular periods, endometriosis. PCOS	• Banking services • Budgeting • Saving • Borrowing and debt • Financial risks • First aid: Bleeding and shock and chest pain • Upskirting • Online grooming • Cyberflashing • Gangs and knife crime	• Joint enterprise • Exploitation and grooming • County lines • Extremism and Radicalisation • Cyber crime • Hate crimes • Body modifications • Sextortion • Virginity testing and hymenoplasty • Sexual health
11	• Post 16 options • Personal statements • University • CVs • Employability skills	• Coping with exam stress • Revision tips • Resilience • Growth mindset • Emotional wellbeing through life • Family	• First aid: Choking and bone muscle and joint injuries • Violence • Terrorism • Reconciliation • Justice

	• Healthy sexual relationships including sexual boundaries • Diversity • Gender equality • Abortion • Euthanasia • Genetic engineering • Fertility and creation of life • What are the signs of an unhealthy relationship? • Vaginal health • Menopause • HPV, cervical screening	• Marriage • Same sex marriage • Pre-marital sex and cohabitation • Family planning • Divorce • Equality: gender discrimination • Teenage pregnancy and parenting	• Violence against women • Toxic influencers and misogyny • Incel culture
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Curriculum Overview – RSHE and PSHE- Shotton Hall.