

Subject:**Curriculum vision**

At Avonbourne Academies, PSHE equips students with the powerful knowledge, skills and understanding needed to lead safe, healthy and successful lives. Through a broad and ambitious curriculum, students develop the confidence to make informed decisions, build positive relationships, manage risk, and contribute positively to society.

Our curriculum addresses the challenges and opportunities young people face in modern Britain, including relationships and sex education, online safety, mental health, physical wellbeing, financial literacy, and personal safety. Students are encouraged to think critically, challenge misinformation, and develop the resilience needed to navigate an ever-changing world.

Underpinned by the fundamental British Values of Democracy, the Rule of Law, Individual Liberty, Mutual Respect and Tolerance, PSHE develops responsible, respectful and active citizens. Through this powerful knowledge, students are prepared not only for their next stage of education, but for life beyond school.



Term 1

	Autumn 1	Why this? Why now?	Autumn 2	Why this? Why now?
Year 7	Valuing Myself and Others 1. Working in a team. 2. Respecting differences and factors affecting different relationships. 3. Mental and emotional health	Students need a foregrounding in developing friendships and the relevant skills as they join the secondary context. This is also a time when many students get smart phones and are exposed to unfettered access to the internet.	Responsibilities and Values 1. Self-review – Who am I? 2. Qualities and behaviours 3. Values and boundaries	Students will think about their place in their community, supporting them to settle into secondary school. It encourages them to think about how they can work well as a member of a team, and how they must learn to balance their own need to articulate emotions with the need to employ social skills and build relationships. The work on relationship behaviours and risk-taking supports the increased independence that young people experience as they transition from year 6 to year 7.
Year 8	1. Freedom of Speech 2. Learning Strategies to respond to disappointments and setbacks 3. How Goals and Deadlines support productivity	As students become more independent learners and active members of their communities, this unit develops their understanding of freedom of speech, resilience in the face of challenges, and the importance of goal-setting and organisation in achieving success.	Building perspectives 1. Peer Pressure 2. Being able to de-escalate issues 3. Being safe in the community	Growing independence brings new social situations and challenges. This unit equips students with the knowledge and skills to navigate peer influence, de-escalate conflict, and stay safe in a range of community settings.
Year 9	1. Consent 2. Relationship Expectations 3. Abuse and Harassment	This is a whole school priority that needs yearly reinforcing and reteaching. Ensuring students know what consent is as they may begin relationships. There is a maturity to understand and label abuse and harassment at the start of Y9.	1. Relationships and Sexual Health 2. Maintaining Sexual Health (STIs) 3. Contraception 4. Unplanned pregnancy	Extending their knowledge and healthy relationships, sexual health and STIs, and awareness of contraception options is a thematic and causal link to A1's consent topics.
Year 10	1. Healthy and Unhealthy Relationships 2. Abusive Relationships 3. Sex and Healthy Relationships 4. Sexual Assault and the Impact of pornography	Consent education is expanded to know the signs of abuse, and what constitutes healthy relationships. Aligned with online safety, the impact of pornography is considered only after students have had three years of consent teaching	1. Money Management, Developing resilience and self-management skills. 2. Gambling 3. Cyber Safety	Anticipating student's may have their first jobs, awareness of money and saving is to give students the tools to make the right choices, as well as warning them of the dangers of co-terminous issues of gambling online through online safety.



Year 11	1. Mental Health Concerns (Self-Harm and Eating Disorders) 2. Drugs and Illegal Substances 3. Alcohol Abuse 4. Sexual Assault and the Impact of pornography	Anxiety over exams and the last year of school is addressed in the PSHE curriculum; students are taught and signposted to mental health concerns as well as drug and alcohol abuse awareness.	1. Consent 2. Healthy and Unhealthy Relationships 3. Nudes and Semi Nudes 4. Pregnancy and Miscarriage	Consent education is expanded to know the signs of abuse, and what constitutes healthy relationships. Aligned with online safety, the impact of pornography is considered only after students have had four years of consent teaching. Students are made aware of the real possibility of pregnancy and miscarriage as it may become pertinent to their age group.
Year 12	1. Transitioning into Sixth Form: study skills. 2. Relationships: unwanted, illegal and inappropriate behaviours 3. Relationships: consent.	The first lesson of this unit helps students to prepare for the Sixth Form, helping them take a proactive approach to their own learning. Consent education is expanded to know the signs of abuse, and what constitutes healthy relationships. This unit is forward-thinking and anticipates the types of situations and relationships students may find themselves in in future years	1. Managing stress 2. Boosting your mood. 3. Body image: sunbeds and cosmetic surgery	This unit helps Y12 students to managing their mental health in a positive way as part of a healthy lifestyle. Students also have the opportunity to consider body image, exploring the effects and impact of sunbeds and cosmetic surgery.
Year 13	1. STIs, 2. Safe Sex at University 3. The Dangers of Drugs, Spiking, and Excess Drinking	This unit reminds students of STIs with a perceived awareness that students may wish to know and access GUM clinics. This unit anticipates concerns as they consider university and the dangers they may encounter appropriate for their age	1. CV Writing 2. Career Development 3. Maintaining a Positive Professional Identity	Preparing students for the world of work, this unit allows students to practice the literary skills of CV writing, and how to be professional in the world of work. Students will likely finish their year in a professional work context; this unit is timely to give them the requisite skills needed for this transition from school to work.



	Spring 1	Why this? Why now?	Spring 2	Why this? Why now?
Year 7	Amplifying Voices 1. Representations of mental health. 2. Social media and self image. 3. Social and environmental impacts of financial decisions.	Students to continue to think about the impact that they can have on their world. It begins by considering the relationship between the language we use and mental health stigma, moving on to looking at how we can use social media in a way that can enhance our lives. Analysing the portrayal of relationships in the media and the impact of the media on the way we view ourselves and others helps students to begin to think more critically about the role of the media in our formation of self-identity	Making Safe Choices 1. Presenting Self Online 2. Reducing Risk Online 3. First Aid and Personal Values	This introduces students to the idea that the way people present themselves online can have positive and negative impacts on them. Students will consider the safe choices they can make to set clear boundaries around aspects of life that they want to remain private.
Year 8	My place in the world 1. Routes into work and further education 2. Building trust and boundaries 3. Challenging harmful social norms	Students build on previous goal setting work by looking at longer term goals of routes into work, training and other vocational and academic opportunities. Students then begin to consider how social media can be used positively to engage with global and local issues. Then move on to learning about the importance of trust in relationships, the importance of challenging harmful social norms and boundary setting.	Intimate relationships 1. Healthy long term relationships 2. Intimate relationships and consent 3. Risks of unprotected sex	Students explore the nature and importance of stable, long-term relationships for family life and bringing up children. Students' increasing maturity means that this is an appropriate time to teach about the value of delaying all kinds of sex, as well as explicitly teaching the legal age of consent. Students will learn about consent in the context of intimate relationships, including legal and moral implications, and will be given an overview of the risks of unprotected sex.
Year 9	1. Rights in the Community 2. Relationship Boundaries - Friendships 3. Fertility, Adoption, and Abortion	The content here builds on their RSE content in the previous term, but extends to what constitutes a healthy relationship as well as RSE through the prism of fertility and abortion	1. Managing Transition to Key Stage 4 2. Managing Mental Health Concerns 3. Aspirations for the Future	As students transition into Key Stage 4, they encounter new challenges and opportunities. Students now develop the skills and understanding needed to manage their wellbeing, adapt to increased demands, and begin planning for their future aspirations and goals.
Year 10	1. Gangs and County Lines 2. Drugs and Alcohol 3. Assertive Communication	Students are introduced to a mature topic of County Lines as research suggests 12-15 year olds are the most likely victims of County Lines. Linking to this is the safety concerns of alcohol and drug access. Assertive	1. Making safe and Healthy Lifestyle Choices 2. Health Promotion 3. First Aid	As student promotion and as they become increasingly independent and responsible for their own health and wellbeing, students now develop the knowledge and skills to make informed lifestyle choices, understand the importance



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		communication is the corollary to this, enabling students to resist peer pressure		of health promotion, and respond appropriately in emergency situations.
Year 11	1. Promoting Diversity 2. Stereotyping and Discrimination 3. LGBTQ	As students approach adulthood and engage with a wider range of people and perspectives, students now develop the knowledge and understanding needed to challenge discrimination, celebrate diversity, and foster inclusive communities.	1. Change, Loss and Bereavement 2. Healthy Coping Strategies 3. Role of Parliament and Electoral Systems 4. Religious, Ethnic Regional Identities in the UK	As students mature and prepare for greater participation in society, students now develop the resilience to manage change, loss and bereavement, understand healthy coping strategies, and explore the political, cultural and religious diversity that shapes modern Britain.
Year 12	1. Living in a Diverse Society 2. Challenging Prejudice and Discrimination 3. Relationships: communicating wants and needs at university and in the workplace	As students consider their next steps, this unit equips them to thrive in diverse communities by challenging prejudice, fostering respect, and communicating their needs, rights and expectations in a range of adult settings.	1. Exploring Future Opportunities 2. Post-18 options 3. Career opportunities and preparing for the world of work.	Approaching the end of their school education, students are required to make important decisions about their future. This unit develops their understanding of post-18 pathways, career opportunities and employability skills, enabling them to make informed choices and confidently prepare for the world of work.
Year 13	1. Managing Money 2. Saving and Budgeting 3. Personal finance: tax, mortgages and overdrafts.	With many students preparing to live independently, enter higher education or begin employment, this unit develops the financial knowledge and skills needed to manage money effectively, budget responsibly, and make informed decisions about taxation, savings, borrowing and long-term financial commitments.	1. Assertive Communication 2. Positive Relationships and Recognising Abuse 3. Dangerous situations or Relationships	Greater independence brings new social environments, responsibilities and relationship dynamics. This unit develops students' ability to communicate assertively, establish healthy boundaries, recognise abusive behaviours, and respond safely and confidently to potentially dangerous situations.



	Summer 1	Why this? Why now?	Summer 2	Why this? Why now?
Year 7	Growing and Thriving 1. FGM & Peer Influence 2. Strategies to Manage Puberty 3. Gender & Sexuality	The content of this unit feels increasingly mature, with students learning about FGM. An understanding of consent is deepened. Students learn about triggers for unhealthy coping behaviours, and strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing. The topics of gender and sexuality are introduced; the emphasis in these sessions is the universal right to be treated with respect and dignity. Students are taught about bullying and its impact, as well as skills and strategies to manage being targeted or witnessing others being bullied.	Healthy Futures 1. Responsibility for Physical Health 2. Positive and Negative Uses of Drugs 3. Employment Pathways	Students are encouraged to take more responsibility for their health and success, both now and in the future. Students learn the importance of taking increased responsibility for their own physical health and awareness of drugs. Students will consider the role of employment in their future, learning about some different types and patterns of work, including employment, self-employment and voluntary work
Year 8	Responding to risk 1. Risks on the internet 2. Factors associated with young people and gangs 3. FGM and cultural expectations	Students learn about the range of risks associated with the internet. The unit also covers the different types of gangs, and the social, legal and physical consequences of gang behaviours. FGM is covered again in this unit (it is covered each year as a safeguarding measure). Students learn about how their aspirations can be limited by stereotypes and family or cultural expectations, and how to recognise and manage internal and external influences on decisions which affect health and wellbeing.	Making good decisions 1. Health services and the benefits of healthy diet and exercise 2. The effects of drugs and alcohol 3. Consequences of carrying a weapon (anti-knife crime)	Students learn about the range of different health services. Students learn about factors that can influence decisions on eating a balanced diet and taking part in physical exercise, as well as strategies to manage these. The unit also covers the benefits of physical exercise. Students learn about the risks of drugs and alcohol and carrying a weapon, as well as how to mitigate these. Water safety (coastal) is also covered.
Year 9	1. Stereotypes, Prejudice and Discrimination 2. Promoting diversity and equality 3. Fertility, Adoption and Abortion	As students develop their understanding of identity, relationships and the wider world, this unit explores diversity, challenges discrimination, and introduces key aspects of reproductive health, encouraging respectful discussion and informed decision-making.	1. Friendship Challenges, 2. Drugs and Alcohol and, 3. Gangs and Crime)	Adolescence brings increasing peer influence and exposure to risk-taking behaviours. This unit develops students' understanding of healthy friendships, the risks associated with drugs, alcohol and criminal exploitation, and the strategies needed to make safe and informed choices.



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Year 10	1. Arranged Marriage and Forced Marriage 2. Trafficking 3. FGM	The mature topic that may not affect all students is covered as per the statutory requirements. This is so students are able to identify any students who may be subject to this treatment.	1. Personal Safety Online 2. Extremism (Terrorism and Far-Right) 3. Preparing for Adult Life 4. Extremism	Data from Prevent suggests that online radicalisation occurs in the Y10 age range. This is mediated through an awareness of online safety measures.
Year 11	1. The role of parliament. 2. Electoral systems. 3. Religious, ethnic and regional identities in the UK.	This unit helps students to understand democracy and how the UK political system works. Underpinned by the British Values of Rules of Law, Liberty and Respect, students will conclude their studies with an appreciation and understanding of Britain's diverse population.	Examination revision strategies and study skills.	As students come to the end of their Year 11 journey, this unit supports students to revise effectively for their final exams.
Year 12	1. Financial Terminology: tax and National Insurance 2. Budgeting and the impact of financial decisions 3. Saving for your first home: renting and buying property.	Financial decisions made in early adulthood can have a significant impact on future opportunities and wellbeing. This unit develops students' understanding of income, budgeting, saving and housing costs, enabling them to make informed financial choices.	1. Independence and Keeping Safe (Driving) 2. Travel 3. First Aid	Awareness that Y12s may be learning to drive and this have increasing independence, reminding them of how to be safe when travelling, driving and to administer first aid.
Year 13	1. Exploring future opportunities. 2. Post-18 Options and CV Writing. 3. Budgeting and the impact of financial decisions.	This future planning unit empowers students to prepare for their future.	Examination revision strategies and study skills.	As students come to the end of their sixth form journey, this unit supports students to revise effectively for their final exams.

Wider reading

PSHE Association resources

Childline articles and guidance

NHS Every Mind Matters

YoungMinds resources

MoneyHelper financial education resources

UK Parliament education resources

CEOP ThinkUKnow online safety resources

Extracurricular Opportunities (competitions, associations and clubs)

Empowered Girls Programme

Good Men Project

Careers and Employability Workshops

University Outreach Programmes

Guest Speakers and External Agencies

Mental Health and Wellbeing Workshops

Community and Charity Initiatives

Student Leadership Opportunities (Student Council, Peer Mentoring, Ambassadors)

Revision Guides

Academic Reading

Research from the PSHE Association

Reports from YoungMinds

Publications from The Children's Society

Research on financial literacy, wellbeing, and youth development



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UK Parliament and citizenship education materials