

Health and well-being
Relationships
Living in the wider world

**PSHE Matrix of topics**

<b>Year group</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>7</b>	Transitions	The media and self esteem	Citizenship – government
	Community values – friendships and bullying		
<b>8</b>	Rights and responsibilities	Staying healthy	SRE – Healthy relationships
<b>9</b>	Enterprise project	My future. My choices	SRE – the 3 C’s – Consent, Conception, Contraception’s
<b>10</b>	Tolerance and diversity	Staying safe – substance use and abuse	SRE What is sex? Are you ready? Peer pressure, respectful dating and things to consider Contraception and STIs Self-esteem and pornography (sexting) Healthy relationships and anti-social behaviour
<b>Pre-sessional</b>	Transitions – making friends and coping with change	Citizenship – Britishness values, government, and diversity	The media
<b>Year 12</b>	SRE	Study skills Exam prep and staying healthy	Employability and the future