

Wexham School: PSHCE Website Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional Wellbeing: Change and Transition • Goal setting • Managing emotions and reactions • Developing positive thinking habits • Managing feelings of anxiety and stress	Friendship and Bullying • Empathy • Bullying and bystander effect • Managing challenges to friendship • Peer influence • Coercive friendships	Families and Changing Relationships • Separation and Divorce • Roles in the family • Loss and Grief • Family Courts	Puberty and Keeping Safe • Physical and emotional changes • Menstrual wellbeing • Genital health • Identifying and reporting abuse • FGM	Influences on Relationships • Healthy and Unhealthy relationships • Depictions of relationships in the media • Managing Conflict • Consent • How media influences relationship	Financial Decisions • Making spending decisions • Budgeting • Introduction to jobs • Inflation • Being a 'critical consumer' • Budgeting
Year 8	Health and Wellbeing • Healthy food choices • Dental health • Physical activity • Impact of climate change • HPV	Personal Safety and Managing Risk • Firework safety • Road, rail and river safety • First Aid (CPR) • Understanding drugs • Tobacco and nicotine • Alcohol and risk	Belonging and Community • Identity and Community • Bias and stereotypes • Discrimination • Protected characteristics • Constrictive disagreement • Diverse and supportive communities	Staying Safe Online • Phones and financial risk • Influences on spending online • Influence of gaming and social media • The impact of AI and algorithms • Online fraud	Healthy and Unhealthy Relationships • Sexualised media • Safe online relationships • Sexual harassment • Harmful sexual behaviour • Sharing of Nudes • Consent • Gender-based violence	Managing Money • Opening a bank account • Reading a bank statement • Saving and Borrowing • Bank Cards • Managing Debt • Fraud

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Year 9	Mental Health and Wellbeing • <i>Emotional Regulation</i> • <i>Healthy vs Unhealthy coping strategies</i> • <i>Managing emotions in complex and new scenarios</i> • <i>Body modification and influence</i>	Careers and Future Choices • <i>Exploring career interests</i> • <i>Workplaces and work patterns</i> • <i>Seeking support</i> • <i>KS4 options</i> • <i>Managing online presence for employment</i>	Drug Education • <i>Vaping</i> • <i>Attitudes and influences surrounding drugs</i> • <i>Alcohol and Cannabis</i> • <i>The law and managing risk</i>	Managing Risk and the Law • <i>Gang influence</i> • <i>County lines</i> • <i>Serious and organised crime</i> • <i>Cybercrime</i> • <i>Risks and influences on crime and staying safe</i>	Intimate Sexual Relationships* • <i>Consent in sexual relationships</i> • <i>Pregnancy and fertility</i> • <i>Sexual health (including self-examination)</i> • <i>Relationship values</i> • <i>Managing the ending of relationships</i>	Navigating Online Harms • <i>Sharing and sending nude images</i> • <i>AI and 'deepfakes'</i> • <i>Misogyny and stereotypes</i> • <i>Influences and responses to misogyny</i> • <i>The 'manosphere'</i>
Year 10	Independently Managing Health and Wellbeing • <i>Making informed choices in managing physical and mental health</i> • <i>Study skills</i> • <i>Menstruation</i> • <i>Blood, organ and stem cell donation</i> • <i>Cancer (including breast cancer)</i> • <i>Body modifications</i> • <i>Driving responsibly</i>	Online Safety • <i>Impacts and Risks of AI</i> • <i>Limitations and effects of generative AI</i> • <i>Chatbots and effect on relationships</i> • <i>Deepfakes and social attitudes to sending nudes</i> • <i>Risks of cryptocurrency</i> • <i>Financial exploitation online</i>	Friendship, Diversity and Challenging Extremism • <i>Recognising and challenging bullying</i> • <i>Diversity and including others</i> • <i>Understanding and preventing extremism</i>	Managing Influence • <i>Effects of gambling and influences to gamble</i> • <i>Influence of creating and consuming online content</i> • <i>Assessing trustworthiness of influences</i> • <i>Emotional wellbeing</i> • <i>Challenging online misogyny</i>	Consent and Recognising Abuse • <i>Role of intimacy and pleasure in consenting relationships</i> • <i>Pornography</i> • <i>Pressure, persuasion and coercion</i> • <i>FGM</i> • <i>Forced and arranged marriage</i> • <i>Relationship abuse and staying safe</i>	Study, Work and Careers • <i>Identifying career preferences</i> • <i>Mapping a career path</i> • <i>Interviews and job applications</i> • <i>Controlled and uncontrolled online spending</i> • <i>Money laundering</i> • <i>Social engineering and fraud</i>

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Year 11	Personal Safety and Wellbeing - Managing stress and tension - Mental health and wellbeing throughout life - Managing change, loss and grief - Sleep and physical health - Risk and influence of drugs, including seeking support - Violence against women and girls	Safe Relationships and Sexual Health* - Power and control in relationships - Establishing boundaries and getting help - Managing conflict and breakups - Choices related to sex and contraception - Sexual health	Families, Fertility and Pregnancy* - Long-term relationships - Parenting - Fertility and routes to parenthood - Unplanned pregnancy and options	Remaining Y11 PSHE timetabled sessions will be used for targeted interventions in preparation for formal examinations.		
Year 12	Health and Wellbeing - Social and personal development - Managing mental and emotional health - Managing physical health - Body modifications and augmentations	Diversity - Cultural Identity and Competency - Sexuality and gender identity - Intersectionality	Citizenship - Modern political issues - Political participation - Charity, volunteering, communities	Online Safety - Boundaries and addiction - Media literacy and bias - Extremism - Presentations of masculinity - Online fraud and deception	Sex and Relationships - Building positive relationships - Consent - Pregnancy and parenthood - Types of relationship - Negative and abusive relationships	HT6 allotted for UCAS applications and preparatory work. Time may also be allotted for revision 'masterclasses' in preparation for PPEs depending on available staff.

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Year 13	Careers • Career options • University – choices and applications • Self-employment • Worker and employer rights	Living Independently • Managing independent life • Maintaining a home • Travelling safely • Responding to criticism • Safety in different social contexts	Finance/Health • Income • Saving • Budgeting and Long-term investment • Mortgages • Alcohol and Drugs • Managing health concerns	<i>Remaining Y13 PSHE timetabled sessions will be used for targeted revision sessions in preparation for final examinations. Time will also be allotted to assist with 'next steps' beyond secondary school.</i>
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