

Year 7 PSHE Autumn Term (7 lessons, once a fortnight)

Health and Wellbeing

Understanding physical health: diet, exercise, caffeine, tobacco, alcohol, sleep and neurological changes during adolescence.

Health Education KS3 (PSHE Ass.) x2

1. To learn about different influences on someone's diet and exercise choices.
2. To learn how to make independent, informed decisions about maintaining physical health.

PSHE Ass. x3

3. To learn about substance use and the risks and effects of caffeine consumption.
4. To understand and manage influences relating to tobacco and nicotine product use.
5. To learn about the risks and consequences of alcohol use.

Brainwaves

6. My Changing Brain
7. Sleep, Screens and Mood

Year 7 PSHE Spring Term (6 lessons, once a fortnight)

Exploring Puberty and relationships

Understanding the social, emotional and physical changes associated with puberty. Understanding self, what makes healthy relationships (consent) and how to manage unhealthy relationships.

Medway RSE SoL x2

1. To learn about how the emotions are affected by puberty, how this may affect relationships and how to manage this.
2. To learn about menstrual wellbeing.
3. To learn about genital health (hygiene, anatomy and healthy attitudes. To learn what FGM means and what signs to look out for.)
4. To learn about the qualities of healthy and unhealthy relationships.
5. To learn skills needed to manage relationship conflict in families.
6. To learn about what consent means, both legally and ethically, and what it looks like in practice.

Sextortion lesson to be covered in tutor / RA aloud time.

Year 7 PSHE Summer Term (7 lessons, once a fortnight)

Relationships in the media

Learning how to safely navigate online relationships. Exploring healthy and unhealthy representations in the media and pornography.

Ceops Connect – respectful online relationships x3

1. Respectful relationships
2. Socialising online
3. Healthy online relationships behaviours

BBFC x3

4. To learn how to make decisions and manage peer influence about films and online viewing.
5. To learn about how relationships are portrayed in television, film and online and how this can affect relationship expectations, behaviours and values.
6. To learn about the potentially harmful impact of increasing sexualisation in the media.

Childnet THRIVE x1

7. To have a clear understanding of what online pornography is and how it is different from healthy relationships in the real world.

Year 8 PSHE Autumn term (7 lessons, once a fortnight)

Health and Wellbeing

Adolescent brain, hormones & sleep.

Substance use and abuse.

Brainwaves 11-14 x2

1. My Changing Brain (repetition from year 7)
2. Sleep, Screens and Mood (repetition from year 7)

PSHE Ass. SoL (using year 9 one)

3. To learn about the different influences and consequences of vaping
4. To learn about attitudes and behaviours relating to drug use
5. To learn about the potential legal consequences of using drugs
6. To learn about the short and long term effects of alcohol and cannabis
7. To learn how to manage peer influence in relation to drug use.

Year 8 PSHE Spring Term (6 lessons, once a fortnight)

Mental health

Attitudes, misconceptions, resilience, setbacks, digital resilience, self-harm, eating disorders, change-loss-grief, healthy & unhealthy coping strategies.

PSHE Ass. x6 Wellbeing for Life and Change, Loss, Grief.

LOs:

- 1) How to manage strong emotions
- 2) How to manage distractions

- 3) How to reframe disappointments and setbacks
- 4) About unhealthy coping strategies
- 5) About healthy coping strategies
- 6) How to cope with change, loss and grief.

Sextortion lesson to be covered in tutor time and RA

Year 8 PSHE Summer Term (7 lessons once a fortnight)

Relationships

Revisiting healthy / unhealthy relationships.

Exploring gender and sexual identity.

Safe sex: introduction to contraceptives, STIs and the impact of pornography.

Medway RSE x5 **possibly update to ceops sol**

- 1. To develop realistic and healthy relationship values and expectations.
- 2. To learn how to challenge unrealistic relationship expectations.
- 3. To understand and respect the spectrum of gender identities and sexual orientations.
- 4. To learn about common assumptions related to consent and how to challenge these.
- 5. To learn about how and why different contraceptives are used.

Childnet THRIVE x2 **(NB – the first lesson in this sequence has been taught in Year 7.)**

- 6. To understand why a young person might watch or see online pornography.
- 7. To understand that watching online pornography can have a negative impact on young people, and that they can take steps to handle a situation that has made them feel uncomfortable.

Year 9 PSHE Autumn term (7 lessons, once a fortnight)

Health and Wellbeing

Peer influence, risk taking, substances (alcohol, cannabis, vaping) and gangs.

PSHE Ass. X5

1. To learn about the different influences and consequences of vaping
2. To learn about attitudes and behaviours relating to drug use
3. To learn about the potential legal consequences of using drugs
4. To learn about the short and long term effects of alcohol and cannabis
5. To learn how to manage peer influence in relation to drug use.

Medway x 2

6. To learn about the qualities of healthy and unhealthy social groups
7. To learn about the factors which contribute to a young person deciding to join or not join a gang.

Year 9 Spring Term (6 lessons, once a fortnight)

Mental health

Thinking about mental health, brain and body, positive emotions, engagement, relationships, meaning and accomplishment.

Brainwaves 14-16

1. The science of wellbeing
2. My teenage brain
3. Developing your strengths
4. Coping with changes
5. Conflict and repair
6. Social Media and the Dangers of Perfection

Year 9 PSHE Summer Term (7 lessons, once a fortnight)

Relationships

Healthy intimate relationships, consent, safe sex. The impact of pornography and the risks of sending nudes.

PSHE Ass. Medway x5

1. To learn about respectful, positive relationships and how to assess readiness for intimacy.
2. To learn about what 'freedom' and 'capacity' to consent mean in different contexts.
3. To learn about sexual health, the potential consequences of sex and ways to reduce risk.
4. To learn about different types of contraception and how they work.
5. To learn how to manage the end of an intimate relationship.

Childnet x 1 Online pornography

6. To explore the myths of pornography vs. the realities of real relationships.

'Not Just Flirting' PSHE Ass.

7. To learn about the feelings associated with sending and receiving nude images and how to manage pressure to send or pass on a nude image.

Year 10 PSHE Autumn (7 lessons, once a fortnight).

Relationships

Intimate relationships (pornography, consent, managing conflict, abusive relationships and rape.)

Medway SoL x5

1. To learn about the role of intimacy, readiness, and pleasure in consensual relationships.
2. To learn about pornography and its impact on understanding consent.
3. To learn how seeking consent through pressure and coercion is wrong and how to manage pressure to consent.
4. To learn to identify and manage appropriate and inappropriate conflict behaviours and how to manage relationship breakups.
5. To learn how to end and/or get support for abusive relationships.

Keep Breathing film *parents may opt out

6. To learn about the nuances of sexual consent
7. To follow up on issues from Keep Breathing, such as how to disclose rape or abuse.
To explore what sexual harassment means. (KT consent materials)

Year 10 Spring X6 lessons

Wellbeing for Life

PSHE Ass. 2025

1. Learn how to manage emotions when encountering opportunities and challenges
2. Learn how to manage unhelpful distractions
3. Learn how to change thinking patterns to support wellbeing
4. Learn about common mental health difficulties and how to seek help
5. Learn strategies to manage stress and support wellbeing.
6. Learn how to cope with change, loss and grief.

Year 10 PSHE Summer X6 lessons (perhaps less due to mocks and summer term disruption)

Staying safe

Sextortion, blackmail and substance use / abuse, addiction and dependency.

Online blackmail / sextortion Ceops x3

1. To learn about different types of online blackmail and the tactics they may use.
2. To understand how to respond to online blackmail attempts
3. To understand how and why to avoid victim blaming and how to report-remove.

PSHE Ass. x3

1. To learn about the impact of substance use on risk-taking and personal safety.
2. To learn how to manage influences in relation to alcohol and other drug use.
3. To learn about the potential consequences of drug production, sale and use, and the support available for individuals regarding substance use, including addiction and dependency.

Year 11 PSHE Autumn (7 lessons, once a fortnight)

Relationships

Negotiating relationship conflict, recognising exploitation, dealing with unplanned pregnancy, parenting, abortion, consent and the law.

Exploited (Ceops)

1. To learn about healthy, respectful relationships
2. To learn how to recognise and respond to pressure and control in relationships
3. To learn about exploitation and how to set boundaries in relationships.

Medway x3 (don't use second lesson in SoL)

4. To learn about ways to promote sexual health and prevent unplanned pregnancy.
To learn about how fertility changes over time and the different routes to becoming a parent.
5. To learn about the possible outcomes in the event of an unplanned pregnancy.
6. To learn about the laws related to abortion and support available.

Year 11 PSHE Spring x6 lessons

Mental Health

Positive psychology, critical thinking, brain development, sleep, managing stress, seeking help and boosting mood.

Brainwaves

1. To learn about the psychology of wellbeing.
2. Finding out about mental health
3. Sextortion lesson from The Day (added Jan 2026)
4. Recap on the teenage brain
5. Sleep and teenagers
6. Coping with change
7. Developing your strengths