



Year 8 – Year 11

Overview

- The Year 8 to Year 11 PSHE Curriculum is designed by Manchester Healthy Schools.
- Year 8 and Year 9 PSHE – delivered as one lesson a fortnight.
- KS4 PSHE - delivered every Thursday in Form.

Autumn Term				
Relationships and Sex Education / Mental and Emotional Health				
Year 8	1	What is the female genital mutilation (FGM)?	18/09/2024	P2
	2	How can we understand gender and sexuality?	02/10/2024	P2
	3	What is exploitation?	16/10/2024	P2
	4	How can we give, receive and ask consent?	06/11/2024	P2
	5	How can we understand body diversity and care for our bodies as they grow?	20/11/2024	P2
	6	How can I become more assertive?	04/12/2024	P2
	7	What are the feelings and risks associated with nude image sharing?	18/12/2024	P2
Year 9	1	How can we all prevent STI transmission and stigma?	18/09/2024	P3
	2	What is contraception used for?	02/10/2024	P3
	3	What are the facts surrounding pregnancy and miscarriage?	16/10/2024	P3
	4	What are the options when someone gets pregnant?	06/11/2024	P3
	5	How do I look after my emotional health?	20/11/2024	P3
	6	What are the challenges and misconceptions of gender and body image in the media?	04/12/2024	P3
	7	What is online stress and FOMO?	18/12/2024	P3
Year 10	1	How can we form positive relationships?	12/09/2024	Form
	2	What is relationship abuse?	19/09/2024	Form
	3	What are the reasons for sex?	26/09/2024	Form
	4	How can we recognise coercion, harassment and victim blaming?	03/10/2024	Form
	5	What is mental health and how can I look after my mental health?	10/10/2024	Form
	6	How can I prevent and deal with exam stress?	17/10/2024	Form
	7	How can I practice self-care?	31/10/2024	Form
	8	How do I manage online relationships and avoid negative influences?	07/11/2024	Form
	9	How can I be a 'discerning consumer of online information'?	14/11/2024	Form
	10	Conversations about Mental Health	21/11/2024	Form
	11	Mental Wellbeing	28/11/2024	Form
	12	Online Wellbeing	05/12/2024	Form
	13	Know your Rights	12/12/2024	Form
	14	Staying Healthy	19/12/2024	Form

Year 11	1	What is the law surrounding sexual consent?	12/09/2024	Form
	2	What are the responsibilities of parenthood? What are key parenting skills?	19/09/2024	Form
	3	What is reproductive health? How might my lifestyle choices affect my fertility?	26/09/2024	Form
	4	How can we understand sexual consent beyond reproduction?	03/10/2024	Form
	5	Why is it important to manage my personal vs professional online identity?	10/10/2024	Form
	6	How can we challenge extremism and recognise radicalisation?	17/10/2024	Form
	7	What are the effects of the media and pornography on young people?	31/10/2024	Form
	8	Staying Healthy	07/11/2024	Form
	9	Basics of Mental Health	14/11/2024	Form
	10	Grief	21/11/2024	Form
	11	Connecting with yourself mindfully – Self-concept and motivation	28/11/2024	Form
	12	Cultivating a positive relationship with your body	05/12/2024	Form
	13	Norms, Values and Behaviour	12/12/2024	Form
	14	Managing Mental Health	19/12/2024	Form

Spring Term				
Keeping Safe / Health Lifestyles				
Year 8	1	What do we know about drugs and their risk?	15/01/2025	P2
	2	What are the laws surrounding drug use and misuse?	29/01/2025	P2
	3	How can we deal with situations when drugs and alcohol are on offer?	12/02/2025	P2
	4	Why are immunisations and vaccinations important?	05/03/2025	P2
	5	What is a balanced diet? What are the health risks of a poor diet?	19/03/2025	P2
	6	What are the connections between exercise and good sleep?	02/04/2025	P2
Year 9	1	What are the effects and risks of drug and alcohol use?	15/01/2025	P3
	2	How do thoughts and feelings lead us to making decisions?	29/01/2025	P3
	3	What are the risks associated with gambling?	12/02/2025	P3
	4	What is criminal exploitation?	05/03/2025	P3
	5	Why do people donate blood and organs?	19/03/2025	P3
	6	What is cancer prevention?	02/04/2025	P3
Year 10	1	How does drugs and alcohol affect people who use and the people around them?	09/01/2025	Form
	2	How do drugs and alcohol impact on life goals?	16/01/2025	Form
	3	What are the responsibilities of increased independence?	23/01/2025	Form
	4	What are the risks of belonging to a gang?	30/01/2025	Form
	5	Why is it important to self-examine for cancer and other illnesses?	06/02/2025	Form
	6	How does exercise improve my mental wellbeing? Strategies for balancing work, leisure and exercise	13/02/2025	Form
	7	What is stem-cell donation?	27/02/2025	Form
	8	How can I develop my employability skills? (Before Work Experience)	06/03/2025	Form
	9	First Aid - CPR, AEDs, wounds and choking	13/03/2025	Form

	10	Making healthy choices - Organ donation, vaccines and blood donation	20/03/2025	Form
	11	Making healthy choices - cosmetic and plastic surgery	27/03/2025	Form
	12	Creating Influence	03/04/2025	Form
Year 11	1	How can we manage influences to gamble?	09/01/2025	Form
	2	What is CPR and how can I use defibrillators?	16/01/2025	Form
	3	How should I respond in dangerous situations?	23/01/2025	Form
	4	What are some strategies for good quality sleep?	30/01/2025	Form
	5	What are food fads? Combating food myths and maintaining healthy eating during exam time	06/02/2025	Form
	6	Making healthy choices – Preventing Cancer and Heart Disease	13/02/2025	Form
	7	Making Healthy Choices and Preventing illnesses	27/02/2025	Form
	8	Personal Safety – Travelling in the UK and abroad	06/03/2025	Form
	9	Creating Influence, Volunteering	13/03/2025	Form
	10	Dealing with Change	20/03/2025	Form
	11	Connecting with yourself mindfully - Stress	27/03/2025	Form
	12	Looking after your body – Food and Exercise	03/04/2025	Form

### Summer Term

#### Living in the Wider World

Year 8	1	How can I become a critical consumer?	30/04/2025	P2
	2	What are human rights and responsibilities?	14/05/2025	P2
	3	What is stereotyping and how can we tackle age and disability discrimination?	04/06/2025	P2
	4	How can I cope with change and loss?	18/06/2025	P2
	5	The Bystander Effect	09/07/2025	P2
Year 9	1	How can I manage financial risks now and in future?	30/04/2025	P3
	2	What are my strengths, interests, skills and qualities? Considering GCSE options	14/05/2025	P3
	3	What are my career aspirations?	04/06/2025	P3
	4	How can I respond to sexism?	18/06/2025	P3
	5	Managing peer pressure	09/07/2025	P3
Year 10	1	What are the connections between the world of work and my future economic wellbeing?	24/04/2025	Form
	2	What is the connection between personal finance, public spending and economic citizenship?	01/05/2025	Form
	3	What is the link between misogyny and extremism?	08/05/2025	Form
	4	Online Safety – Scams and Gambling	15/05/2025	Form
	5	Media influence on body image	22/05/2025	Form
	6	How can I develop my employability skills? (2 parts – After Work Experience)	05/06/2025	Form
	7	Online Wellbeing – Bias and Extremism	12/06/2025	Form
	8	Using Social Media Responsibly	19/06/2025	Form
	9	Media influence – Identities and Relationships	26/06/2025	Form

	10	Exploring Privilege	03/07/2025	Form
	11	Gender Stereotypes and Relationships	10/07/2025	Form
	12	Appreciating Diversity	17/07/2025	Form
Year 11	1	What are my employee rights?	24/04/2025	Form
	2	When I work, what will my income and deductions look like?	01/05/2025	Form
	3	What does financial planning look like?	08/05/2025	Form
	4	GCSE Revision	15/05/2025	
	5	GCSE Revision	22/05/2025	
	6	GCSE Revision	05/06/2025	
	7	GCSE Revision	12/06/2025	
	8	GCSE Revision	19/06/2025	
	9	Y11 Study Leave	26/06/2025	
	10	Y11 Study Leave	03/07/2025	
	11	Y11 Study Leave	10/07/2025	
	12	Y11 Study Leave	17/07/2025	