



Clacton County High School

PSHE / RSHE Curriculum Overview



	1 - Keeping safe and health/fitness	2 - Online life/media	3 - Emotional/mental health	4 - Relationships/sexual health (Delivered via both PSHE and RSHE TT)	5 - Future choices/money/personal skills	6 - Values, rights, responsibilities
Year 7	Travel safety	Grooming	Learning from mistakes	Misogyny	Sign language	Challenging stereotypes, impact of prejudice and discrimination
	Online personality					
	Verbal bullying/banter					
	Knife crime and gang culture					
	Tobacco, vaping and canabis					
Smashed - alcohol awareness	Social media as a positive influence	Self confidence/self esteem	Body Image	Managing money in Secondary School	Difference & Diversity in the community/welcoming inclusive school comp	
Year 8	Financial exploitation	Positive uses of social media/media	Anxiety/depression	Families		Teamwork
	Verbal bullying/banter					
	Knife crime & gang culture					
	Tobacco, vaping and canabis					
What affects mental health and support for mental health	Staying safe and youth produced sexual images	Active listening	Emergency first aid	Careers - planning for the future	Challenging unfair family/cultural expectatations	
Sexual Health and Fertility	Sexual Health and Fertility	Managing misunderstandings/accepting responsibility	Gambling	Rights responsibility as a consumer		
Year 9	Substance misuse in the community	Positive uses of social media/media	What affects mental health/support for Mental health	Intimate and Sexual Relationships, including sexual health	Being in financial debt/managing money worries	Illegal employment and modern day slavery
	bullying and abusive behaviour					
	Knife crime & gang culture					
	FGM					
Contraception - includes a practical session whereby students will be given the opportunity to practise putting a condom on a condom demonstrator	Managing misunderstandings/accepting responsibility	Careers - planning for the future	Growth mindset	Managing money	Study skills	Working part time - my rights and responsibilities
Year 10	Managing unwanted attention	Managing online profiles for future employment	Unhealthy coping strategies, warning signs/triggers	The dangers of Pornography	Finance - managing money/borrowing	Animal welfare
	Knife crime and gang culture					
	Life-saving science					
Stress anxiety and depression	Young parent/teenage pregnancy	Emergency first aid	Careers - planning for the future	Developing resilience	Where do my values come from - equality	
Year 11	Keeping safe		Helping a friend/relative - coping strategies, warning signs/triggers	Bespoke offer through an external provider	Careers	Work place rights
	Substance misuse - habit/addiction, safety & body enhancement					
	Domestic abuse					
Suicide prevention/young men & suicide	Study skills, developing resilience					

overview topics

1 - Keeping safe and healthy

2 - Online life and media

3 - Emotional and mental health

4 - Relationships and sexual health

5 - Future choices and money

6 - Values, rights and responsibilities