

PSHE Road Map

Year 1

Temperance
Classroom rules, reading body language, bodies and feelings can be hurt, our special people, qualities of friendship, listening skills, Same or different, unkind, tease or bully, school rules, fair and unfair.

Courage
Fruits and vegetables Catch it, bin it, kill it, practising new skills, praise, how a person's behaviour affects others. Major internal organs, taking care of a baby, things we can do as a baby to now, surprises and secrets, keeping privates private.

Year 2

Temperance
Our ideal classroom, feelings, bullying and teasing, how to deal with feelings. Physical and non-physical similarities and differences, how do we make others feel? Being left out, acts of kindness and unkindness, listening techniques.

Justice
Exercise and sleep, feelings associated with loss, medicines sometimes make people feel better when ill, good or bad touches? Regular hygiene routines, school environment, taking care of something, where does money come from?

Temperance
Why we have rules, losing something important, working together, resolving conflict, listening to others. Different types of families, community, respect, different origins, why are people bullied?

Courage
Learning process, things I can and can't choose, hygiene routines, dental hygiene, what my body needs and does, Positive feedback, moving away, stages of growth, private body parts, respecting privacy.

Justice
How to feel better with and without medicines, identifying types of touch, safe and unsafe secrets, Getting on with others, dealing with impulsive behaviour, looking after the local environment, saving and spending on essential and non-essential items.

Courage
Balanced diets, how illnesses spread, debating, achievements and talents. Different types of relationships, body space, secrets and surprises and what happens when an egg meets a sperm.

Primary Key Themes:

1. Being My Best
2. Valuing Difference
3. Keeping Myself Safe
4. Growing and Changing
5. Rights, Responsibilities & British Values
6. Me and My Relationships

Year 4

Justice
Safe and unsafe situations, danger or risk, facts around alcohol and cigarettes, web browsing, what is safe to share? Medicines helpful or harmful?. Volunteering, helping to keep safe, fact or opinion, the environment, spending and earning.

Courage
Uniqueness, making choices, caring for the environment and community, Moving house, common and different body parts, periods, marriage, commitment and same and opposite sex relationships.

Temperance
Negotiation, compromise, healthy & unhealthy relationships, communication. Qualities of friendship, discrimination & injustice.

Temperance
Good & bad feelings, positive relationships, responding to bullying. Personal body space, differences & identity stereotypes.

Year 5

Justice
Danger, risk or hazard, safe online sharing, medicines, norms of drinking & smoking. Who helps us to stay healthy, rights, bullying & anti-social behaviour, taxes

Temperance
Collaboration, assertiveness & emotional reactions, Respecting differences, tolerance & stereotypes.

Justice
Habits, bullying, sharing online, smoking & drugs. Fact or opinion, rights & responsibilities & duties, spending wisely and local councils.

Temperance
Reflection on individuals & community. Multicultural Britain, Prejudice & breaking down stereotypes

Year 6

Courage
Getting kits, strengths & talents, independence & responsibility. Correct vocab for sexual organs, puberty & menstruation products & teenage feelings.

Courage
Politics, Parliament & Debating. Good friends, Respect & influence, Consent & Boundaries

Courage
Wellbeing, goals & risks. Puberty norms, making babies & HIV.

Justice
Online interaction, keeping information safe online, drugs & alcohol. Jobs & taxes, biased reports, elections & laws.

Courage
Community, Law making, Punishment & prison, Criminals & reform. Healthy relationships, Love & Sex, Sexual Orientation & Gender Identity.

Temperance
Happiness & Social media, Failure to Success, Saving & Managing money. Relationships & Partners, the law & consent. First Aid

Year 7

Justice
Gaming & grooming, Alcohol & smoking alongside Energy drink impacts. Puberty, Personal & Oral Hygiene, Self Esteem & Empowerment

Year 8

Temperance
Career choices & Unifrog, Labour Market Information (LMI), Employability Skills. LGBTQA+ Explored & supporting, Homophobia, Transphobia & challenging it

Justice
Alcohol safety & substance misuse, County Lines, Online safety & Cyber-bullying. Mental Health & Wellbeing, Positive body image, Types of Bullying & child abuse

Year 9

Justice
Addictions to legal/illegal drugs, classification & 'party' drugs. Self-Esteem & media, Body confidence & bullying, Dealing with grief & loss.

Secondary Key Themes:

1. Life Beyond School
2. Diversity & Equality
3. Staying Safe Online & Offline
4. Health & Wellbeing
5. Rights, Responsibilities & British Values
6. Relationships & Sex Education

Justice
Forced Marriages, Online gaming, Social Media influencers, Safe Personal data, Modern day slavery & Knife crime. Child abuse, Screen time, mental health & self-harm prevention, Suicide prevention & promoting emotional wellbeing

Temperance
Targeted Adverts, Instagram Generation, Consumer & Employment Rights, Pay-check. International Organisations, Aid & Fairtrade, Peace, War & Conflict, Women's rights & responsibilities

Year 10

Courage
Terrorism & counter terrorism, Extremism & conspiracies, Proud to be British. STI's, Contraception & Healthy relationships

Courage
Revision & Exam support

Year 11

Courage
Critical thinking & fake news, Cults, British Values, LGBT Rights & values, Human rights. Sexting & nudes, Pornography, Domestic abuse & violence, Sexual abuse & rape, Sexualisation & the Media. Pregnancy Timeline

Temperance
Learning to Learn, Revision Skills, Timetabling, Exam Stress, Applications to College/6th form, Interview workshop & practice & CV Writing

Justice
Virtual reality, Online reputation, Festival drugs, substance & addiction, Cosmetic & Aesthetic surgery. Blood/organ donation, Cancer & Parenthood. Revision sessions

