

Year 7 ASPIRE PSHE sessions 2026-27

Week	Term 1 (15 weeks)	Week	Term 2 (11 weeks)	Week	Term 3 (13 weeks)
1	Citizenship: Who am I? What is my identity? How might my identity change over time?	15	Mental wellbeing: How does our time online impact on our mental wellbeing?	26	Careers lesson
		16	Mental wellbeing: What are emotions? How can I best describe my emotions? How do I manage my emotions? Managing anger	27	Careers lesson
2	Citizenship: How does my community and my country affect my identity?	17	Mental wellbeing: What are the signs for mental wellbeing concerns, both mine and that of others? Mental wellbeing tips and further interventions	28	Healthy lifestyles: What are the characteristics and benefits of a healthy lifestyle? Including healthy eating.
3	Citizenship: How has the changing face of Britain affected people's identities over key periods in history?	18	Mental wellbeing: Understanding change, loss and grief.	29	Healthy lifestyles: What are the benefits of exercise on the body and the mind?
4	Relationships: How diverse are family types across the UK? Why is family stability seen as beneficial to society? (LGBTQ+)	19	Mental wellbeing: Self-harm – What is it? What help is there?	30	Healthy lifestyles: How is sport/exercise adapted for people of all abilities? Invictus games, Paralympics, blind football, wheelchair basketball etc.
5	Relationships: What is the link between human relationships and happiness? (LGBTQ+)	20	Drugs awareness: What are drugs? What types of drugs are there? General overview of drugs	31	Citizenship: What are human rights? The Universal Declaration of Human Rights. Why were they created?
6	Relationships: What are the characteristics of safe family relationships? (LGBTQ+) What are the roles of a parent or carer in the family? (LGBTQ+)	21	Drugs awareness: Nicotine: How harmful is smoking tobacco? What is the law? What are the benefits of quitting smoking? What support is available?	32	Citizenship: What rights to children have? How does the UK promote these? Are these enforced across the world?
7	Relationships: How important are wider family members, and the wider society when raising a child?	22	Drugs awareness: Vaping, e-cigarettes and shisha: How harmful are the alternative ways of inhaling nicotine? What is the law around these?	33	Citizenship: How can we work to protect the rights of others? What responsibilities do we have?
8	Relationships: How important are boundaries, privacy and consent in relationships with family and friends? (LGBTQ+)	23	Drugs awareness: Alcohol: What are the short- and long-term risks of drinking alcohol? What are the psychological risks?	34	Financial education: How can we make the most of our money? Budgeting
9	Assessment 1	24	Drugs awareness: Alcohol: How can we reduce the risks of alcohol consumption? What are the safer drinking guidelines?	35	Financial education: What is a current account? How is one used?
10	Changing bodies: What is puberty? What changes will bodies go through? How do our hygiene routines need to change as we hit puberty?	25	Assessment 2	36	Financial education: What methods of saving are there? Why do the banks pay interest on savings?
11	Changing bodies: What is the menstrual cycle? What products are available for use during a period? What impact does puberty have on our brains?	Holidays		37	Catch up time – where needed
12	Changing bodies: What impact does puberty have on sexual feelings? What are wet dreams? (LGBTQ+)			Holidays	
13	Changing bodies: Female Genital Mutilation – what is it? What are the risks?				
14	Mental wellbeing: What is mental wellbeing? How can we maintain positive mental wellbeing? Why is contact with others important?				
Holidays					

Year 7 ASPIRE PSHE sessions 2026-27

PSHE week	Lessons	Co-curricular Day – 14 th October (26/27)
1 21 st Sep & 28 th Sep	Relationships: 1. What do positive and healthy friendships look and feel like? 2. How can we show respect for the differences we all have? 3. How can I manage conflict? What is conflict resolution? 4. How do I end a friendship or relationship?	14th October: Y7 trip- Liverpool culture Values Day (2nd July): celebrating differences, British Values, tackling discrimination Personal Development mornings: 18th Nov: Healthcare 4th Feb: Wellbeing online/harmful behaviours 23rd April: Citizenship & politics
2 23 rd Nov & 30 th Nov	Relationships: 1. What is bullying? What are the different types of bullying? 2. What is the impact of bullying? What can be done about bullying? (Bullying policy) 3. Bullying vs banter	
3 18 th Jan & 25 th Jan	Citizenship- British Values 1. Understanding the importance of tolerance and respect 2. What is meant by Rule of Law? 3. What is the value of living in a democracy?	
4 3 rd May & 10 th May	Citizenship: 1. What is the purpose of local councils/authorities? What role do they play? 2. What role do I have to play in local democracy? What do councillors do? When can I vote? 3. How is our council tax raised? How is council tax spent? 1. How can I be an active citizen in my community?	

PSHE Year 8 curriculum mapping 2026-27

Week	Term 1 (15 weeks)	Week	Term 2 (11 weeks)	Week	Term 3 (13 weeks)
1	Online safety: Online vs real world: What is the impact of following influencers?	15	Citizenship: What are stereotypes? How do they lead to prejudice and discrimination? Equality Act. Include gender stereotypes – why are they unhelpful? (LGBTQ+)	26	Relationships: Introduction to safe sex. What is sex? What risks are there? How can we protect ourselves from the risks?
		16	Citizenship: How can we become more respectful? What do we mean by tolerance? British Values	27	Relationships: Safer sex – consent. What is consent? How do we know if someone has consented to sex?
2	Online safety: Chatbots and digital boundaries	17	Citizenship: How does misinformation lead to prejudice and discrimination? E.g., refugee stories in the media	28	Relationships: Safer sex – contraception. How to use a condom. Contraception for people who identify as LGBT+
3	Online safety: How can we critically analyse the information that we find on the internet? Fake accounts and Grooming	18	Citizenship: Is Britain a racist country? Institutional racism and overt racism. BLM	29	Relationships/ Online safety: Sexting/sending nudes – what is it? The law? Why do people do it? The risks?
4	Online safety: What impact does the internet have on society’s perceptions of beauty? How does this impact on body image?	19	Citizenship: Hate crimes – protected characteristics, racism, Human Rights etc. What is homophobia? What constitutes as homophobic language? LGBTQ+ rights	30	Relationships: Recognising unsafe relationships. How can we get help for yourself or others? CSE
5	Online safety and mental wellbeing- Cosmetic & Aesthetic Procedures? Body dysmorphia, overuse of plastic surgery etc. What support is there?	20	Citizenship: What is extremism? How do extremists spread their views online? Religious and right-wing extremism. Stages of grooming.	31	Citizenship: What is the difference between government and parliament? What is an election?
6	Assessment 1	21	Assessment 2	32	Citizenship: What do the parties stand for? What is an independent candidate? Upon election, what is the role of an MP?
7	Careers lesson	22	Drugs awareness: Drugs and the law: Classifications, punishments and the impact of a drugs conviction on your life. What impact do drugs have on society? CCE	33	Citizenship: What are laws? How are they made? What is the difference between civil and criminal law?
8	Careers lesson	23	Drugs awareness: What is nitrous oxide? What is the law? What are the effects and risks of inhaling nitrous oxide?	34	First aid: What is meant by DR ABC? What is the recovery position and when should it be used?
9	Relationships: What is marriage? What is a civil partnership? What are the differences? Why do people choose to cohabit instead of marry/join in a civil partnership? What are the legal differences?	24	Drugs awareness: What is cannabis? What is the law? What are the short- and long-term effects? What are the risks?	35	First aid: How are scolds, burns and minor injuries treated? How do we help people who are choking?
10	Relationships: What are the differences between arranged and forced marriages? Why should marriage be a choice?	25	Drugs awareness: Should cannabis be legalised? What are the reasons for and against the debate? What laws do other countries have?	36	First aid: How and when do we administer CPR? What is a defibrillator? How is it used? Where might I find one locally?
11	Relationships: Gender diversity – what does it mean? What support is there? Equality Act 2010 (LGBTQ+) Being an ally with the LGBT+ community.	Holidays		37	Catch up time – where needed
12	Financial education: How do I get value for money when buying products? Add new video			Holidays	
13	Financial education: What are consumer rights? How do I protect myself when buying products online?				
14	Catch up time – where needed				
Holidays					

Year 8 ASPIRE PSHE sessions 2026-27

PSHE week	Lessons	Co-curricular Days- (26/27)
1 21st Sep & 28th Sep	Relationships/ online safety: 1. What is the difference between real life relationships and online ones? 2. How do we maintain a healthy relationship with social media? 3. What is the impact of oversharing online? What boundaries should we put in place for ourselves? 4. What are the risks when online? How can we reduce the risks?	14th October: Rights, responsibilities and the law; gang culture and CCE; knife crime workshop; county lines and CCE Values Day (2nd July): celebrating differences, British Values, tackling discrimination Personal Development mornings: 18th Nov: Healthcare 4th Feb: Wellbeing online/harmful behaviours 23rd April: Careers: Unifrog
2 23rd Nov & 30th Nov	Mental wellbeing: 1. What steps can we take to improve our mental wellbeing? How can we support other people's mental wellbeing? 2. What strategies can we use to manage our mental wellbeing? 3. How can we manage school life and our wellbeing?	
3 18th Jan & 25th Jan	Mental wellbeing and relationships: 1. What impact does bullying have on individuals and those around us? 2. Celebrating diversity – LGBTQ+ icons 3. Celebrating diversity – neurodiversity 4. Celebrating diversity – cultural diversity	
4 3rd May & 10th May	Citizenship 1. Respect & tolerance 2. Rule of law 3. Democracy and liberty	

PSHE Year 9 curriculum mapping 2026-27

Week	Term 1 (15 weeks)	Week	Term 2 (11 weeks)	Week	Term 3 (13 weeks)
1	Relationships: What is bullying? Types of bullying, the school’s anti-bullying policy. Discuss racism, transphobia, sexism, online bullying etc. Bullying vs banter. (LGBTQ+)	15	Citizenship: What do the terms ‘refugee’ and ‘asylum seeker’ mean? Why do people come to the UK under these titles?	26	Relationships: What is honour-based violence? How do agencies in the UK work to reduce HBV?
		16	Citizenship: What support is available for refugees and asylum seekers? Links with the Universal Declaration of HR	27	Drugs awareness: What is addiction? What types of addictions are more common? What are the chemical and behavioural effects of addiction?
2	Relationships: What impact does it have on people in the short and long term? Impact on mental well-being. What can young people do to bring about change? (LGBTQ+)	17	Assessment 1	28	Drugs awareness: MDMA/Ecstasy: What is the law? What are the effects? What are the risks? Reducing the risk. Case studies. Start in addiction lesson
3	Relationships: What are characteristics of healthy and unhealthy intimate relationships? How can we have good communication in relationships?	18	Relationships: What is meant by ‘sexual consent’? What is the law about sexual consent? Why is consent essential?	29	Drugs awareness: Ketamine: What is the law? What are the effects? Reducing the risk. Cocaine farming and the effect on the community.
4	Relationships: What is sexual pressure? Where could it come from? How can sexual pressure be managed?	19	Relationships: Why do people share indecent images online? What is the law about these? How can we report & stop the sharing of these?	30	Drugs awareness: What does the term ‘county lines’ mean? How are people recruited? Child criminal exploitation.
5	Relationships: What is the link between sex and health? Benefits, potential negatives, links between first sexual experiences and future sexual health.	20	Relationships: What constitutes sexual harassment, sexual abuse and rape? What is the law about these? What we do to keep ourselves, or others, safe? (LGBTQ+)	31	Assessment 2
6	Relationships: What is meant by ‘safe sex’? What are STIs? (LGBTQ+)	21	Relationships: Confronting the realities: What is the data about sexual harassment and abuse? Case studies – Stalking cases (LGBTQ+)	32	Financial education: How can I plan how I spend my money? What is budgeting? overdrafts
7	Relationships: How do contraception methods protect us? Which methods protect from pregnancy? Which protect us from some STIs? (LGBTQ+)	22	Relationships: Controlling behaviour and coercive control in relationships: What are the signs and stages?	33	Financial education: What are mortgages? What do I need to know about mortgages?
8	Relationships: What choices are available for unwanted pregnancies?	23	Relationships: Virginity testing, hymenoplasty and the UK law	34	Financial education: What are loans? What do I need to know about loans? How do loans accrue interest?
9	Online safety: How can we use digital technology responsibly?	24	Relationships: What is domestic abuse? What are the signs? What help can people get?	35	Financial education: What are credit cards? What do I need to know about credit/store cards? How do credit/store cards accrue interest?
10	Online safety: how do we navigate harmful content online? British Values-hateful content and Anti-Semitism	25	Relationships: What is child sexual exploitation? How are people groomed into sexual exploitation? What is the law? How can we report this?	36 & 37	Catch up time – where needed
12	Online safety: Why do people gamble online? What are the risks of online gambling? What are the signs of problem gambling? What help can people get?	Holidays			
13	Online Safety: Gaming/ catch up				
14	Online Safety: What is targeted advertising? How do companies use psychology to get us to spend money?				
Holidays					

Year 9 ASPIRE PSHE sessions 2026-27

PSHE week	Lessons	Co-curricular Days (26/27)
1 21st Sep & 28th Sep	Healthy lifestyles: 1. Recap – personal hygiene as we get older 2. How can physical activity help improve our physical and mental wellbeing? 3. Sleep and health	14th October: Informed consent – sharing indecent images without consent/revenge porn; unhealthy relationships, sexual abuse and rape, when is consent not consent? CSE, impact of alcohol and drugs, power in relationships; developing assertive skills (including right to withdraw consent). Values Day (2nd July): celebrating differences, British Values, tackling discrimination Personal Development mornings: 18th Nov: Healthcare 4th Feb: Wellbeing online/harmful behaviours 23rd April: Finance
2 23rd Nov & 30th Nov	Options support: BK to lead	
3 18th Jan & 25th Jan	Mental wellbeing: 1. How do we manage everyday stress triggers? 2. What stigmas are there around mental wellbeing concerns? How can we break down these stigmas? 3. How can we maintain positive mental wellbeing? How can we manage times of poor mental wellbeing?	
4 3rd May & 10th May	Staying safe over the summer (Anti-social behaviour): 1. Water safety and marshlands 2. How to be safe near railroads. 3. What is antisocial behaviour? 4. How can I be more street savvy?	

Year 10 ASPIRE PSHE sessions 2026-27

PSHE week	Lessons	Co-curricular Days
1 21st Sep & 28th Sep	Citizenship: - How diverse is the UK? The changing population in the UK: Demographics and culture - Can a changing and diverse society be unified? (LGBTQ+) - Equality Act recap - Gender equality	14th October: Financial Education: preparing financially for later life, financial safety and scams, borrowing and debt. 3rd March: Understanding pornography (LGBTQ+) –What is pornography? Love, porn and relationships; the impact of porn on the developing brain; the dark web; AI and deepfakes Personal Development mornings: 18th Nov: Healthcare 4th Feb: Wellbeing online/harmful behaviours 23rd April: Finance & politics
2 23rd Nov & 30th Nov	Relationships: - What are the characteristics of positive relationships? - Coercive control recap - How can we manage conflict healthily in a relationship?	
3 18th Jan & 25th Jan	Citizenship: - What is anti-social behaviour? - What causes anti-social behaviour? - What are the laws about anti-social behaviour? - How could we reduce anti-social behaviour in our local community?	
4 3rd May & 10th May	Mental wellbeing: - How does mental ill-health impact on violence and aggression? What help is there? - What are the links between mental health and violent extremism? - What impact do problematic interactions online have with our mental wellbeing?	

Year 11 ASPIRE PSHE sessions 2026-27

PSHE week	Lessons	Co-curricular Days (26/27)
1 21st Sep & 28th Sep	Drugs awareness: 1. What harm can prescription drugs cause? 2. What is GHB? How is it used? What effect does it have? What is the law? 3. What is the impact of drug use on our mental and physical health? 4. What can we do about alcohol and tobacco dependency? How can we seek help?	3rd March: Mental health in exam season, subject masterclasses Personal Development mornings: 18th Nov: Healthcare 4th Feb: Wellbeing online/harmful behaviours 23rd April: Citizenship & politics
2 23rd Nov & 30th Nov	Mental wellbeing and mocks: 1. Maintaining positive mental health. 2. How can I best cope with exam stress? 3. Organising myself around exam periods 4. What tips and support are there for reducing anxiety, stress and panic?	
3 18th Jan & 25th Jan	Healthy lifestyles: 1. Pregnancy: What are the signs? Pregnancy testing and support during pregnancy. 2. How can we stay healthy during pregnancy? 3. What happens during labour? What options are there for labour? 4. What is the menopause? How does the menopause impact on equality?	
4 3rd May & 10th May	Citizenship 1. Your rights at work 2. British Values in the workplace 3. What can you do when your rights aren't respected?	