PSHE CURRICULUM

A journey towards confident, healthy and responsible adulthood

CURRICULUM OVERVIEW • 2025-2026 • KEY STAGES 3 & 4

SOUTHLANDS HIGH SCHOOL

Our PSHE curriculum develops the knowledge, skills and confidence students need to manage relationships, health, safety, careers and life beyond school.

YEAR 7

FOUNDATIONS

AUT 1

Adapting to high school

Transition, friendships, wellbeing and online safety

AUT 2

Imagining my future

Aspirations, enterprise and the changing world of work

SPR 1

Healthy relationships

Respect, conflict, consent, change and loss

SPR 2

Keeping healthy

Lifestyle, puberty, hygiene, smoking and vaping

SUM 1

Understanding society

Diversity, stereotypes, discrimination and wellbeing

SUM 2

Skills for success

Equal opportunity, revision and managing exam stress

YEAR 8

GROWING AWARENESS

AUT 1

Being an internet citizen

Misinformation, digital footprints and social media

AUT 2

Exploring careers

Interests, applications, success and climate careers

SPR 1

Drugs and alcohol

Choices, risks, classifications and consequences

SPR 2

First aid

Emergency help, CPR and accessing health services

SUM 1

Empowering myself and others

Identity, consent, emotions and self-esteem

SUM 2

Recognising risk

Unsafe relationships, gambling, safety and leadership

YEAR 9

MAKING CHOICES

AUT 1

Navigating influence

Peer pressure, trust, family life and online content

AUT 2

Planning next steps

KS4 choices, post-16 routes and labour markets

SPR 1

Health and resilience

Mental health, substances, services and healthy balance

SPR 2

Intimate relationships

Consent, sexual health, contraception and sexting

SUM 1

Managing social circles

Grooming, gangs, exploitation and knife crime

SUM 2

Citizenship and democracy

Elections, law, Parliament, services and taxation

YEAR 10

PREPARING FOR LIFE

AUT 1

Dealing with difficult issues

Consent, sexual health, exploitation and online harm

AUT 2

Preparing for employment

Work experience, employers and workplace wellbeing

SPR 1

Building self-worth

Body image, strengths, identity and data protection

SPR 2

Healthy lifestyle choices

Alcohol, social pressure, procedures and organ donation

SUM 1

Healthy relationships

Intimacy, coercion, abuse, harmful behaviour and law

SUM 2

Faith in modern Britain

Religion, prejudice, politics and lived practice

YEAR 11

NEXT STEPS

AUT 1

Staying safe beyond school

Finance, fraud, gambling, extremism and mental health

AUT 2

Moving into the future

Post-16 pathways, working, earning and career identity

SPR 1

Adult relationships

Partnership, conflict, forced marriage and domestic abuse

SPR 2

Living independently

Pregnancy choices, consent, deepfakes and online rights

SUM

GCSE preparation

Independent study, revision planning and examinations

THREADS THAT RUN THROUGH EVERY YEAR

RELATIONSHIPS · HEALTH & WELLBEING · ONLINE SAFETY · CAREERS & FINANCE · CITIZENSHIP

Ambitious. Resilient. Compassionate.