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| **PSHE and RSE Secondary Curriculum Map 2025 - 2026 (PSHE Association Thematic Model)** | | | | | | |
| **Term** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Theme** | **Health and Wellbeing** | **Living in Wider World** | **Relationships** | **Health and Wellbeing** | **Relationships** | **Living in Wider World** |
| **Year 7** | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* |
| **Transition and Safety:**  Transition to secondary school and personal safety in and outside school, including first aid. | **Developing skills and aspirations:**  Careers, teamwork and enterprise skills and raising aspirations. | **Diversity:**  Diversity, prejudice and bullying. | **Health and Puberty:**  Healthy routines, influences on health, puberty, unwanted contact and FGM | **Building relationships:**  Self-worth, romance and friendships including online) and relationship boundaries. | **Financial decision making:**  Saving, borrowing, budgeting and making financial choices. |
| **Year 8** | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* |
| Drugs and alcohol:  Alcohol and drug misuse and pressures relating to drug use. | Community and Careers:  Equality of opportunity in careers and life choices and different types and patterns of work. | Discrimination:  Discrimination in all its forms, including racism , religious discrimination, disability , discrimination, sexism, homophobia. | Emotional wellbeing:  Mental Health and emotional wellbeing, including body image and coping strategies. | Identity and relationships:  Gender identity, sexual orientation, consent, ‘sexting’ and an introduction to contraception. | Digital Literacy:  Online safety, digital literacy, media, reliability, and gambling hooks. |
| **Year 9**  **Follow ASDAN Short Course.**  **Also use PSHE Association for additional resources** | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* |
| ASDAN Short Course:  (See PSHE ASDAN Curr Map) | ASDAN Short Course:  (See PSHE ASDAN Curr Map) | ASDAN Short Course:  (See PSHE ASDAN Curr Map) | ASDAN Short Course:  (See PSHE ASDAN Curr Map) | ASDAN Short Course:  (See PSHE ASDAN Curr Map) | ASDAN Short Course:  (See PSHE ASDAN Curr Map) |
| Peer Influence, substance use and gangs:  Healthy and unhealthy friendship, assertiveness | Setting Goals:  Learning strengths, careers options and goal setting as part of the GCSE / BTEC options process | Respectful relationships:  Families and parenting, healthy relationships, conflict resolution, and relationship changes. | Healthy Lifestyle:  Diet, exercise, lifestyle balance and healthy choices, and first aid. | Intimate relationships:  Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography. | Employability Skills:  Employability and online presence |
| **Year 10** | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* |
| Mental Health:  Mental health and ill health, stigma, safeguarding health, including during periods of transition or change. | Financial decision making:  The impact of financial decision, debt, gambling & the impact of advertising on financial choices. | Healthy relationships:  Relationship and sex expectations, pleasure and challenges, including the impact of media and pornography. | Exploring influence:  The influence and impact of drugs, gangs, role models and the media. | Addressing extremism and radicalisation:  Communities, belonging and challenging extremism. | Work experience:  Preparation for and the evaluation of work experience and readiness for work. |
| **Year 11** | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* | *1 lesson Mental Health*  *(See MH Curr. Map)* |
| Building for the future:  Self-efficacy, stress management, and future opportunities. | Next Steps:  Application process and skills for further education, employment and career progression. | Communication in relationships:  Personal values, assertive communication (including in relation to contraception and sexual health) , relationship challenges and abuse. | Independence:  Responsible health choices, and safety in independent contexts. | Families:  Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships. |  |

Log onto [PSHE Association](https://pshe-association.org.uk/)

Click on [Thematic Model](https://20248256.fs1.hubspotusercontent-na1.net/hubfs/20248256/Programme%20Builders/4.%20Secondary%20Programme%20Builder%20-%20Thematic%20model.pdf?hsCtaTracking=cdbb0d0e-099d-4f15-a15a-a6519e47e231%7Cf83ee7af-1760-43fb-a4fd-5034b15d617b) – this will take you to PSHE Association Planning overview.