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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.