

RMGS PSHE EDUCATION: CURRICULUM MAP

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
Year 7	Health & wellbeing Transition to secondary Transition to secondary school, new friendships, and developing learning skills.	Relationships Friendship and Bullying Diversity, prejudice, and bullying.	Living in the wider world Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Health & wellbeing Health and puberty Healthy routines, influences on health, puberty, menstruation, FGM.	Relationships Building relationships Self-worth, romance and friendships (including online) and relationship boundaries, inc unwanted touching
Year 8	Health & wellbeing Substance misuse and vaping Caffeine, alcohol, and tobacco misuse and the pressures surrounding their use.	Relationships Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia. Protected characteristics and the growth of online misogyny.	Living in the wider world The economy, money and financial risk Financial decision-making including saving, borrowing, debt, and interest rates	Health & wellbeing Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Relationships Identity and relationships Sexual orientation, gender, consent, sharing intimate photos (including sharing nudes and creating AI deepfakes) and an introduction to contraception
Year 9	Health & wellbeing Substance misuse Use of drugs and their effects, including alcohol and cannabis	Living in the wider world Exploring Career Interests Learning strengths, career options and goal setting as part of the GCSE options process	Relationships Respectful relationships Healthy and unhealthy relationships and friendships, peer pressure, and dangers of gangs, CSE	Health & wellbeing Healthy lifestyle Diet, exercise, dental health, lifestyle balance and healthy choices. Also basic first aid.	Relationships Intimate relationships Relationships and sex education including relationship values, consent, and sexual health

Year 10	Health & wellbeing Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change (including grief)	Relationships Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Relationships Addressing bullying, extremism and radicalisation Communities, belonging, bullying, and challenging extremism.	Living in the wider world Financial and personal risk The risks in financial decisions: gambling and fraud including techniques using AI	Health & wellbeing Exploring influence The influence and impact of drugs, gangs, role models and the media
Year 11	Living in the wider world Digital Literacy Digital responsibility, literacy, and staying safe online.	Relationships Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Living in the wider world The world of work Career opportunities, the labour market, and understanding your payslip.	Health & wellbeing Independence Responsible health choices, and safety in independent contexts, self efficacy and stress management.	Health & wellbeing Study Skills Managing stress and effective revision strategies as we approach exam season.

Year 12	Health & wellbeing Transition to KS5 and emotional wellbeing • Mental health and emotional wellbeing • Healthy coping strategies	Living in the wider world Readiness for work • Rights and responsibilities • Future careers and post-18 pathways • Application process	Living in the wider world Religion in the UK Created by the RS department to explore religion, philosophy, and ethics.	Relationships Respectful Relationships • Consent • Positive relationships and recognising abuse Assertive communication in relationships,	Health & wellbeing Drug Education • Risks and consequences • Managing influences and seeking support • Medicines and drug use
Year 13	Relationships Sexual Health and Safety In Adult Relationships • Sexual Health • Pornography and digital consent	Living in the wider world Beyond RMGS- Independence and Safety in Adulthood • Staying safe • Travel in the UK and abroad • Credit cards	Living in the wider world Religion in the UK Created by the RS department to explore religion, philosophy, and ethics.	Health & wellbeing Study Skills Managing stress and effective revision strategies as we approach exam season.	