

## Ringwood School PSHE Curriculum Overview 2024/2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	off timetable event
Year 7	<b>Transition and Safety</b> Transition to secondary school Friendship Personal safety First aid	<b>Diversity and Community</b> Citizenship Responsibilities Prejudice and anti-bullying Protected characteristics	<b>Health and Puberty</b> Healthy routines Influences on health Self-care Puberty	<b>Developing Skills and Aspirations</b> Personal skills and qualities Teamwork Raising aspirations	<b>Building Relationships</b> Emotional literacy Healthy relationships Relationship boundaries	<b>Personal Finance</b> Saving and borrowing Budgeting Making financial choices	<b>15th October</b> Citizenship Day
Year 8	<b>Discrimination</b> Protected Characteristics British Values Prejudice and Anti -Bullying	<b>Law and Safety</b> Peer influence Smoking/vaping/alcohol Emergency services Crime and consequence	<b>Digital Literacy</b> Online safety Fake news	<b>Emotional Well Being and Puberty</b> Body image and confidence Healthy relationships Puberty	<b>Financial Decision Making</b> Risk associated with gaming and gambling including peer influence	<b>Identity and Relationships</b> Self esteem and respect Consent and relationship boundaries 'Sexting'	<b>13th November</b> Law and Safety Day
Year 9	<b>Citizenship and Community</b> Global citizenship Sustainability Values and respect	<b>Peer Influence, Knife crime and Gangs</b> Assertiveness and exploitation Gang culture Alcohol awareness	<b>Setting Goals</b> Learning strengths Career options and goal setting as part of the GCSE options process Transferable skills	<b>Healthy Lifestyle</b> Diet and exercise Lifestyle balance Sleep and screen time Substance misuse	<b>Respectful Relationships</b> Human Rights Gender equality FGM Rights of the Child	<b>Positive Coping Strategies</b> Coping with change Links between physical activity and mental health Accessing support for self and peers	<b>6th March</b> Health and Well-Being Day
Year 10	<b>Diversity</b> British Values Discrimination Respect	<b>Health and Well Being</b> Healthy eating Oral hygiene Self screening Accessing support	<b>Respectful Relationships</b> Families and Parenting skills Conflict resolution Contraception and accessing support	<b>Addressing Extremism and Radicalisation</b> Diversity and Inclusion Communities and belonging Challenging extremism	<b>Personal Finance</b> Financial footprint Scams and fraud Budget and debt	<b>Staying Safe</b> Identify risk Manage personal safety Responding in an emergency Reporting a crime	
Year 11	<b>Personal Skill Development</b> Employability skills Building a CV Interview skills	<b>Self Care</b> Monitoring health, self screening and how to access health support Cosmetic and aesthetic procedures Blood and organ donation	<b>Digital literacy</b> Online safety including harrasment Pornography and sharing personal images	<b>Sexual Health and Families</b> Contraception Fertility Response to unintended pregnancy Adoption and fostering	<b>Staying Safe</b> Personal safety Looking out for others Understanding the law		