

PSHE & RSE Curriculum Overview



Key Stage	Year	Theme	Topics Covered
KS3	1	Relationships	Families, friendships, safe relationships, diversity, conflict
		Health and Wellbeing	Healthy lifestyles, hygiene, drugs/alcohol, anxiety/depression
		Living in the World	Law & order, budgeting, environmental impact, British values
KS3	2	Relationships	Goal setting, healthy families, stigma, sexual health
		Health and Wellbeing	Alcohol awareness, physical health, mental wellbeing
		Living in the World	Substance misuse, stereotypes, support services, career paths

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Key Stage	Year	Theme	Topics Covered
KS3	3	Relationships	Identity, respect, LGBTQ+, personal development
		Health and Wellbeing	Media literacy, emotional health, religion, healthy choices
		Living in the World	Financial wellbeing, current affairs, planning projects
KS4	1	Relationships	Coercive control, attraction, healthy vs. unhealthy relationships
		Health and Wellbeing	Risky behaviours, peer pressure, mental and physical health
		Living in the World	Online impact, discrimination, dreams/goals, reporting online risks

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Key Stage	Year	Theme	Topics Covered
KS4	2	Relationships	Sexual health, consent, parenthood, body image
		Health and Wellbeing	Alcohol use and effects, withdrawal support, case studies
		Living in the World	Project planning, enterprise, crime/justice, employability