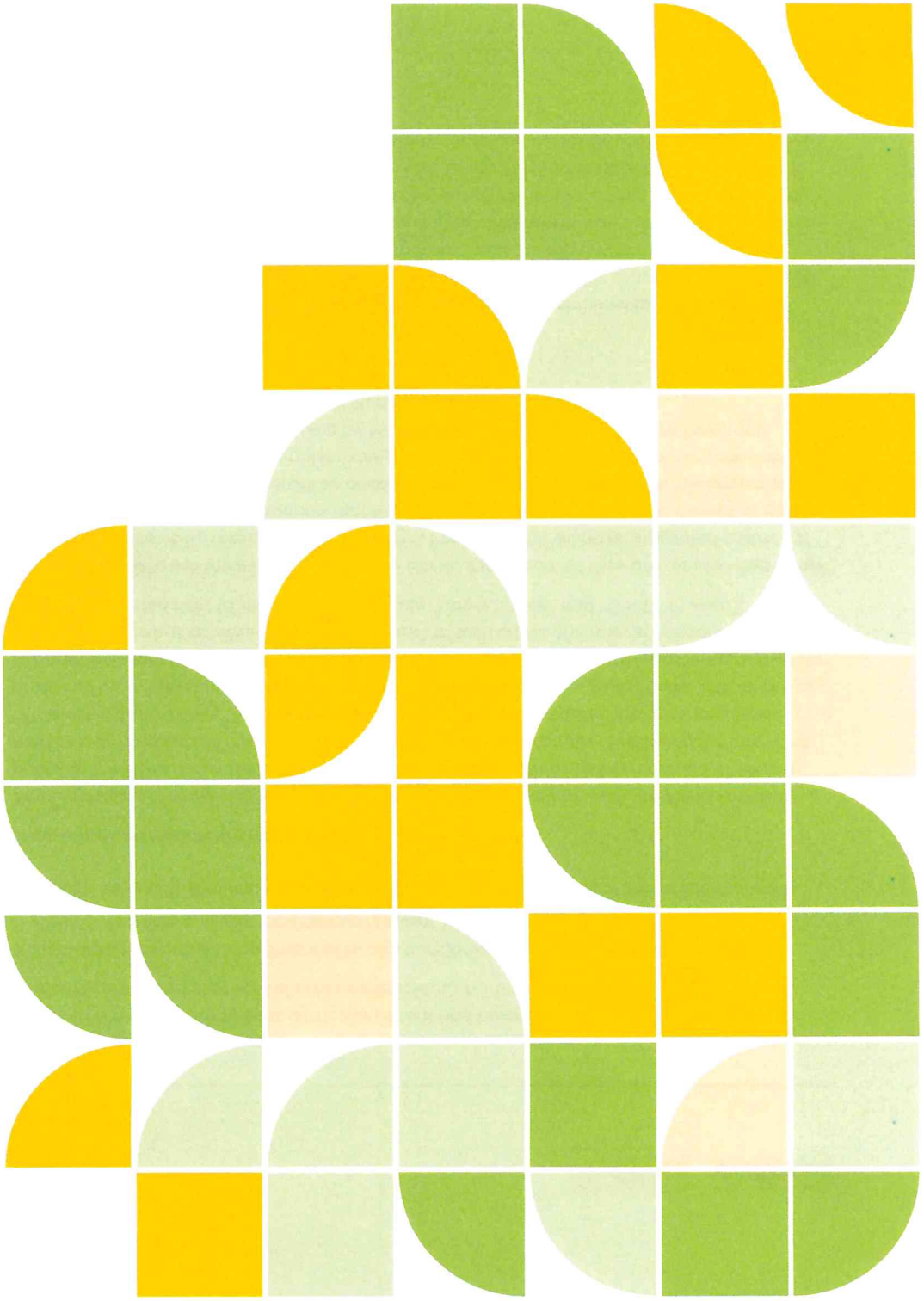
PSHE | ASSOCIATION

PSHE education Curriculum Model

KS3 KS4

© PSHE Association 2026



Introduction

KS3 KS4

Welcome to the PSHE Association's Curriculum Model for key stages 3 and 4. It is designed to accompany the 2026 edition of the Programme of Study for PSHE education, which covers all of Relationships, Sex and Health education (RSHE), as well as essential learning on Economic Wellbeing and Careers Education.

The Programme of Study sets out learning opportunities for each key stage. This Curriculum Model supports you to turn this into a tailored PSHE education curriculum for your school, by providing:

- a long-term plan for the academic year across all year groups and half terms
- medium-term plans for each year group with unit outlines
- links to suggested lesson plans (both PSHE Association resources and resources carrying the Association's Quality Mark) that could be used to deliver each half-term unit
- additional or alternative resources that could be used to enhance each half-term unit

See Appendix 1 for Programme of Study learning opportunities mapped against the Curriculum Model. New PSHE Association and quality assured lesson plans will be added to the Curriculum Model as they are published.

Using and adapting the Curriculum Model

The Curriculum Model is colour-coded to make clear which content covers the Department for Education (DfE) statutory guidance on Relationships, Sex and Health education, and which units cover other essential – but currently non-statutory – content such as Economic Wellbeing and Careers Education.

Across the year groups, this Curriculum Model covers all of the Programme of Study learning opportunities for each key stage. It suggests how your school might deliver statutory and other content in PSHE education in an age and stage appropriate way, following a spiral approach that revisits and embeds learning. You will want to tailor your PSHE education curriculum, so we encourage you to use and adapt the Curriculum Model in a way that best suits your school.

Before developing your PSHE education provision, consider your students' needs, the aims and ethos of your school, the local community and local environment in which your school is situated.

This will help you to clarify your curriculum intent and tailor the Curriculum Model to your students' needs and your school's circumstances. Consider drawing on:

- **local data** such as the Department of Health and Social Care's child and maternal health (CHIMAT) profiles and your local authority's Joint Strategic Needs Assessment (JSNA)
- **student voice activities** and your own knowledge and understanding of your students' needs

Suggested and additional lesson plans

The Curriculum Model provides suggested lessons for each unit of work, and links to lesson packs on the PSHE Association website. Where no organisation has been named, these are member-only lessons written by the PSHE Association, for example "Wellbeing for Life" and "Friendship and bullying" in Autumn term of year 7. We also list materials that have been produced by, or developed in partnership with, a range of other organisations. This allows us to bring their specific areas of expertise to your classroom, and you can be assured that every lesson we link to has achieved our Quality Mark[1]. In such cases, the relevant organisation's name will be listed next to lessons – for example "Home Office" and "BBFC" in year 7.

You can choose to use the lessons listed in the Curriculum Model as they are, or plan and adapt your own lessons using these as a starting point. For each unit, we have suggested a series of lessons for each half term, assuming that most schools are teaching an hour a week of PSHE education. Further adaptations will be needed if you have more or less time. We have also suggested alternative or additional lessons from the PSHE Association, or other organisations' materials that have achieved the Quality Mark. We encourage you to explore these and choose the lessons that best meet your students' needs.

Parents' right to request withdrawal

Some units within this Curriculum Model combine elements of Relationships Education and Sex Education to create the most meaningful learning experience for students. Some aspects of Health Education also overlap with learning from Sex Education. When discussing and making decisions about parents' right to request their child is withdrawn from lessons on Sex Education (there is no right to withdraw from the rest of PSHE education), please consult the DfE's statutory RSHE guidance. You can also refer to the PSHE Association's Programme of Study for further detail on which content might be classified as Sex Education (and therefore eligible for students to be withdrawn from).

1. Not all Quality Assured resources are free to access. A "£" symbol is used to indicate those for which there is a charge.

Secondary PSHE education | Long-term overview

Statutory RSHE | Statutory RSHE | Economic Wellbeing & Careers | Economic Wellbeing & Careers

School Plus course available - see Appendix 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring consent and recognising abuse	Study, work and careers
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Managing and maintaining health	

Year 7

Autumn 1

Emotional wellbeing: managing change and transition

This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.

Suggested lessons:

Developing learning skills: Helping students thrive in a new key stage – KS3

L1: Thriving in secondary school

L2: Goal setting

Wellbeing for Life - Y7

L1: Managing emotions

L2: Managing reactions

L3: Developing positive thinking habits

L4: Managing rumination and worry

L5: Managing tension and stress

Alternative / additional lessons:

BReal: Building stress resilience in early adolescents' lives

Autumn 2

Friendship and bullying

This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.

Suggested lessons:

Friendship and bullying – KS3

L1: Friendship and empathy

L2: Bullying and bystanders

L3: Friendship challenges

L4: Similarities, differences and peer influence

Home Office: Preventing Involvement in Serious and Organised Crime - Y7

L1: Coercive friendships

Alternative / additional lessons:

NCA-CEOP Education: Connect

CRESST: Curious about conflict? (£)

Spring 1

Families and changing relationships

This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.

Suggested lessons:

Committed relationships and family life – KS3

L1: Understanding changing relationships

L2: Roles in the family

Change, loss and grief – KS3

L1: Managing change, loss and grief

Family Justice Young People's Board

L1: Family Courts

Spring 2

Puberty and keeping safe

This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse.

Suggested lessons:

Puberty

L1: Puberty and emotional changes

L2: Menstrual wellbeing

Highgate School and NHS Barts: Testicular health

L1: Testicular health

Canesten: The Truth Undressed - KS3

L1: Taking care of the vulva

Home Office: Something's Not Right - KS3

L1: Making disclosures

FGM - KS3

L1: Keeping safe

Alternative / additional lessons:

Wellbeing of Women

Summer 1

Influences on relationships

This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.

Suggested lessons:

Healthy relationships and sexual health – Y7-8

L1: Healthy and unhealthy relationships

L2: Managing conflict

Consent – KS3

L1: Introduction to consent

BBFC: Making Choices

L1: Deciding what to watch

L2: Relationships on-screen

L3: Managing challenging content

Alternative / additional lessons:

OHID: Every mind matters - Social media

NSPCC: Talk Relationships

Summer 2

Financial decisions

This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.

Suggested lessons:

Financial Literacy and Inclusion Campaign (FLIC) - ages 11-12

L1: Making spending decisions

L2: Budgeting

L3: Getting a job

L4: The impact of inflation

L5: The critical consumer

L6: Decision making: Budgeting for a summer holiday

Alternative / additional lessons:

Bank of England: EconoME

Statutory RSHE | Economic Wellbeing & Careers

Year 8

Autumn 1

Health and wellbeing

In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.

Suggested lessons:

Food for thought – KS3
- L1: Making healthier choices

Dental health – KS3
- L1: Maintaining dental health

Physical activity – KS3
- L1: Being active!

The sleep factor – KS3
- L1: Healthier sleep habits

Climate change: empathy and agency – KS3
- L1: Climate change and wellbeing
- L2: Navigating different views

HPV educate*
- L1: HPV and the HPV vaccine

Alternative / additional lessons:

BRIGHT dental health lesson pack

Sure: Breaking Limits

Autumn 2

Personal safety and managing risk

This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.

Suggested lessons:

Firework safety – KS3
- L1: Firework safety

MIB: Drive insured – KS3
- L1: Staying safe on the roads

Canal and River Trust: Water safety
- L1: Have you got their back?

British Heart Foundation**
- L1: Classroom RevivR

Drug education – Y7-8
- L1: Understanding drugs
- L2: Tobacco and nicotine
- L3: Alcohol and risk

Alternative / additional lessons:

LifeLab: What's the problem with vaping?

St John Ambulance: Basic life support

St John Ambulance: Bleeding

Spring 1

Belonging and community

This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion.

Suggested lessons:

Belonging and community – KS3
- L1: Identity and community
- L2: Bias and stereotypes
- L3: Discrimination and the protected characteristics
- L4: Values and constrictive disagreement
- L5: Diverse and supportive communities

Alternative / additional lessons:

Changing Faces: A World of Difference

CRESST: Curious about conflict?

Spring 2

The online world

This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.

Suggested lessons:

Online financial harms – KS3
- L1: Click and pay: phones and financial risk
- L2: Gaming, social media and algorithms: The pressure to spend online
- L3: Money matters: Seeking help and support

Revealing Reality: Under the influence – KS3
- L1: The business of influence
- L2: Feeding the algorithm

Alternative / additional lessons:

CIFAS: Anti-Fraud Education

Summer 1

Healthy and unhealthy relationships

This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.

Suggested lessons:

NSPCC: Talk Relationships – ages 12-14
- L1: Healthy relationships
- L2: Sexualised media
- L3: Safer online relationships
- L4: Sexual harassment and harmful sexual behaviour
- L5: Sharing of nudes
- L6: Consent
- L7: Preventing gender-based violence

Alternative / additional lessons:

NCA-CEOP Education: Send me a pic

NCA-CEOP Education: Respecting me, you, us

Summer 2

Managing money

This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing.

Suggested lessons:

Financial Literacy and Inclusion Campaign (FLIC) – ages 12-13
- L1: How to open a bank account
- L2: Reading a bank statement
- L3: How to save money
- L4: How to use a bank card
- L5: How to manage debt
- L6: Decision making: a guide to banking

Alternative / additional lessons:

CIFAS: Anti-Fraud Education

Bank of England: EconoME

**Teach this lesson at the most appropriate point for your school.* ***You may also choose to bring in appropriately qualified outside facilitators to support teaching of first aid content.*

Statutory RSHE | Economic Wellbeing & Careers

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.	**Careers and future choices** This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.	**Drug education** This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.	**Managing risk in relation to the law** This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.	**Intimate sexual relationships** In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.	**Navigating online harms** This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.
Suggested lessons: Wellbeing for Life – Y8-9 L1: Managing strong emotions L2: Managing distractions L3: Managing disappointments and setbacks L4: Unhealthy coping strategies L5: Healthy coping strategies Body modifications - KS3 L1: Influences and self-expression	**Suggested lessons:** Navigating work, study and careers - KS3 L1: Exploring career interests L2: Work patterns and workplaces L3: Managing pressure and seeking support L4: Preparing for KS4 options Careers education: Opportunities, strengths and managing online presence L1: Showcasing personal strengths L2: Managing online reputation	**Suggested lessons:** Drug education – Y9 L1: Vaping L2: Exploring attitudes L3: The law and managing risk L4: Alcohol and cannabis L5: Managing influence	**Suggested lessons:** Home Office: Preventing Involvement in Serious and Organised Crime - Y9 L2: Serious and organised crime National Crime Agency: Exploring Cybercrime L1: Causes of cybercrime L2: Effects of cybercrime ACT for Youth – KS3 L1: Run, hide, tell	**Suggested lessons:** Consent – KS3 L2: Avoiding assumptions L3: Freedom and capacity to consent Healthy relationships and sexual health – Y9 L1: Relationship values L2: Contraception L3: Sexual health L4: Managing the ending of relationships	**Suggested lessons:** Not just flirting – KS3 L1: Feelings about sharing nudes Digital deception: Understanding deepfakes and manipulated images – KS3 L1: Motivations and consequences L2: Tackling deepfakes Challenging the narrative: thinking critically about misogyny – KS3 L1: Exploring harms and misconceptions L2: Responding to misogyny
Alternative / additional lessons: BReal: Building stress resilience in early adolescents' lives	**Alternative / additional lessons:** Financial Literacy and Inclusion Campaign (FLIC)	**Alternative / additional lessons:** LifeLab: What's the problem with vaping?	**Alternative / additional lessons:** Cyber first Navigators Gangs: Managing risks and staying safe* **If not planning to teach in year 11*	**Alternative / additional lessons:** British Fertility Society: A Guide to Fertility Canesten: The truth, undressed NCA-CEOP Education: Respecting me, you, us	**Alternative / additional lessons:** NCA-CEOP Education: Online blackmail

Statutory RSHE | Economic Wellbeing & Careers

Year 10

Autumn 1

Independence, health choices and wellbeing

This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.

Suggested lessons:

Developing learning skills: Helping students thrive in a new key stage – KS4
- L1: Study skills for KS4

Food for thought – KS4
- L1: Making informed choices

Physical activity – KS4
- L1: Making decisions about being active

The sleep factor – KS4
- L1: The importance of sleep

Wellbeing of Women – KS4
- L1: Menstruation matters

Orchid: Testicular cancer
- L1: What is testicular cancer?

Prevent Breast Cancer: Breast Cancer Awareness and Prevention – KS4
- L1: Breast awareness
- L2: Signs, symptoms and self-examination

Alternative / additional lessons:

Canesten: The truth, undressed

Autumn 2

Navigating the online world

This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.

Suggested lessons:

Understanding AI: Rights, safety and wellbeing – KS3–4
- L1: How does AI affect our daily lives?
- L2: What are the limitations of generative AI?
- L3: How does generative AI affect our understanding of the world?
- L4: How do chatbots affect relationships?

Digital deception: Understanding deepfakes – KS4
- L1: What's the harm?
- L2: What can be done?

Not just flirting – KS4
- L1: Social attitudes to sending nudes

Spring 1

Friendship, diversity and challenging extremism

This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.

Suggested lessons:

Friendship and bullying – KS4
- L1: Recognising and challenging bullying behaviour
- L2: Recognising and challenging unhealthy attitudes to bullying

Belonging and community – KS4
- L1: Valuing diversity
- L2: Understanding and preventing extremism
- L3: How are people drawn into extremist groups?

Spring 2

Managing influence

This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.

Suggested lessons:

Revealing Reality: Under the influence – KS4
- L1: All about the money?
- L2: Can it be trusted?

Challenging the narrative: thinking critically about misogyny – KS4
- L1: The impact and spread of misogynistic narratives
- L2: Safely challenging misogynistic beliefs and attitudes

Online financial harms – KS4
- L1: Making money online: Rights, risks and cryptocurrencies
- L2: Wanna bet? Controlled and uncontrolled online spending
- L3: Financial exploitation online: Factors, strategies and support

Alternative / additional lessons:

BBFC: Emotional wellbeing and the media

COMING SOON

Ipsos: Gambling

Summer 1

Exploring consent and recognising abuse

This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.

Suggested lessons:

Consent – KS4
- L1: The role of intimacy and pleasure
- L2: The impact of pornography
- L3: Pressure, persuasion and coercion

COMING SOON

'Honour'-based abuse, including FGM
- L1: 'Honour'-based abuse

Something's Not Right – KS4
- L1: Relationship rights and reporting abuse

Alternative / additional lessons:

BBFC: Pornography & Regulation

Freedom Charity: Forced marriage and FGM

University of Exeter & University of Cambridge: The Rights Idea

Summer 2

Study, work and careers

This unit explores career choices and pathways, work experience, and applications for study or work.

Suggested lessons:

Navigating work, study and careers – KS4
- L1: Identifying career preferences
- L2: Navigating the careers landscape
- L3: Mapping a career path
- L4: Making a good impression
- L5: Preparing for work experience
- L6: Reflecting on work experience

Alternative / additional lessons:

CIFAS: Anti-Fraud Education

Financial Literacy and Inclusion Campaign (FLIC)

Statutory RSHE | Economic Wellbeing & Careers

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Autumn 1

Life-long wellbeing

This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.

Suggested lessons:

Wellbeing for Life – KS4

L1: Mental health and wellbeing throughout life

L2: Managing distractions

L3: Changing thinking habits

L4: Seeking help and support

L5: Managing stress and tension

Change, loss and grief – KS4

L1: Managing change, loss and grief

Alternative / additional lessons:

COMING SOON

Liverpool John Moores University: Exam stress - KS4

Autumn 2

Drugs and personal safety

This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support.

Suggested lessons:

Drug education – KS4

L1: Assessing risk

L2: Managing influence

L3: Help seeking

Gangs: Managing risks and staying safe

L1: How it might start

L2: Risks and consequences

L3: Getting out

Thames Valley Police: Tackling Violence Against Women and Girls

L1: Looking out for each other

Alternative / additional lessons:

LifeLab: What's the problem with vaping?

MIB: Staying safe on the roads - Being a responsible driver

Spring 1

Safe relationships and sexual health

This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health.

Suggested lessons:

NCA-CEOP Education: Exploited

L1: Healthy and unhealthy relationships

L2: Power and control

L3: Setting boundaries and getting help

Healthy relationships and sexual health – KS4

L1: Relationship behaviours

L2: Choices related to sex and contraception

L3: Sexual health

Alternative / additional lessons:

NSPCC: Talk Relationships

You Before Two: Contraception Choices

Spring 2

Families, fertility and pregnancy

This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.

Suggested lessons:

Committed relationships and family life – KS4

L1: Long-term commitments

L2: The legal status of marriage

L3: Parenting

Fertility and pregnancy choices

L1: Fertility and routes to parenthood

L2: Pregnancy outcomes

L3: Pregnancy choices

Alternative / additional lessons:

University of Essex: Communication matters

British Fertility Society: A Guide to Fertility

University of Exeter: Modern Families

Summer 1

Managing and maintaining health

This unit helps students explore behaviours that support their own and others' physical health, through prevention of illness, treatment options and emergency responses.

Suggested lessons:

Body modifications – KS4-5

L1: Tattoos and piercings

L2: Sunbeds and cosmetic procedures

COMING SOON

e-Bug: Vaccinations, antibiotic use and antimicrobial resistance

NHSBT: Exploring blood, organ and stem cell donation

L1: Exploring donation

L2: Donation and choices

St John Ambulance: Basic life support - KS4*

L1: Basic life support

**You may also choose to bring in appropriately qualified outside facilitators to support teaching of first aid content.*

PSHE | ASSOCIATION

Appendices

Appendix 1: Programme of Study references

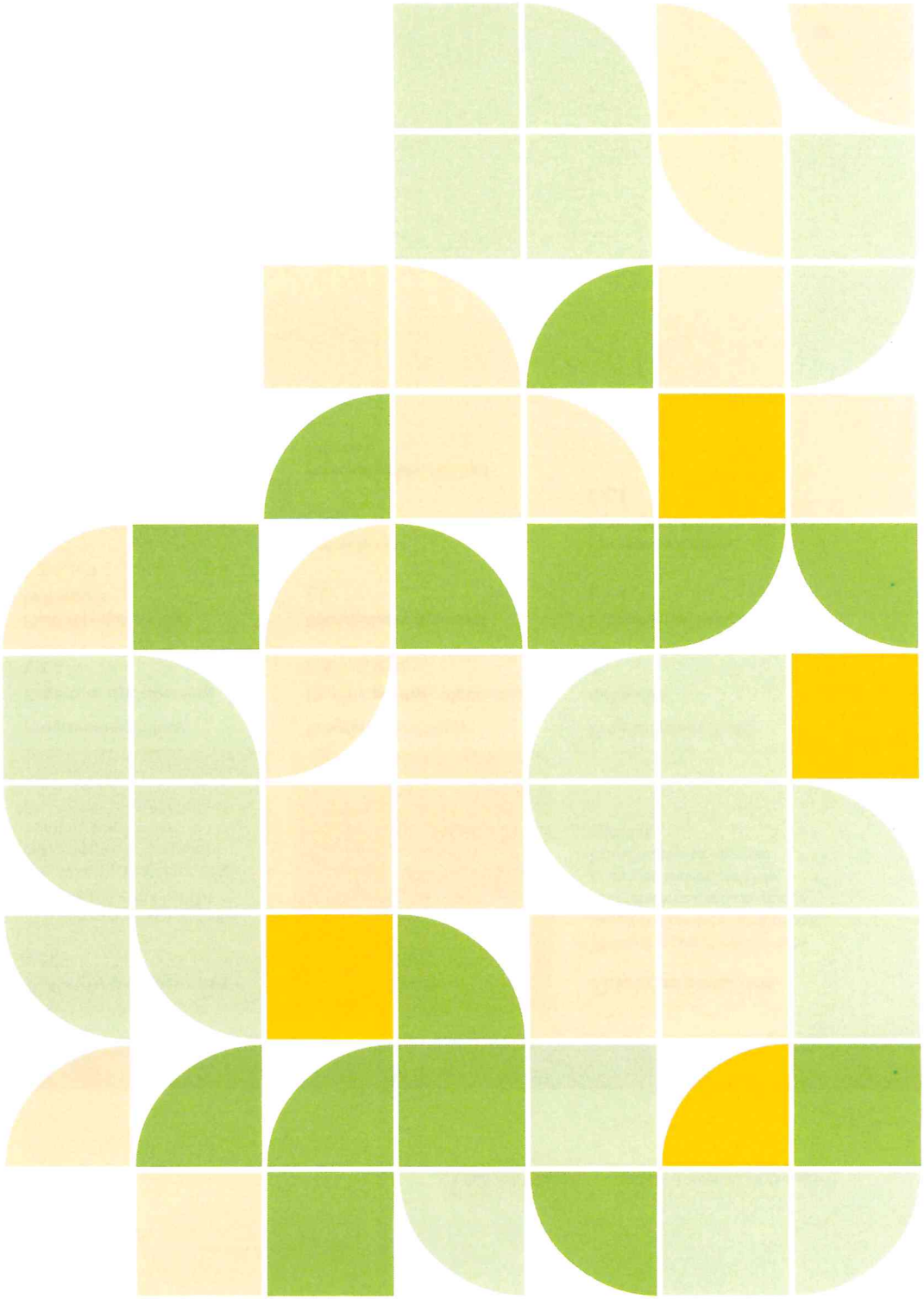
These Programme of Study references indicate the learning opportunities covered through the suggested lessons in each unit.

Appendix 2: School Plus courses

For School Plus members, access on-demand training courses to support you and your teaching teams to deliver each unit of work.

KS3 KS4

© PSHE Association 2026



Statutory RSHE | Economic Wellbeing & Careers

Year 7

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Emotional wellbeing: managing change and transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.	**Friendship and bullying** This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.	**Families and changing relationships** This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.	**Puberty and keeping safe** This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse.	**Influences on relationships** This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.	**Financial decisions** This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.
Programme of Study: **Mental health and wellbeing** 1, 3, 4, 6, 7, 9 **Healthy, positive relationships** 1	Programme of Study: **Healthy, positive relationships** 1, 2, 7, 10 **Inclusion, bullying and discrimination** 1, 5 **Personal safety, risk and influence** 6, 7 **Harmful relationship behaviours** 7	Programme of Study: **Healthy, positive relationships** 2, 4, 5, 8, 9, 10 **Mental health and wellbeing** 5	Programme of Study: **Puberty and adolescence** 1, 2, 3 **Harmful relationship behaviours** 1, 2, 4, 5, 9 **Keeping well, health services and first aid** 3	Programme of Study: **Healthy, positive relationships** 2, 6, 7, 8, 9, 10 **Boundaries and consent** 1, 3 **Online harms** 1, 2, 3, 7 **Personal safety, risk and influence** 3	Programme of Study: **Online life** 8 **Economic wellbeing** 1, 3, 4 **Careers education: aspirations, learning and work** 1, 2, 3

Statutory RSHE | Economic Wellbeing & Careers

Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health and wellbeing In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.	**Personal safety and managing risk** This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.	**Belonging and community** This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion.	**The online world** This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.	**Healthy and unhealthy relationships** This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.	**Managing money** This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing.
Programme of Study: **Healthy lifestyles** 1, 2, 3, 4, 5, 6 **Keeping well, health services and first aid** 1, 2, 4 **Mental health and wellbeing** 3, 8	Programme of Study: **Personal safety, risk and influence** 2, 5 **Drug education** 2, 4, 5, 6, 7 **Keeping well, health services and first aid** 5, 7, 8	Programme of Study: **Inclusion, bullying and discrimination** 1, 2, 3, 4, 5 **Harmful relationship behaviours** 7 **Personal safety, risk and influence** 2	Programme of Study: **Economic wellbeing** 2, 3, 4 **Online life** 3, 4, 5, 6, 7, 8, 9, 10 **Personal safety, risk and influence** 3, 4	Programme of Study: **Healthy, positive relationships** 1, 2, 3, 6 **Boundaries and consent** 1, 2, 3, 4, 5, 6 **Harmful relationship behaviours** 3, 4, 5, 6, 7, 8 **Online life** 1, 2, 4 **Online harms** 5, 7	Programme of Study: **Economic wellbeing** 1, 2, 3, 4

Statutory RSHE | Economic Wellbeing & Careers

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.	**Careers and future choices** This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.	**Drug education** This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.	**Managing risk in relation to the law** This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.	**Intimate sexual relationships** In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.	**Navigating online harms** This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.
Programme of Study: **Mental health and wellbeing** 1, 2, 6, 7, 9, 10 **Healthy, positive relationships** 1 **Online life** 1 **Online harms** 2	Programme of Study: **Careers education: aspirations, learning and work** 1, 2, 3, 4, 5, 6, 7, 8, 9 **Healthy, positive relationships** 1	Programme of Study: **Drug education** 1, 2, 3, 4, 6, 7 **Personal safety, risk and influence** 2, 3, 5, 7	Programme of Study: **Personal safety, risk and influence** 1, 7, 8, 9 **Online life** 1, 3, 7 **Keeping well, health services and first aid** 6	Programme of Study: **Sex education** 1, 2, 3, 4, 5, 6, 7, 8 **Boundaries and consent** 1, 2, 4, 5, 6 **Healthy, positive relationships** 3, 6, 7, 9 **Keeping well, health services and first aid** 8	Programme of Study: **Harmful relationship behaviours** 1, 7, 8 **Online life** 1, 2, 3, 6 **Online harms** 2, 4*, 5, 6, 7 **The lessons in this unit address ethical considerations for using AI. However, for comprehensive coverage of AI chatbots, see Understanding AI unit in Y10.*

Statutory RSHE | Economic Wellbeing & Careers

Year 10

Autumn 1

Independence, health choices and wellbeing

This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.

Programme of Study:

Careers education: aspirations, learning and work
10, 11

Healthy lifestyles
7, 8, 9, 10, 11, 12, 13

Keeping well, health services and first aid
9, 13

Reproductive health and fertility
1

Autumn 2

Navigating the online world

This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.

Programme of Study:

Online life
11, 13, 15, 16

Online harms
8

Mental health and wellbeing
13

Careers education: aspirations, learning and work
14

Spring 1

Friendship, diversity and challenging extremism

This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.

Programme of Study:

Inclusion, bullying and discrimination
6, 7, 8, 9, 15, 16

Healthy, positive relationships
11, 12

Spring 2

Managing influence

This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.

Programme of Study:

Inclusion, bullying and discrimination
10, 11, 12, 13

Online life
11, 12, 14, 15

Online harms
9, 10, 14

Economic wellbeing
5, 6, 7, 8, 9, 10, 11

Summer 1

Exploring consent and recognising abuse

This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.

Programme of Study:

Healthy, positive relationships
16

Boundaries and consent
7, 8, 9, 10, 11

Online harms
11, 12, 13

Harmful relationship behaviours
13, 17

Summer 2

Study, work and careers

This unit explores career choices and pathways, work experience, and applications for study or work.

Programme of Study:

Careers education: aspirations, learning and work
12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24

Statutory RSHE | Economic Wellbeing & Careers

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Life-long wellbeing

This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.

Programme of Study:

Mental health and wellbeing
11, 12, 13, 14, 15, 16, 18, 19

Drugs and personal safety

This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support.

Programme of Study:

Drug education
8, 9, 10, 11, 12, 13, 14

Personal safety, risk and influence
10, 11, 12, 13, 14, 15, 16

Mental health and wellbeing
17

Harmful relationship behaviours
12, 14

Safe relationships and sexual health

This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health.

Programme of Study:

Healthy, positive relationships
11, 12, 13, 14, 15, 17

Harmful relationship behaviours
10, 11, 15, 16

Sex education
9, 10, 11, 12, 13, 14, 15, 16, 17

Keeping well, health services and first aid
13

Inclusion, bullying and discrimination
14

Families, fertility and pregnancy

This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.

Programme of Study:

Healthy, positive relationships
18, 19, 20, 21, 22, 23

Reproductive health and fertility
2, 3, 4, 5, 6, 7

Managing and maintaining health

This unit helps students explore behaviours that support their own and others' physical health, through prevention of illness, treatment options and emergency responses.

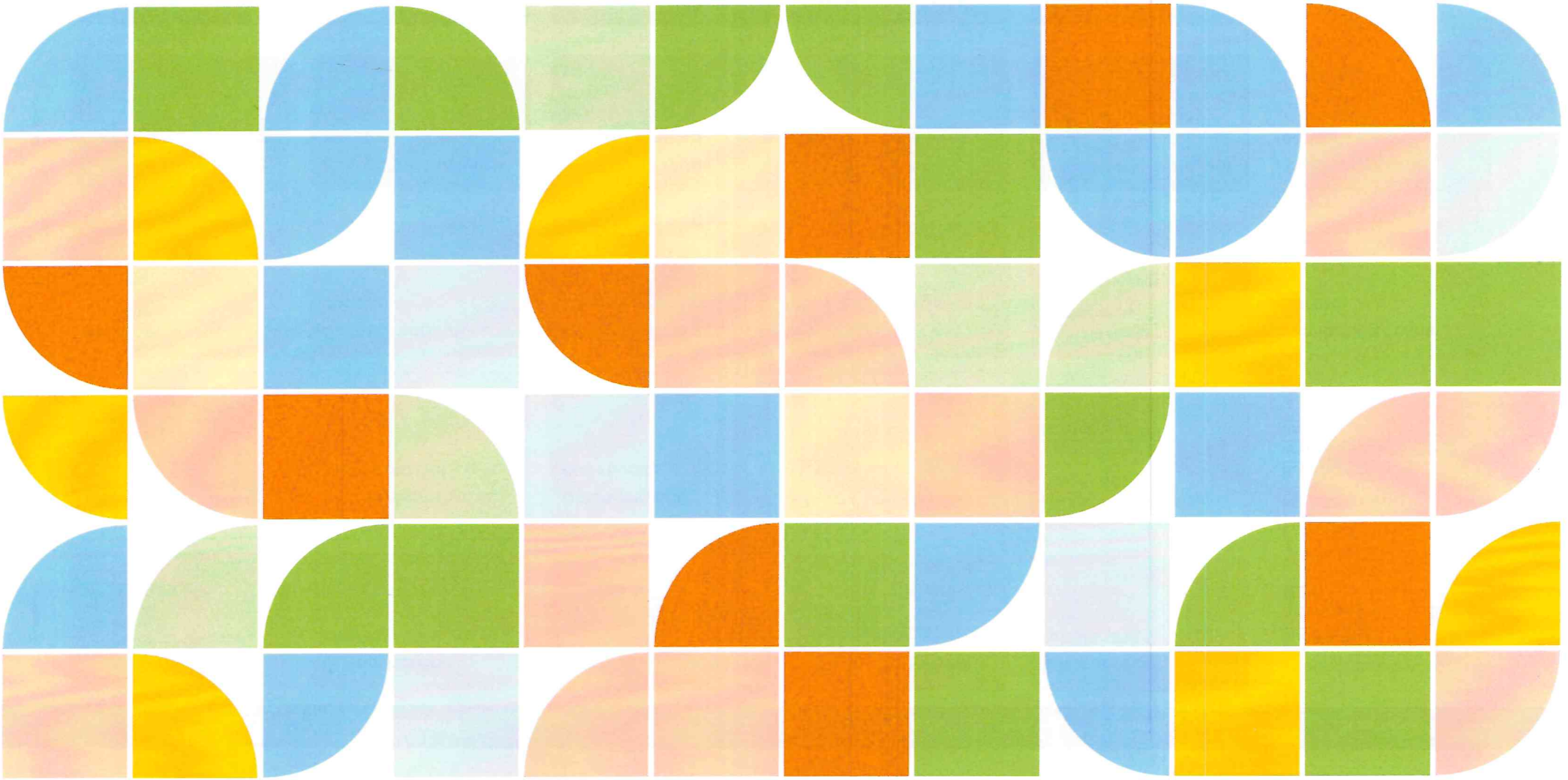
Programme of Study:

Keeping well, health services and first aid
9, 10, 11, 12, 14, 15

Statutory RSHE | Statutory RSHE | Economic Wellbeing & Careers | Economic Wellbeing & Careers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition Wellbeing for Life	Friendship and bullying	Families and changing relationships Teaching about change, loss and grief	Puberty and keeping safe Teaching about puberty confidently	Influences on relationships	Financial decisions Building economic wellbeing in challenging times
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world Online Financial Harms	Healthy and unhealthy relationships Addressing sexual harassment	Managing money Building economic wellbeing in challenging times
Year 9	Mental health and wellbeing Wellbeing for Life	Careers and future choices	Drug education Effective drug and alcohol education	Managing risk in relation to the law	Intimate sexual relationships Teaching sexual health and contraception	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence Online Financial Harms	Exploring consent and recognising abuse Pornography: What and how to teach Addressing sexual harassment	Study, work and careers
Year 11	Life-long wellbeing Wellbeing for Life Teaching about change, loss and grief	Drugs and personal safety Effective drug and alcohol education	Safe relationships and sexual health Teaching sexual health and contraception	Families, fertility and pregnancy	Managing and maintaining health	

PSHE | ASSOCIATION



© PSHE Association 2026