

GHS PSHE OVERVIEW 2026-27

Year	Term 1 – Health and Wellbeing	Term 2 – RSE	Term 3 - Living in Wider World	Term 4 – Health and Wellbeing	Term 5 – RSE	Term 6 – Living in Wider World
7	Resilience Diet and Nutrition Eating Responsibly Oral Health Healthy Living The Importance of Sleep	Positive Friendships Managing Conflict Bullying Cyberbullying Inappropriate Online Behaviour	Wants and Needs Savings Budgeting Borrowing and Debt Shopping Ethically Financial Decision Making + Wellbeing	Puberty Personal Hygiene Mental Health and Wellbeing Caffeinated and Energy Drinks	Positive Relationships Online + Offline Falling in Love Understanding Identity LGBTQ+ Identity ALL: Mental Health Awareness Discrimination Stereotypes	ALL: Road and Rail Safety Using Unifrog Living in a Diverse Community Anti-Social Behaviour Appropriate Language Career Labour Market
8	Self Esteem Emotional Literacy Emotional and Mental Health Personal Health Basic First Aid 1 Basic First Aid 2	Sexting Challenging Gender Stereotypes Sexual Harassment and Misogyny Crime Gangs and County Lines Child Sexual Exploitation (CSE)	Communication Skills Teamwork What are my skills? Money Habits Financial Planning Opening a Bank Account	Teenage Pregnancy Body Image Drugs Vaping	Trust in Relationships Online Relationships Abusive Relationships Understanding Diversity ALL: Mental Health Awareness Recognising Bias, Stereotypes and Discrimination Preventing Gender-based Violence	ALL: Road and Rail Safety Artificial Intelligence (AI) Reliable News and Misinformation CyberCrime Harmful Online Content Local Labour Market
9	Growth Mindset Interpersonal Skills Effective Communication Problem Solving Mental Health – Stress and Anxiety Eating and Mental Health	Types of Families Fertility Contraception STI's Consent	GCSE Options Session Transferable Subject Skills Education Pathways AI and Employment Taking control of Career Journey <i>Careers Session (TBC)</i>	Self-Harm Drugs and Drug Trafficking Excessive Alcohol Consumption Gambling	Relationships and the Media Sharing Inappropriate Content Pornography FGM ALL: Mental Health Awareness Grooming Radicalisation and Extremism	ALL: Road and Rail Safety Budgeting Financial Planning + Value for Money Money Management Online Fraud Bank Accounts and Savings
10	Screen Time Social Anxiety Stereotypes and Stigma Supporting our Mental Health Grief and Bereavement The Cost of Living	Harassment and Stalking Challenging Gender Stereotypes Sexism and Misogyny Thinking Critically about Misogyny Forced and Arranged Marriage	Future Pathways Industries on the Rise Professional Conduct Adaptability Skills for Success Interview Preparation	Addiction Tattoos and Piercings Sun and Skin Health Menstrual + Gynaecological Health	Positive Relationships Choices around Sex Contraception Revenge Porn ALL: Mental Health Awareness Hate Crimes Crime Gangs and County Lines	ALL: Road and Rail Safety Health and Safety at Work Financial Exploitation 2x GCSE Mocks 1x Work Experience
11	CAREERS Sixth Form and A Levels College and Application Forms Apprenticeships Factors Influencing Choices CV Writing Interview Preparation	Peer Pressure Healthy Sexual Relationships Conflict in Relationships 2x GCSE Mocks	HEALTH AND WELLBEING Body Image Fertility and Reproductive Health Miscarriage and Unplanned Pregnancy Breast, Cervical and Testicular Cancer Organ Donation Accessing Health Services	Basic First Aid 1 Basic First Aid 2 2x GCSE Mocks	Importance of Sleep Impacts of Stress Wellbeing During Exams	GCSE Exams
6th	Healthy Eating Impacts of Stress Emotional Wellbeing Work-Life Balance Career Motivations	Parenting Sexual Encounters Sex and the Media Coercive and Controlling Relationships Stalking	Volunteering Rights and Responsibilities at Work The Changing Job Market Assessment Centres Saving, Spending, Budgeting Payslips and Pensions	Fertility and the Menopause Sexual Health Binge Drinking Cosmetic Procedures	Human Rights Toxic Masculinity Misogyny Sexual Harassment and Abuse ALL: Mental Health Awareness Cultural Diversity and Inclusion Prejudice and Discrimination	ALL: Road and Rail Safety Buying and Renting a Property Household Bills and Costs Owning a Car 2x Y12 Mocks 1x Work Experience

Whole School PSHE:

Term 5 – Mental Health Awareness (Week 4)

Term 6 – Road and Rail Safety (Week 1)