



Year 9 – Year 11

The Year 8 – Year 11 PSHE Curriculum is designed by Manchester Healthy Schools. The lessons in bold are features by Life Lessons. Year 8 and Year 9 PSHE – Delivered as one lesson a fortnight. KS4 PSHE - Delivered every Thursday in Form time.

Autumn Term				
Relationships and Sex Education / Mental and Emotional Health				
Year 9	1	How can we all prevent STI transmission and stigma?	Lesson 1	
	2	What is contraception used for?	Lesson 2	
	3	What are the facts surrounding pregnancy and miscarriage?	Lesson 3	
	4	What are the options when someone gets pregnant?	Lesson 4	
	5	How do I look after my emotional health?	Lesson 5	
	6	What are the challenges and misconceptions of gender and body image in the media?	Lesson 6	
	7	What is online stress and FOMO?	Lesson 7	
Year 10	1	How can we form positive relationships?	04/09/2025	Form
	2	What is relationship abuse?	11/09/2025	Form
	3	What are the reasons for sex?	18/09/2025	Form
	4	How can we recognise coercion, harassment and victim blaming?	25/09/2025	Form
	5	What is mental health and how can I look after my mental health?	02/10/2025	Form
	6	How can I prevent and deal with exam stress?	09/10/2025	Form
	7	How can I practice self-care?	16/10/2025	Form
	8	How do I manage online relationships and avoid negative influences?	23/10/2025	Form
	9	How can I be a 'discerning consumer of online information'?	06/11/2025	Form
	10	Conversations about Mental Health	13/11/2025	Form
	11	Mental Wellbeing	20/11/2025	Form
	12	Online Wellbeing	27/11/2025	Form
	13	Know your Rights	11/12/2025	Form
	14	Staying Healthy	18/12/2025	Form
Year 11	1	What is the law surrounding sexual consent?	04/09/2025	Form
	2	What are the responsibilities of parenthood? What are key parenting skills?	11/09/2025	Form
	3	What is reproductive health? How might my lifestyle choices affect my fertility?	18/09/2025	Form
	4	How can we understand sexual consent beyond reproduction?	25/09/2025	Form
	5	Why is it important to manage my personal vs professional online identity?	02/10/2025	Form
	6	How can we challenge extremism and recognise radicalisation?	09/10/2025	Form
	7	What are the effects of the media and pornography on young people?	16/10/2025	Form

8	Staying Healthy	23/10/2025	Form
9	Basics of Mental Health	06/11/2025	Form
10	Grief	13/11/2025	Form
11	Connecting with yourself mindfully – Self-concept and motivation	20/11/2025	Form
12	Cultivating a positive relationship with your body	27/11/2025	Form
13	Norms, Values and Behaviour	11/12/2025	Form
14	Managing Mental Health	18/12/2025	Form

Spring Term				
Keeping Safe / Health Lifestyles				
Year 9	1	What are the effects and risks of drug and alcohol use?	Lesson 1	
	2	How do thoughts and feelings lead us to making decisions?	Lesson 2	
	3	What are the risks associated with gambling?	Lesson 3	
	4	What is criminal exploitation?	Lesson 4	
	5	Why do people donate blood and organs?	Lesson 5	
	6	What is cancer prevention?	Lesson 6	
Year 10	1	How does drugs and alcohol affect people who use and the people around them?	09/01/2026	Form
	2	How do drugs and alcohol impact on life goals?	15/01/2026	Form
	3	What are the responsibilities of increased independence?	22/01/2026	Form
	4	What are the risks of belonging to a gang?	29/01/2026	Form
	5	Why is it important to self-examine for cancer and other illnesses?	05/02/2026	Form
	6	How does exercise improve my mental wellbeing? Strategies for balancing work, leisure and exercise	12/02/2026	Form
	7	What is stem-cell donation?	26/02/2026	Form
	8	How can I develop my employability skills? (Before Work Experience)	05/03/2026	Form
	9	First Aid - CPR, AEDs, wounds and choking	12/03/2026	Form
	10	Making healthy choices - Organ donation, vaccines and blood donation	19/03/2026	Form
	11	Making healthy choices - cosmetic and plastic surgery	26/03/2026	Form
	12	Creating Influence	02/04/2026	Form
Year 11	1	How can we manage influences to gamble?	09/01/2026	Form
	2	What is CPR and how can I use defibrillators?	15/01/2026	Form
	3	How should I respond in dangerous situations?	22/01/2026	Form
	4	What are some strategies for good quality sleep?	29/01/2026	Form
	5	What are food fads? Combating food myths and maintaining healthy eating during exam time	05/02/2026	Form
	6	Making healthy choices – Preventing Cancer and Heart Disease	12/02/2026	Form
	7	Making Healthy Choices and Preventing illnesses	26/02/2026	Form
	8	Personal Safety – Travelling in the UK and abroad	05/03/2026	Form
	9	Creating Influence, Volunteering	12/03/2026	Form
	10	Dealing with Change	19/03/2026	Form

11	Connecting with yourself mindfully - Stress	26/03/2026	Form
12	Looking after your body – Food and Exercise	02/04/2026	Form

Summer Term				
Living in the Wider World				
Year 9	1	How can I manage financial risks now and in future?	Lesson 1	
	2	What are my strengths, interests, skills and qualities? Considering GCSE options	Lesson 2	
	3	What are my career aspirations?	Lesson 3	
	4	How can I respond to sexism?	Lesson 4	
	5	Managing peer pressure	Lesson 5	
Year 10	1	What are the connections between the world of work and my future economic wellbeing?	23/04/2026	Form
	2	What is the connection between personal finance, public spending and economic citizenship?	30/04/2026	Form
	3	What is the link between misogyny and extremism?	07/05/2026	Form
	4	Online Safety – Scams and Gambling	14/05/2026	Form
	5	Media influence on body image	21/05/2026	Form
	6	How can I develop my employability skills? (2 parts – After Work Experience)	04/06/2026	Form
	7	Online Wellbeing – Bias and Extremism	11/06/2026	Form
	8	Using Social Media Responsibly	18/06/2026	Form
	9	Media influence – Identities and Relationships	25/06/2026	Form
	10	Exploring Privilege	02/07/2026	Form
	11	Gender Stereotypes and Relationships	09/07/2026	Form
	12	Appreciating Diversity	16/07/2026	Form
Year 11	1	What are my employee rights?	23/04/2026	Form
	2	When I work, what will my income and deductions look like?	30/04/2026	Form
	3	What does financial planning look like?	07/05/2026	Form
	4	GCSE Revision	14/05/2026	Form
	5	GCSE Revision	21/05/2026	Form
	6	GCSE Revision	04/06/2026	Form
	7	GCSE Revision	11/06/2026	Form
	8	GCSE Revision	18/06/2026	Form
	Y11 Study Leave			

Each topic aligns well with the principles of British Values, which include Democracy, Rule of Law, Individual Liberty, Mutual Respect, and Tolerance of Different Faiths and Beliefs.