



"A tree planted by streams of water, which yields its fruit in season" (Psalm 1:3)
Wisdom – Hope – Service – Resilience



Curriculum Intent Statement

Department: PSHE

Intent:

At the Deanery CofE Academy PSHE curriculum is designed to nurture the holistic development of every pupil, rooted in Christian Values and teachings. We aim to create a safe, inclusive, and supportive environment where students can grow spiritually, emotionally and academically.

Our Intent:

Emotional Well-being: To equip students with the skills to manage their emotions, build **RESILIENCE**, and develop a positive self-image, instilling **HOPE** for their future.

Social Development: To promote respect, empathy, and kindness, enabling students to build healthy relationships and contribute positively to their community through acts of **SERVICE**.

Health Education: To provide knowledge and understanding of physical health, mental well-being, and safety, empowering students to make informed choices of **WISDOM**.

Economic Understanding: To prepare students for the future by teaching financial literacy, career education, and the importance of responsible citizenship fostering **RESILIENCE** and **HOPE**.

Through our **JIGSAW PSHE Curriculum**, we strive to develop well-rounded individuals who are prepared to face the challenges of the modern world with the confidence, compassion and strong moral compass, embodying the Christian values of **WISDOM, HOPE, RESILIENCE, and SERVICE**.



The Deanery PSHE Big Question Overview 2025-2026

Term	1	2	3	4	5	6
	Being Me in my World	Celebrating Difference	Careers Xello	Healthy Me	Relationships	Changing Me Sex Education
Year 7	How do I fit in to the world I am living?	Do we need to 'feel the same as' to belong?	Careers Xello	To what extent am I responsible for my physical and mental health?	What can make a relationship healthy or less healthy?	Do I stay the same when things around me change?
Year 8	Can I choose how I fit into the world?	How are we different really?	Careers Xello	Can I become more responsible for my health and happiness?	How much such as what and who around us should impact our self-worth?	What factors can make an intimate relationship happier and healthier?
Year 9	To what extent does the world I live in effect our identity?	Is being different a good thing?	Careers Xello	How can substances impact wellbeing?	Can relationships ever be equal?	How can change affect mental health?
Year 10	Is managing my online and offline world within my control?	Does difference result in inequality?	Careers Xello	When it comes to health, to what extent am I in control?	Is love all you need?	Can all change be positive in some way?
Year 11	Is managing my online and offline world within my control?	Careers Xello	Is it possible to stay true to yourself and be in healthy relationships?	When it comes to health, to what extent am I in control?		



Year 7

Term	Unit of Work	Knowledge and Skills	Assessment Criteria
1	Being me in my world	<ul style="list-style-type: none"> Recognise that identity is affected by a range of factors Understand that identity is affected by a range of factors Understand how peer pressure operates within groups Recognise how I present myself online Understand what can influence my behaviour Online Maintain positive on and offline relationships 	<ul style="list-style-type: none"> Identify internal and external influences in my life Give examples of things that might influence my behaviour online Explain how to maintain positive relationships with others both on and offline State how to report online risks
2	Celebrating difference	<ul style="list-style-type: none"> Know how I can challenge prejudice and discrimination assertively Be assertive when appropriate Identify what is important to me and what I expect from myself I can challenge my own and others' attitudes and values, and accept difference in others Understand the wide range of roles in society and the variety of individuals that operate within them Understand what stereotyping means and its potential impact Define stereotyping and explain why it is unhelpful Challenge prejudice and discrimination assertively Know what the United Nations Universal Declaration of Human Rights is and how it protects people Know what the Equality Act is and can give some examples of protected characteristics I can understand what bullying is and what it is not and some of the motivations behind bullying behaviours I understand how respect impacts on relationships 	<ul style="list-style-type: none"> Describe what the Equality Act says about 'protected characteristics' I can describe how bullying might involve prejudice and/or discrimination Explain why stereotyping isn't helpful List ways to challenge discrimination and/or prejudice positively
3	Careers		Ben to complete



4	Healthy Me	<ul style="list-style-type: none"> • I understand how health can be affected by emotions and know a range of ways to keep myself well and happy • I understand how physical activity can help combat stress • I understand the positive impact of healthy lifestyle choices such as good nutrition, exercise on my body and mind • I understand the positive impact of healthy lifestyle choices such as good sleep on my body and mind. • I can explain ways to help myself when I feel stressed, I recognise when I feel stressed, and the triggers associated with this • I know about different substances and the effects they have on the body and why some people use them • I understand that I can make choices about my own lifestyle including sleep and nutrition • I can summarise some key things I can do to sustain my wellbeing 	<ul style="list-style-type: none"> • Explain why people need to take responsibility for their health • Describe techniques some people use to manage their emotions • State some of the changes that happen in the body when it experiences stress • Explain ways some ways to manage stress • Give examples of healthy and less healthy lifestyle choices
5	Relationships	<ul style="list-style-type: none"> • Identify characteristics and benefits of positive, strong, supportive, relationships • Understand what expectations might be of having a romantic relationship • I understand what is meant by consent • I can identify the supportive relationships in my life • I know that relationships can change and suggest how to manage this • I can identify why people sometimes fall out • I can suggest ways to manage conflict within my friendship group • I can understand that discernment is an important skill when being a consumer of media • I can recognise when to use assertiveness in some of my relationships I can understand the personal and legal consequences of sexting • I can summarise behaviours and attitudes that could make a relationship healthy or unhealthy 	<ul style="list-style-type: none"> • Describe behaviours that help make relationships healthy • Describe attitudes that help make relationships healthy • Describe behaviours that could make relationships unhealthy • Describe attitudes that could make relationships unhealthy • Explain why being discerning is important to people's well-being • Give examples of skills people can use to stay happy and healthy in their relationships
6	Changing Me	<ul style="list-style-type: none"> • I can understand the changes that happen to someone's body during puberty • I can understand how some of the changes that happen during puberty can affect my feelings and emotions • I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally • I know how a baby is conceived naturally • I know that there are other ways a baby can be conceived, e.g. IVF • I understand how a baby develops inside 	<ul style="list-style-type: none"> • Describe the range of changes people may experience during puberty • Explain why developing a positive body image is important • Describe how a baby can be conceived and born Describe the approach to parenting I would use if I chose to have my own family



		<ul style="list-style-type: none"> • the uterus and is born • I know there are different types of committed stable relationships • and that some people may choose to have children or not • I can make links between positive, healthy family relationships and effective parenting • I can identify some of the roles and responsibilities of being a parent • I know that the media can have a positive or negative impact on a person's self-esteem or body image • I know where to go for help if I am worried about my body image or self-esteem • I know about some of the changes in my brain during puberty • I am aware of some of the emotional changes during puberty • I know where to access support if I am worried about adolescence • I can summarise the potential impact of changes in puberty on how I feel and suggest ways to cope with the changes • I understand ways to stay positive and boost my self-esteem 	
--	--	---	--

Year 8

Term	Unit of Work	Knowledge and Skills	Assessment
1	Being me in my world	<ul style="list-style-type: none"> • I can appreciate that identities are complex and can change over time- I can appreciate the similarities, differences and diversity of people's identities • I can appreciate the similarities, differences and diversity of people's identities • I can understand about collective and individual identities and cultural diversity I understand the influence family has on self-identity • I can define what stereotypes are • I understand that first impressions can lead to judgements that may be misinformed • I understand that that there is a range of beliefs within any community and I can recognise the beliefs I hold as important to me- I can appreciate that people's faiths and beliefs can affect their personal identity • I understand that that there is a range of beliefs within any community and I can recognise the beliefs I hold as important to me- I can appreciate that people's faiths and beliefs can affect their personal identity. 	<ul style="list-style-type: none"> • I understand how to identify influences and differences and use these positively in my relationships
2	Celebrating Difference	<ul style="list-style-type: none"> • I can recognise the challenges faced by individuals when trying to make positive change- I can give examples of individuals who have made a positive contribution despite prejudice and discrimination 	<ul style="list-style-type: none"> • I understand how respect and equality, or the lack of these, affects relationships- I know I



		<ul style="list-style-type: none"> • I can give examples of social injustice in the UK- I can describe what inequality means in the UK. • I can give examples of social injustice • I can define what is and what is not bullying- I can give examples of LGBT bullying- I can describe the steps that can be taken to challenge LGBT bullying • I can make a positive contribution to my community- I recognise that the choices I make will have an impact on my ability to develop my self-confidence and integrity 	can make a difference (self-efficacy)
3	Careers	Ben to complete	
4	Healthy me	<ul style="list-style-type: none"> • I can describe the actions that can be taken to support good physical health- I can list some factors that help to ensure good health in the longer term • I understand what the law says about substance use and possession- I can describe some of the links between substances and exploitation of young people • I can describe the actions that can be taken to support good physical health- I can list some factors that help ensure good health in the longer term- I can list the factors that can impact negatively on dental health- I can describe the steps that can be taken to keep teeth and gums healthy • I understand the role of vaccinations and can explain differing views on this • I understand how health can be affected by emotions and know a range of ways to keep myself well and happy 	<ul style="list-style-type: none"> • I can describe the actions that can be taken to support good physical and mental health
5	Relationships	<ul style="list-style-type: none"> • I understand that relationship skills have to be learned and practised, including the one with ourselves • I understand that relationships can cause strong feelings and emotions- I understand the features of positive and stable relationships- I understand that all relationships have positive and less positive aspects • I can define what is meant by personal space and how this varies across my relationships - I can discuss how personal space differs across different cultures • I understand what is meant by control, power balance and coercion in a relationship- I understand that carrying a knife can lead to serious consequences for me and others around me • I understand how to use social media appropriately, safely and legally- I can give examples of how personal safety can be compromised online • I understand that personal space is different for everyone • I can explain what is meant by the term neurodivergent 	<ul style="list-style-type: none"> • I understand that personal space is different for everyone- I can explain what is meant by the term neurodivergent
6	Changing Me	<ul style="list-style-type: none"> • I know different types of close, intimate relationships that people can have • I know what happens physically and emotionally when individuals experience physical attraction • I understand the positive aspects of having a girlfriend or boyfriend- I can describe some of the behaviours you would expect to find in a healthier romantic relationship 	<ul style="list-style-type: none"> • I can summarise behaviours and attitudes that could make a relationship healthier or less healthy- I can explain some risks associated with pornography or



		<ul style="list-style-type: none"> • I can understand the range of feelings associated with attraction- I know where to get information to safely explore feelings about sexuality. • I can list some risks associated with drinking too much alcohol, including unprotected sex, non-consensual sex • I know what the law says in relation to sex and alcohol • I can discuss the steps someone could take if they had engaged in risky sexual behaviour as a result of drinking too much alcohol 	alcohol use in relation to relationships
--	--	--	--

Year 9

Term	Unit of Work	Knowledge and Skills	Assessment
1	Being me in my world	<ul style="list-style-type: none"> • I can identify differences between myself and others in my social groups • I can explain how differences can be a source of conflict or a reason to celebrate I understand that different people have different expectations of intimate relationships and know how to access support if worried about a relationship issue • I can explain peer approval and how it can cause problems • I can describe what grooming is and give examples • I can suggest links between risky behaviour choices and the influence of social groups • I know that I can accept or reject influences • I can explain the links between having a positive self-identity and healthy intimate relationships • I understand what consent means for me within my peer and intimate social groups • I know how to report abusive or coercive behaviour 	<ul style="list-style-type: none"> • I understand how the choices I make can be linked to my self-identity and self-esteem, and how this can affect my health and relationships
2	Celebrating difference	<ul style="list-style-type: none"> • I can give examples of different types of prejudice and discrimination • I can explain how the Equality Act has protected characteristics and why these are important • I can distinguish between 'banter' and sexist, LGBT-phobic and racist language • I know where to report bullying • I understand the legal consequences of bullying and hate crime • I can explain why some people can display sexist and ageist behaviour - I understand the complexities associated with gender identity - I can challenge my own and others' attitudes towards difference in relation to sexism, ageism and gender identity • I can identify positive and negative language and can recognise my own language style • I understand that there are different types of bullying (verbal, physical, online) - I know what to do if I encounter bullying - I can give examples of workplace bullying 	<ul style="list-style-type: none"> • I understand how prejudice, discrimination and bullying can arise and how these can affect mental health



		<ul style="list-style-type: none"> I understand about protected characteristics and how everyone has the responsibility to challenge discrimination - I understand that there are some inequalities in the world 	
3	Careers	Ben to complete	
4	Healthy me	<ul style="list-style-type: none"> I understand that my brain works in order to keep me safe, process my emotions and think logically I can explain how my environment changes as a teenager and how my brain might respond to this I understand the physical and emotional effects of alcohol and how it can affect decision-making I know what the law says about alcohol I understand the physical and emotional effects of certain substances and how they can affect decision-making I know some facts about drug classification and what the law says about possession and supply of drugs I understand that my social environment has a bigger impact on me in adolescence than it did in earlier childhood I understand why fitting in with a social group is important to me at this age I understand how I can make choices to keep myself healthy I know what cardiac arrest is and the steps I can take if I think this might have happened to someone I can follow instruction to carry out CPR I understand what a defibrillator is and can follow instructions on how to use one I am able to notice when the behaviour of those around me changes and some steps I can take to help them 	<ul style="list-style-type: none"> I can describe the actions that can be taken to support good physical and mental health
5	Relationships	<ul style="list-style-type: none"> I can recognise when there is an imbalance of power in a relationship I understand the features of positive, stable relationships I understand that I have a choice in many situations, including when I want to say no I know and can use some assertiveness skills to help me manage a range of circumstances I understand that consent and the law are important features in a sexual relationship I understand that pornography and some media images give a false impression of sex and romantic relationships I can challenge stereotypical ideas of 'ideal' males and females I know about sex and the law as applied to online and social media I know about the different contraception methods available and that communication about contraception use is important 	<ul style="list-style-type: none"> I can consider the risks and consequences of becoming sexually active



		<ul style="list-style-type: none"> • I know that contraception is important for sexual health as well as preventing a pregnancy and how to access advice and information about sexual health • I know about sex and the law • I understand that there are consequences if I choose to have unprotected sex • I know about different sexually transmitted infections • I know about sexual health clinics and how to access help and support if I have unprotected sex 	
6	Changing me	<ul style="list-style-type: none"> • I know that my mental health can be affected by different situations and experiences • I know about some common mental health issues • I can challenge stigma about mental health issues • I know where to access support if I am worried about my mental health • I know that change can trigger a range of emotional responses • I know that some changes can be more difficult to manage than others • I know that going through change can develop resilience • I know that sleep is important for psychological and physical reasons • I know that sleep is important for my mental health • I know that sleep is important for learning • I understand what resilience means • I understand how resilience can be developed • I know different ways someone might choose to express themselves (self-expression) • I understand some of influences that can affect a person's body image and how they might choose to express themselves 	<ul style="list-style-type: none"> • I can summarise how different types of change can affect mental health and know some strategies to stay resilient

Year 10:

Term	Unit of Work	Knowledge and Skills	Assessment
1	Being me in my world	<ul style="list-style-type: none"> • I can list the freedoms I enjoy in society • I can describe what personal freedom means to me • I can describe my understanding of safety • I can identify potential risks to my safety • I can describe the stages of grief • I know where to appropriately get help and support with loss and bereavement issues • I can discern which online sources or support in regards to loss/ grief are helpful or not • I recognise the positive and negative role of social media 	<ul style="list-style-type: none"> • I understand how to stay safe in my online and offline relationships



		<ul style="list-style-type: none"> • I understand the impact social media has on culture and identity • I recognise how online data is used both positively and negatively • I can identify potential threats to online safety • I understand “netiquette” and legislation relating to online safety • I can state decision-making process regarding what you post online • I can identify potential threats to safety in a range of situations on and offline • I can describe actions to mitigate risk in a range of situations • I know how to get help if personal safety is threatened 	
2	Celebrating difference	<ul style="list-style-type: none"> • I can define what equality is • I can give examples of disabilities including hidden disabilities- I can give some consequences of not adhering to the Equality Act • I can give examples of job roles that are exempt from the Equality Act • I can give examples of how to promote equality • I know what is expected of me and what I can expect in the workplace • I can give examples of job roles that are exempt from the Equality Act • I can give examples of how to promote equality • I know what is expected of me and what I can expect in the workplace • I can explain the benefits of multi-cultural societies • I can appreciate the differing views and opinions of individuals • I can explain some of the physical and mental consequences of unequal treatment of individuals • I can identify the misuse of power in relationships • I can give examples of the physical and mental consequences of misuse of power in relationships • I can list sources of support for individuals experiencing ill treatment by others • I can identify individuals and groups that may experience inequality • I can list some organisations that campaign for greater equality • I can describe how some groups and individuals’ campaign for equality 	<ul style="list-style-type: none"> • - I understand how equality and inequality can affect relationships • I recognise some of the ways in which aspects of health can impact on life chances, particularly education • I know how to take responsibility for some aspects of my health and I understand that my health-related decisions will have consequences
3	Careers	Ben to complete	
4	Healthy me	<ul style="list-style-type: none"> • I understand the range of factors that affect my physical and mental health • I can use new (health-related) information to inform my lifestyle choices • I can discuss common threats to health, including cardio-vascular disease and cancer and diabetes 	<ul style="list-style-type: none"> • I can describe the actions that can be taken to support good physical and mental health



		<ul style="list-style-type: none"> • I can identify the steps that can be taken to help prevent lifestyle-related ill-health • I understand there is a wide range of actions that I can use to enhance and protect my health • I know about some mental health disorders • I understand the positive impact that community action and volunteering can have on mental health • I am aware of the potential risks associated with a range of substances • I understand that there could be consequences to both myself and my sexual partner if I choose to have unprotected sex- I know about different sexually-transmitted infections, their symptoms and how they are transmitted and how to get tested • I know about the different contraception methods available and that they are important for sexual health and preventing pregnancy • I know that communication about contraception use is important • I know about sex and the law and how to access advice and information about sexual health 	
5	Relationships	<ul style="list-style-type: none"> • I can identify types of long-term relationships, including legal status • I can identify the important elements in long-term relationships • I can discuss what is required to sustain healthy long-term relationships • I know appropriate vocabulary associated with long-term relationships • I can differentiate the elements present in different types of long-term relationships • I understand the relationship life-cycle • I understand the choices I have in my relationships, including; ending a range of relationships, physical and non-physical relationship choices • I can explain how a range of relationships can be ended including romantic relationships • I understand the consequences of ending relationships including: bullying, revenge pornography, depression, the grief process and how to manage this • I can list sources of help and support for when relationships end including bereavement and divorce, family separation • I understand the benefits of healthy relationships • I can discuss the physical and mental benefits of connectedness • I can assess the impact healthy relationships can have on children • I can evaluate my own role in a range of relationships • I can critically evaluate the role of love in relationships • I can list strategies to cope with difficult relationships • I can critically evaluate the truth or otherwise of a relationship e.g. via social media, “fake news” etc. • I can explain why rumour mongering might give a false impression of a relationship 	<ul style="list-style-type: none"> • I can consider what makes a healthier or less healthy relationship- I know how to get help with relationships if needed



		<ul style="list-style-type: none"> • I can discuss the media portrayal of relationships and potential harms this may cause e.g. sensationalisation, reality TV, pornography • I can list the health benefits that positive relationships can provide • I understand the patterns associated with abusive relationships including exploitation and abuse in teenage relationships • I understand how coercion can feature in a range of relationships and can describe examples of associated legislation • I know the support available when relationships are unsafe 	
6	Changing me	<ul style="list-style-type: none"> • I can identify some of the changes in society that will affect me • I can discuss the emotional impact societal change can have on young people • I can assess the role of media, including social media on social change • I can identify the feelings associated with change, both positive and negative • I understand the type of decision-maker I am • I can discuss the impact of a range of changes that families can experience, as well as the effect they can have on children/parents/family members • I can reflect on physical changes experienced so far • I understand the relationship between physical change, self-esteem and emotional change • I understand the impact of family change and how it can affect future relationships • I can list sources of help and support in relation to changes young people may have difficulty with 	<ul style="list-style-type: none"> • I can summarise the potential impact of changes in puberty on how I feel and suggest ways to cope with the changes

Year 11

Term	Unit of Work	Knowledge and Skills	Assessment
1	Being me in my world	<ul style="list-style-type: none"> • I can state what 'being an adult' means to me- I can give some examples of legislation that affects me at 16 • I can give examples of legislation that relates to sex and relationships- I know about the legal status of different relationships e.g marriage, civil partnership, co-habitation • I can explain why coercive control, sexual harassment and sexual violence in relationships is unacceptable, illegal and the consequences of this • I can give examples of legislation around the possession and supply of drugs, tobacco and other substances- I can assess the impact of substance supply and misuse on the range of people involved in a scenario including coercive control • I can give examples of legislation in reference to online activity 	<ul style="list-style-type: none"> • I know some of the rights, responsibilities and laws that affect me



		<ul style="list-style-type: none"> • I can assess the impact of illegal online activity and misuse of technology on a range of people • I can explain why pornography is legislated against and the potential consequences of viewing pornography • I know the steps to take in an emergency situation including assessment of the situation, making the area safe, giving emergency aid, accessing help- I can apply this knowledge to a range of scenarios where emergency aid may be needed 	
2	Careers	Ben to complete	
3	Relationships	<ul style="list-style-type: none"> • I know that an intimate relationship can move through different stages • I can give examples of how the media portrays expectations of sex and relationships, both positive and negative • I can tell you about my own sexual relationships checklist and what I can do to protect my sexual and reproductive health now, and in the future • I understand some of the terminology and language used surrounding gender and sexuality • I know that sexuality is different from gender diversity • I know that for some people, gender identity and sexuality is fluid and for others it is fixed • I know that LGBT+ people are protected by law • I understand that 'coming out' can be challenging for some LGBT+ people and it is up to them to choose the right time for this • I understand that the media often shows stereotypical LGBT+ people and relationships, and within this community there is diversity which may not always be represented • I know that being LGBT+ is different for each individual and there are many ways someone may express being LGBT+ • I can recognise when there is an imbalance of power within an intimate relationship • I can suggest strategies for managing relationships that are imbalanced, including ending them if appropriate • I know how to recognise illegal behaviour within an intimate relationship, how and where to report it • I know what Female Genital Mutilation (FGM) and breast ironing/ flattening are and why they are illegal • I know how to report crimes such as these 	<ul style="list-style-type: none"> • I can consider how power in relationships can affect people- I understand issues relating to inclusion, equality and violations of human rights
4	Health	<ul style="list-style-type: none"> • I understand the influences that inform decision-making with regard to sexual relationships- I can explain the links between sleep and physical/mental health • I understand the influences that inform decision making with regard to sexual relationships • I know some strategies to help manage the pressure to have sex- I understand what consent is in relation to sexual relationships 	<ul style="list-style-type: none"> • I can summarise ways people can stay healthy physically, mentally and sexually- I can think about how health and healthy choices change as people get older



		<ul style="list-style-type: none">• I know key facts about fertility and pregnancy• I know how hormones can influence many aspects of my health and life• I am aware of the steps I can take to keep healthy• I understand the choices available in relation to contraception and pregnancy• I know key facts about fertility and pregnancy• I can summarise ways people can stay healthy physically, mentally and sexually• I can think about how health and healthy choices change as people get older	
--	--	--	--

