



# Thematic PSHCE KS3-4 Overview

September 2025



**Bridgewater School**  
WHERE INDIVIDUALS COUNT



## Secondary PSHCE Education: Long Term Overview – Thematic Model

	<b>Autumn 1</b> Health & wellbeing	<b>Autumn 2</b> Living in the wider world	<b>Spring 1</b> Relationships	<b>Spring 2</b> Health & wellbeing	<b>Summer 1</b> Citizenship	<b>Summer 2</b> Relationships
<b>Year 7</b>	<b>Transition &amp; safety</b> Transition to secondary school and personal safety in / outside school, including first aid	<b>Developing skills &amp; aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations	<b>Diversity</b> Diversity, prejudice and bullying	<b>Health &amp; puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM	<b>Political parties</b> The operation of Parliament, including voting and elections, and the role of political parties and uses of money, the importance and practice of budgeting, and managing risk	<b>Building relationships</b> Menstrual wellbeing, relationship boundaries, healthy and unhealthy relationships and how we communicate consent
<b>Year 8</b>	<b>Drugs &amp; alcohol</b> Healthy eating and too much sugar, vaping, alcohol and drug misuse and pressures relating to drug use	<b>Community and careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work	<b>Discrimination</b> Discrimination in all its forms including: racism, religious and disability, sexism, homophobia, biphobia and transphobia, staying safe online from radicalisation and extremism	<b>Emotional wellbeing</b> Mental health and emotional wellbeing, including body image, coping strategies, digital resilience and what is AI?	<b>Debating and evaluating viewpoints.</b> The nature of laws, the role of MPs and Parliament. The role of the police, operations of courts and the Justice system.	<b>Identity and relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
<b>Year 9</b>	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness and substance misuse	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Intimate relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid	<b>Managing money well and making sound financial decisions</b> To enable them to manage their money on a day-to-day basis, and plan for future financial needs	<b>Respectful relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes
<b>Year 10</b>	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during period of transition or change	<b>Financial decision-making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Healthy relationships</b> Relationships and sex expectations, pleasure and challenges, including the impact of media, deep fakes and pornography	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media	<b>Global citizenship</b> Democratic and non-democratic systems. Different electoral systems used in and beyond the UK. How the laws help deal with complex problems.	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism
<b>Year 11</b>	<b>Building for the future</b> Self-efficacy, stress management and responsible health choices and Cancer checks	<b>Financial decision-making</b> Saving, borrowing, budgeting and making financial choices	<b>Communication in relationships</b> Personal values, assertive communication (sexual health), relationship abuse and handling bereavement	<b>Independence</b> Pelvic health, fertility and the menopause, parenthood and safety in independent contexts	<b>Voting</b> Actions citizens take in democratic elections. The different roles of the executive legislature and judiciary and free press.	