



Thematic PSHCE KS3-4 Overview

September 2026



Bridgewater School
WHERE INDIVIDUALS COUNT



Secondary PSHCE Education: Long Term Overview – Thematic Model

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition & safety Transition to secondary school and personal safety in / outside school including water and road safety, including first aid and firework safety.	Friendships and Diversity Friendships, peer influence, managing distractions, diversity, prejudice and bullying,, supporting the community.	Financial Decisions Spending decisions, budgeting, getting a job, the impact of inflation, critical consumer and budgeting for a summer holiday.	Health & puberty Personal hygiene, dental health and eatwell plate, puberty and menstrual changes.	Political parties. Parliament, including voting and elections, and the role of political parties and uses of money, the importance and practice of budgeting, and managing risk.	Building relationships Menstrual well-being, relationship boundaries healthy and unhealthy relationships and how we communicate consent.
Year 8	Drugs & alcohol Healthy eating and too much sugar, HPV vaccine, vaping, alcohol and drug misuse and pressures relating to drug use	Discrimination Staying safe online, coping with challenging content, radicalisation and extremism, issues with sexting, gender based violence.	A guide to banking Bank accounts, how to read a bank statement, use a bankcard, how to save and manage debt and a guide to banking.	Emotional wellbeing Mental health and emotional wellbeing, coping strategies and Deep fakes.	Debating and evaluating viewpoints. The nature of laws, the role of MPs and Parliament. The role of the police, operations of courts and the Justice system.	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, coercive behaviour, vaping, substance misuse and run, hide and tell.	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, sharing images and attitudes to pornography	Navigating money and the online world. Managing a budget and risks, emotions linked to financial spending. Online risks of scams, AI in daily lives, people's rights and the spread of misinformation.	Healthy lifestyle First aid, learning how to help people in an emergency, if bleeding, allergies or choking occurs.	Manage their money well and make sound financial decisions. Voting in elections, the precious liberties enjoyed by citizens. The roles played by public institutions and voluntary groups.	Navigating online harms. How Chatbots affect relationships, responding to misogyny, tackling deep fakes, exploring harms and misconceptions..
Year 10	Mental health Breast and testicular health, safeguarding health, including menstruation health.	Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of media, deep fakes and pornography	Financial Capability The impact of financial decisions, budgeting, savings and understanding take home pay. Planning for work experience.	Exploring influence Body modifications, piercings, tattoos and the law. Organ donation.	Global citizenship Democratic and non-democratic systems. Different electoral systems used in and beyond the UK. How the laws help deal with complex problems.	Managing influence. Safely challenging misogynistic narratives and beliefs.
Year 11	Fertility and pregnancy, Sexual health, fertility pelvic health, pregnancy and the menopause.	Communication in relationships Parenthood, longterm commitments, marriage and types of relationship abuse.	Financial Capability Investments, credit cards and mortgages	Fertility and parenthood Safety in independent contexts such as driving on the roads and being a responsible driver and dealing with bereavement.	Voting Actions citizens take in democratic elections. The different roles of the executive legislature and judiciary and free press.	