

Habs

HABERDASHERS'
GIRLS' SCHOOL

PSHE Curriculum Map 2024-25

	Units delivered by tutors/in form time	Unit 1	Unit 2	Unit 3	Unit 4
Year 7	Transitions and Friendship Careers: one 30-minute careers session per half term (directed by Head of Careers, using Unifrog)	Health, Hygiene and Puberty What does healthy mean? Personal Hygiene Puberty and body changes	Self Esteem Role models Appearance ideals Media messaging Challenging body talk	Relationships Definitions of consent; consent in relationships; definitions of abuse; reporting concerns	Diversity and Inclusion Key definitions; the Equality Act; how a welcoming and inclusive community can be fostered at Habs
Year 8	Financial Awareness Careers: one 30-minute careers session per half term (directed by Head of Careers, using Unifrog)	British Values Extremism and radicalisation; sexual Identity and equal rights.	Body Image and Nutrition Nutrition Myth busting; media and advertising; eating disorders.	Healthy Relationships Relationship values; Consent; Online relationships and image sharing.	Equality and Justice What is equality? gender inequality; the relationship between history and racism; Activism
Year 9	Relationships (i.e. non-intimate relationships) Careers: half hour careers/options talk with Head of Careers; half hour Futures panel discussion and three 30-minute psychometric testing sessions)	Drugs and Alcohol risk taking; Cannabis and Vaping; Drugs categorisation and definitions; alcohol; spiking.	Intimate Relationships recap on consent; Sexting; STIs; Contraception	Citizenship Online disinformation and radicalisation; Activism	Managing Change Societal change; Change within families.

Year 10 (Carousels)	Futures <i>A-level and university choices; introduction to unfrog; aptitude testing and careers research</i>	Citizenship Politics and the environment: party policies; democratic and international institutions; special interests	Drugs Vaping; alcohol; class B, class C and prescription drugs; festivals	First Aid Assessing the situation; Unresponsive; Skills check	Mental Health Stress and anxiety; healthy and unhealthy coping strategies; destigmatising and myth-busting; Support	RSE Intimacy and pleasure; Pressure persuasion and coercion; Managing relationship conflict; Addressing relationship abuse	Stress Management Practical techniques, including some derived from yoga and mindfulness.
Year 11 (Carousels)	Digital Wellbeing What is Digital Wellbeing and risks/ dangers; Digital Footprint and Fake News; How to stay safe online and signposts.	Extremism Far-right extremism; how do extremist groups recruit; causes and dangers.	Finance Economic choices: COVID-19 case study; Government spending and taxation	Safety in Public Becoming an adult; living independently; strategies to support personal safety; attitudes towards personal safety and violence against women; apps which can aid our safety.	RSE Long term commitment; Sexual health; fertility and routes to parenthood; Pregnancy outcomes; Pregnancy choices: abortion	The Law Young People and The Law; Criminal Trial; the British citizen's test; Consumer Law	
Year 12 (YJOL materials in form)	Financial Awareness Starting salaries and deductions; living arrangements; luxury items and their costs.	Citizenship The democratic system; LGBTQ+ issues; sustainable living.	Personal life and health Marriage; responsible sexual activity; managing mental health.	Safety Learning to drive; crime and your behaviour; travelling safely.	Health Food and exercise; drug use; pregnancy.	Work and the law Responsible borrowing; credit cards; employment rights and responsibilities.	
Year 13 (YJOL materials in form)	Media and Communication Conflict management; fake news and media ownership; media distortions of body image.	Beyond School Emergencies and accessing NHS services; credit scores; ramifications of online behaviour.	Health and wellbeing Addiction; sleep; preventative screening and tests.	Citizenship Whistle-blowing; disability; the distribution of wealth and power.			