The Prescot School PSHE Curriculum

1. Curriculum Intent

The PSHE curriculum at The Prescot School is **ambitious, inclusive and sequenced** to ensure all pupils, particularly those who are disadvantaged, SEND, or vulnerable, develop the **knowledge, skills and attributes to succeed in life beyond school**.

The curriculum is structured around three statutory strands:

- **Health and Wellbeing**
- **Relationships**
- **Living in the Wider World**

Key Intent Principles

- **Sequential and developmental**: learning builds from self-awareness (Y7) to independence and decision-making (Y11)
- **Context-driven**: reflects local needs (e.g. knife crime, exploitation, deprivation, health inequalities)
- **Inclusive for all learners**: adaptive teaching ensures SEND and disadvantaged pupils fully access and benefit
- **Personal development at the core**: promotes character (e.g. resilience, empathy, integrity)
- **Careers embedded (Gatsby Benchmarks)**: progressive careers education from Year 7 to Year 11
- **Safeguarding-focused**: covers current risks (online safety, exploitation, county lines, nudes, coercion)

Across all Year Groups

Oracy

- Y7: Speak clearly, basic opinions
- Y8: Explain reasoning
- Y9: Debate and justify
- Y10: Persuade and present
- Y11: Formal communication (interviews)

Safeguarding

- Y7: Knowing how to stay safe
- Y8: Recognising risk
- Y9: Understanding complex dangers
- Y10: Managing real-life risk

- Y11: Applying knowledge independently

Careers

- Y7: Awareness
- Y8: Exploration
- Y9: Pathways
- Y10: Experience
- Y11: Transition
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Year 7 – Foundations: Identity, Belonging and Safety

Focus: transition, self-awareness, emotional literacy, and basic health

- Building confidence, resilience and emotional awareness
- Introduction to relationships and friendships
- Understanding rules, values and belonging within a community
- Basic health knowledge (hygiene, puberty, wellbeing)

Skill Area	**What Pupils Develop**
Self-awareness	Identify personal strengths, emotions, and how they feel in different situations
Emotional literacy	Name and describe emotions; begin to regulate feelings
Relationships	Understand different types of relationships and basic respect
Communication	Listen actively and express simple opinions
Safety	Know basic rules, boundaries, and how to seek help
Decision-making	Make simple choices with guidance
Careers	Begin to understand jobs and aspirations
Citizenship	Understand rules, fairness, and belonging in a community

Half Term 1	Half Term 2
Perfect School	Relationships (types)
Personal strengths & confidence	Relationships (communication)
Wellbeing & resilience	Bullying
Rules & expectations	Parliament
Articulating emotions	Drugs and the law
Personal hygiene	Drugs & managing influences
Puberty	Misconceptions
Misconceptions	
Half Term 3	Half Term 4
Intro to careers	Balanced diet & healthy lifestyle
Careers subject links	Healthy lives (sugar & caffeine)
Creative careers	Vaping
Entrepreneur	Vaping
Teamwork	Misconceptions
Half Term 5	Half Term 6
Online bullying & reporting	Poverty & homelessness
Conflict management	Global conflict
Friendship breakdown	Global issues
Media & perception	British values
Empathy	Human rights
Misconceptions	Misconceptions
Achievement	

Year 8 – Developing Awareness: Relationships and Risk

Focus: decision-making, personal safety, and emerging risks

- Managing emotions and mental health strategies
- Exploration of safe/unsafe relationships
- Early safeguarding issues (CSE, grooming, bullying)
- Developing independence in decision-making

Skill Area	What Pupils Develop
Self-awareness	Recognise triggers and manage emotions independently
Emotional regulation	Use strategies to manage stress and mental health
Relationships	Identify healthy vs unhealthy relationships
Communication	Express opinions with reasons; begin respectful disagreement
Safety	Recognise early risks (grooming, bullying, online risks)
Decision-making	Consider consequences of actions
Careers	Explore skills needed for different jobs
Citizenship	Understand diversity and respect differences

Half Term 1	Half Term 2
Identity	Healthy relationships
Managing decisions	Bite Back (1)
Child sexual exploitation	Bite Back (2)
Self-awareness	Parliament
Mental health strategies	Bite Back (3)
Building resilience	Bite Back (4)
Growth mindset	Misconceptions
Misconceptions	
Half Term 3	Half Term 4
Employability skills	Alcohol misuse
Communication skills	Smoking
Problem solving	Nitrous oxide
Work challenges	Anti-social behaviour
Drug misconceptions	Misconceptions
Half Term 5	Half Term 6
Grooming awareness	Knife crime
Accessing support	Knife crime
Peer pressure risk	British politics
Risk-taking strategies	Goal setting
County lines	Stereotypes & expectations
Misconceptions	Misconceptions
Achievement	

Year 9 – Critical Understanding: Risk, Influence and Responsibility

Focus: deeper understanding of relationships, risk and societal issues

- Consent, exploitation, peer pressure and abuse
- Mental health, stigma and coping strategies
- Substance misuse, sexual health and risk-taking behaviours
- Understanding societal pressures and influences

Skill Area	**What Pupils Develop**
Self-awareness	Reflect on behaviour, values, and coping strategies
Emotional literacy	Challenge stigma and understand mental health deeply
Relationships	Understand consent, pressure, and abuse
Communication	Debate and justify opinions confidently
Safety	Assess risk in complex situations (substances, relationships)
Decision-making	Make informed decisions considering consequences and influence
Careers	Understand pathways, qualifications, and labour market
Citizenship	Understand societal influences and ethical issues

Half Term 1	Half Term 2
Body image & peer pressure	Positive relationships & domestic abuse
Body image & social media	Relationship abuse
CSE (abuse & manipulation)	Consent and the law
FGM risks	Parliament
Mental health & stigma	Underage sex
Teenage brain	Contraception
Unhealthy coping triggers	Misconceptions
Misconceptions	
Half Term 3	Half Term 4
Labour market	Addiction
Organisation skills	Gaming addiction
Local labour market	Drink spiking
Qualifications & pathways	Contraception
Substance abuse	Misconceptions
Half Term 5	Half Term 6
Online harassment	Conspiracy theories
Accessing support	Extremism
Gang pressure	Prevent strategy
Gangs & influences	Finance attitudes
Gangs & safety	Moral dilemmas
Misconceptions	Misconceptions
Achievement	

Year 10 – Independence: Decision Making and Future Planning

Focus: preparing for adulthood, careers, and independence

- Work experience preparation and employability skills
- Complex safeguarding issues (coercion, trafficking, nudes)
- Digital literacy and influence (misogyny, AI, media)
- Managing relationships and personal choices

Skill Area	What Pupils Develop
Self-awareness	Manage personal wellbeing independently
Emotional regulation	Apply resilience in challenging situations
Relationships	Recognise coercion, manipulation, and unhealthy dynamics
Communication	Communicate assertively and negotiate effectively
Safety	Manage risk in real-life contexts (online, work, relationships)
Decision-making	Make independent, informed choices about life and future
Careers	Develop employability skills and workplace readiness
Citizenship	Understand rights, responsibilities, and equality issues

Half Term 1	Half Term 2
Listening skills	Human trafficking
Stress management	Forced marriage
Assertiveness & resilience	Social attitudes to nudes
Personal statements	Parliament
Work experience intro	Drug implications
Work experience assembly	Cannabis & influences
Challenging values	Misconceptions
Misconceptions	
Half Term 3	Half Term 4
Career planning	Sending nudes
Adaptability	AI & image sharing
Misogyny & online influence	Deepfakes
Career types	Cronton taster
Emotional wellbeing	Misconceptions
Half Term 5	Half Term 6
Aesthetic procedures risk	Human rights
Coercion & manipulation	Workplace H&S
Stalking	Workplace behaviour
Domestic abuse	Work experience
(gap in week 31)	Work experience
Misconceptions	Misconceptions
Achievement	

Year 11 – Transition: Next Steps and Post-16 Preparation

Focus: transition, responsibility and future pathways

- Careers guidance, applications and interviews
- Financial awareness and workplace expectations
- Revision, resilience and emotional management
- Reflection and preparation for life beyond school

Skill Area	What Pupils Develop
Self-awareness	Reflect on strengths, goals, and personal growth
Emotional resilience	Manage stress, pressure, and change (exams, transition)
Relationships	Maintain healthy relationships and boundaries
Communication	Present themselves effectively (interviews, applications)
Safety	Apply safeguarding knowledge in real-world situations
Decision-making	Make informed decisions about post-16 pathways
Careers	Secure destinations, understand workplace expectations
Citizenship	Act as responsible, informed members of society

Half Term 1	Half Term 2
Why PSHE matters	Apprenticeships / applications
Personal statements	Revision skills
Assembly focus	Abortion debate
Carmel assembly	Applications
Cronton assembly	Mocks
Apprenticeships	Independent work
LLS assembly	Misconceptions
Assembly	
Half Term 3	
Interviews	
UK economy	
Booster sessions	
Booster sessions	
Booster sessions	