

PHSCE Whole School Overview

Year 5		
What does 'being safe' mean to you?		What makes a family?
What does healthy living look like?		What are helpful and unhelpful reactions to conflict?
Do I understand who I can trust?		Who do I know who has shown great resilience?
Where can I go for help if I am being bullied?		Do I understand what it means to be SMART online?
What is self-esteem?		What is social media?
Am I a good friend?		What is a stereotype?
How will my body change in puberty?		What are rules?
What are the consequences of not adhering to rules and the law?		Why could people become angry or upset?
Year 6		
How do I keep safe in the community?		What are healthy and unhealthy relationships?
Can I make the right choices to live healthily?		Is there such thing as 'a normal family'?
Why is it important to respect the rights of children?		How can I use a Growth Mindset to improve my resilience?
What should I do if I or others are being bullied?		How can I share content safely online?
Can I celebrate and respect my uniqueness?		Am I a responsible digital citizen?
What mediation strategies can I apply to resolve differences?		What is a racial stereotype?
How do my sexual organs change during puberty?		Do I have the power of consent and autonomy?
What are our roles and responsibilities in our community?		Can I show self-empathy and self-awareness?
Year 7		
What is discrimination? (gender identity, racism, homophobia)		How do I make good friendship choices?
What is hate crime?		What strategies do I have to cope with unhealthy behaviour from peers?
Why do people immigrate and what are the difficulties they face?		Why are sleep and rest important for my growing body?
Why do some people choose to smoke/vape?		How can I keep mentally healthy?
What are the dangers of dieting?		How can I manage my worries?
Do I understand the dangers of social media?		Do I understand my emotions?
How can my online life affect my body image?		What can drive people to suicide and what are the warning signs?
Can I deliver basic first aid?		What is democracy and why is it important?
Why should we have freedom of speech?		What would be on my political manifesto?
Am I a good citizen?		
Year 8		
What is online stress?		Who enforces the law within our society?
What are the dangers of sexting?		How does the legal system protect us
How do I keep myself safe from sexting and revenge porn?		What are repercussions of carrying a knife?
What is anti-social behaviour?		How can I be aspirational and ambitious?
How can I use money wisely?		What are the dangers of borrowing money?
What does it mean to keep a budget?		How will my changing hormones affect me?
How does alcohol affect me?		How can I keep myself safe in an intimate relationship?
What are the dangers of drug use?		What are the risks of having unprotected sex?

How can I deal with change positively?			What strategies do I have to help me when I am stressed?
Key Growing and Changing	Personal Safety		Relationships and Sex Education
Physical Health	Mental Health		Media and Digital Literacy
Money and Work	Bullying and Discrimination		Community and Responsibility