

# Curriculum Mapping: Wellbeing Y7 - Y13

Term	PSHE and RSE Topics
	Lesson
Term 1: Being Me in My World	Who am I?, fitting in
	Influences and influencers, gateway emotions
	Creating a Personal Budget Plan
	Peer pressure, belonging, peer-on-peer abuse
	Online identity, risks and tips to keep safe, peer-on-peer abuse
	Consequence of online comments, sexting, peer-on-peer abuse
Term 1: Celebrating Differences	Prejudice, discrimination, assertiveness, what's important to you?
	Who influence you?, ethical issues, changing attitudes
	Stereotypes and examples
	Challenging discrimination, protected characteristics and equality act
	Bullying, why be a bully?, Would you intervene?, peer-on-peer abuse
	Inclusion or exclusion, importance of being included
Term 2: Dreams and Goals	My dreams and goals, achievement and failure
	Key skills needed for the future, what skills would I like to develop
	Learning from mistakes, setbacks
	Influences, consequences of decisions, how could I positively affect my future?
	Child criminal exploitation, gangs, bystander, emergency aid
	Control over your life
Term 2: Healthy Me	Stress, managing emotions, tips to combat stress and anxiety, mindfulness
	Nutrition, exercise, mental health, using food and exercise to support mental health and wellbeing
	What is sleep? How sleep cycles work, sleep and mood, health, and memory, supporting good sleep
	Stress, effects of stress on the body, recovering from a state of stress, combatting stress with mindfulness and movement
	Health choices, physical illness and medicine, vaccination, substance misuse

	Working together to improve well-being, mindful movement
Term 3: Relationships	Relationship with self, consent, change, healthy relationships
	Healthy relationships and support
	Emotions in relationships, scenarios
	Happy families, discernment, authenticity
	Assertiveness, rights and responsibilities, sexting, peer-on-peer abuse consequences
	Discernment, authenticity
Term 3: Changing Me	Reproduction facts, puberty, FGM, breast ironing, changes and how I feel about them
	Responsibilities of having a baby, pregnancy and birth, IVF
	Effective parenting skills, pet care, is it ok to not want kids?, UN Children's' rights
	Media and image, cosmetic surgery, avatars, self-esteem
	Emotions and moods, factors affecting mood like food, exercise, sleep, hormones, the brain
	Becoming an adult recap
Term 1: Being Me in My World	Who am I?, influences, uniqueness of me
	Family, definitions, community living
	Family expectations, active listening, roles within the family (i.e., firstborn etc)
	First impressions, influences on our identity, self-image, be positive
	Marriage and the law, beliefs and religions, protected characteristics, respect
	Being unique, expectations, managing them
Term 1: Celebrating Differences	Anne Frank, celebrating similarity, fear, racial and religious prejudice, hate crime, examples
	Social injustice, inequality, causes, benefits of multi culturalism
	Religion in decline?, positives, fundamentalism, stereotypes, celebrating diversity
	Bullying, the law, types of bullying, LGBT+, emotional, peer-on-peer abuse consequences, get involved, golden rule
	Making a positive contribution, making a stand, Malala, what matters to you?
	blood donation
Term 2: Dreams and Goals	Short, medium & longterm goals, flexibility, employability skills, grit
	Money impact, positives and negatives, what can't be bought?
	Online safety – digital footprint, impact on career

	Money, wages and career goals, what affects your earning potential, budgeting
	Weekly costs, debt, gambling, emotions linked to too much/little money
	Gambling issues and support
Term 2: Healthy Me	Different types of health, nutrition and exercise, cardiovascular health and disease, diabetes
	Perceived risk and actual risk, illegal substance use risks, legal substances use risks
	Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen
	Vaccination, UK vaccination program Does vaccination work, herd immunity, Covid 19 vaccination and social responsibility
	Peer pressure, the changing teenage brain, risks in social situations, social risk and substance misuse
	Interactive play and wellbeing choices
Term 3: Relationships	Relationship with self, social media self-image
	Pressures of different relationships, freedom and control
	Privacy, personal space, invasion of privacy, paparazzi and celebrity
	Good relationship, control, anti-bullying, power, coercion, peer-on-peer abuse
	Social media, safety tips, laws, trolling, peer-on-peer abuse, employer's rights to access
	Healthy relationships and control
Term 3: Changing Me	Intimate relationships, me and my relationships, attraction, healthy and unhealthy relationships, peer-on-peer abuse
	What makes a good relationship?
	Me and my relationships, attraction, love or crush?
	Pornography, art?, is it ok for adults to look at porn?, age limits, is porn real?, peer-on-peer abuse
	Alcohol, the law, effects of alcohol, scenarios
	Can a relationship be honest and real as well as exciting and fun?
Term 1: Being Me in My World	Groups, being me in a group, peer v friendship, conflict or celebration, child-on-child abuse
	Relationships, expectations and perceptions, love or abuse?, coercive control, child-on-child abuse
	radicalisation
	Self-identity, influences, social groups, social media, risks and experimentation
	Positive and negative selfidentity, fitting in (leading to crime?) risks, consent, perception, misperception
	Perception, misperception
Term 1: Celebrating Differences	crime

	LGBT+ rights in the workplace, challenging negative attitudes, why do people judge?
	Power of positive and negative language, being understood, banter or verbal bullying, peer-on-peer abuse
	Types of bullying including online effects on mental health, self-awareness, anti-bullying strategy, peer-on-peer abuse
	discrimination
	Prejudice and stereotyping, ageism, protecting against discrimination
Term 2: Dreams and Goals	Personal strengths, health goals
	Importance of planning, career options, world of work, choices
	Happiness pressure, being happy
	Mental health and illhealth, causes, support, stigma
	Media manipulation & fake news, effects on mental health, selfesteem
	Mental well-being strategies
Term 2: Healthy Me	health recap, the brain, learning and memory
	Protecting the brain from risks such as alcohol, smoking, vaping, illegal drugs. County lines REAL link (optional)
	Windows of development, decision making, physical and mental health decisions
	Emergency situations, Life saving skills (link with Resuscitation Council UK interactive lesson)
	health support
	Role play conversation, fitting in and taking risks
Term 3: Relationships	Positive and negative impact of relationships
	Top 10 tips for healthy relationships, power, peer-on-peer abuse
	Attraction (body), Pornography and the law, how real is pornography?
	Starting a family?, Sex and the law, Age of consent, contraceptive choices
	Consequences of unprotected sex, physical and emotional
	Age of Consent
Term 3: Changing Me	Mental health and wellbeing, anxiety, OCD, phobias, depression, being supportive, challenging stigma
	Change, reactions and responses to change, resilience
	Sleep facts and needs, How to sleep better, benefits of relaxing
	Resilience, dealing with obstacles, tips on developing resilience
	Changing and growing, impact on body and mind
	Dealing with change

Term 1: Being Me in My World	Freedom, human rights & act, safety, violations
	Grief cycle, loss, responses to loss, support
	Family expectations, active listening, roles within the family (i.e., firstborn etc)
	First impressions, influences on our identity, self-image, be positive
	Marriage and the law, beliefs and religions, protected characteristics, respect
	Being unique, expectations, managing them
Term 1: Celebrating Differences	Hidden disability, examples, challenges for those affected, protected characteristics, EQ act, equality
	Workplace expectations and disability, promoting equality, fair pay, rights and responsibilities
	Religion in decline?, positives, fundamentalism, stereotypes, celebrating diversity
	Bullying, the law, types of bullying, LGBT+, emotional, peer-on-peer abuse consequences, get involved, golden rule
	Making a positive contribution, making a stand, Malala, what matters to you?
	organ/blood donation
Term 2: Dreams and Goals	Important relationships, resilience & how to develop it
	Physical and mental health, MH tips
	Online safety – digital footprint, impact on career
	Money, wages and career goals, what affects your earning potential, budgeting
	Weekly costs, debt, gambling, emotions linked to too much/ little money
	Gambling issues and support
Term 2: Healthy Me	My health MOT, top tips for health, adopting healthy habits
	and physical health
	Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen
	Vaccination, UK vaccination program Does vaccination work, herd immunity, Covid 19 vaccination and social responsibility
	Peer pressure, the changing teenage brain, risks in social situations, social risk and substance misuse
	Interactive play and wellbeing choices
Term 3: Relationships	My relationships, self, love?, lust?, attraction, attachment
	Pressures of different relationships, freedom and control
	Privacy, personal space, invasion of privacy, paparazzi and celebrity
	Good relationship, control, anti-bullying, power, coercion, peer-on-peer abuse

	Social media, safety tips, laws, trolling, peer-on-peer abuse, employer's rights to access
	Healthy relationships and control
Term 3: Changing Me	Societal change, how will it affect me?, social media and social change, save the environment
	What makes a good relationship?
	Me and my relationships, attraction, love or crush?
	Pornography, art?, is it ok for adults to look at porn?, age limits, is porn real?, peer-on-peer abuse
	Alcohol, the law, effects of alcohol, scenarios
	Can a relationship be honest and real as well as exciting and fun?
Term 1: Being Me in My World	Pros and cons of becoming an adult, age limits
	'honourbased violence', peer-on-peer abuse, arranged/forced marriage
	Equality Act, coercive control, domestic abuse, violence in relationships, teen dating violence, peer-on-peer abuse
	Self-review, online law and safety, including pornography and gambling, misuse of mobile phones, sexting, peer-on-peer abuse
	Being an adult, keeping safe, emergency situations, advice and support, first aid, scenarios
	Situations and consequences
Term 2: Dreams and Goals	Anxiety & effects, tips, solution-based thinking, sleep needs and advice, benefits of relaxing
	budgeting, credit cards
	Jobs in the future, dream job, managing your skillset, employment opportunities
	Intimate relationships, parenting
	Barriers to D&G, when things go wrong, resilience
	Can technology help us reach our goals?
Term 2: Healthy Me	and exercise
	Relationships and consent, being ready for sex, coercion, sexual harassment, sexual violence
	menstrual cycle, IVF
	Contraceptives and sexual health, emergency contraception
	Pregnancy and choice, what is a pregnancy?, Knowing if you are pregnant, keeping a baby, abortion, adoption.
	Mutual respect in intimate relationships
Term 3: Relationships	Intimate romantic relationships, scenarios, sex perceptions, Are you ready for sex?, peer-on-peer abuse
	LGBT+, gender and sexuality spectrums

	Perceptions of LGBT+, timeline, Do's and Don'ts of coming out
	Balance of power in relationships, case studies, peer-on-peer abuse
	My body my choice, breast ironing and FGM, 'honourbased violence', forced marriage, law, LGBT+ hate crime
	Being you in a relationship
Term 1: Critical Thinking Skills	Critical Thinking Skills
	Metacognition Skills
	Study Skills & Revision
	Referencing
	Skimming & Scanning
	AI Plagiarism
	Time Management
Term 1: Living in the Wider World	Date Rape
	Hate Speech
	Privilege
	Social Justice
	Social Media Call Out Culture
	Tolerating Intolerance
Term 2: Knowing Who I am	Identity & Gender
	Sexuality
	Toxic & Positive Masculinity
	Emotional Literacy
	Self Harm
	Relaxation
Term 2: Health & Wellbeing	Class A Drugs
	Class B Drugs
	Class C Drugs & Prescription Drugs
	Drugs, Festivals & Parties
	Smoking
	Vaping

	Tattoos & Piercings
Term 3: Relationships	Sex Readiness & Encounters
	Delaying Sexual Activity
	Sex & The Media
	Sexual Health
	Hormones & Emotions
	Online Dating & Internet Safety
Term 3: Careers	University Personal Statements
	Applications & Presentations
	Apprenticeships
	Employability
	Careers Problem Solving
Term 1: Critical Thinking Skills	University Personal Statements
	Applications & Presentations
	Apprenticeships
	Employability
	Careers Problem Solving
Term 1: Living in the Wider World	Controlling Relationships
	Revenge Porn
	Miscarriage & Unplanned Pregnancies
	Online Subculture
	Honour Violence
	Extremism
Term 2: Knowing Who I am	Emotional Wellbeing
	First Aid- CPR **
	Cancer Awareness
	Organ Donations
	Meningitis, Mumps & Freshers Flu



	Healthy Lifestyle
Term 2: Health & Wellbeing	Alcohol Awareness
	Date Rape
	Digital Resilience
	Travel Safety
	Body Image & Plastic Surgery
	Driving safely
Term 3: Relationships	Money Management
	Pensions
	Savings & Loans
	Mortgages, Buying & Renting
	Credit & Debit
	Living Independently