

PSHE & RSE CURRICULUM

YEARS 7 – 13

Preparing our students for life, relationships and the wider world

Rooted in our faith | Empowering every individual | Building a better tomorrow



A BROAD AND BALANCED CURRICULUM

Our PSHE and RSE curriculum is rooted in our Catholic values and supports every student to become the best version of themselves. It helps them to build the knowledge, skills and character to make informed decisions, develop healthy relationships and contribute positively to society.

The curriculum is spiral in design, with key themes revisited and developed as students progress through the school.

KEY CURRICULUM STRANDS



Faith, Values and Catholic Social Teaching



Diversity, Equality and Inclusion



RSE and Personal Development



Living in the Wider World (Careers, Finance and Life Skills)



Relationships and Families



Health and Wellbeing



Online Safety and Digital Citizenship



Physical Health and Lifestyle

YEAR 7

Building Belonging

- Transition and belonging
- Self-identity and self-worth
- Respect and kindness
- Our school community
- Online safety and digital wellbeing
- Friendships and peer influence
- Families and commitment
- Managing emotions
- Bullying and discrimination
- Introduction to RSE
- Healthy lifestyles
- Diversity and inclusion
- Careers and aspirations
- Money and financial awareness
- Community and social responsibility
- Looking after our environment
- Catholic identity and living our values

Be kind. Be respectful. Be the best you can be.

YEAR 8

Building Confidence

- Mental health and emotional wellbeing
- Identity and personal values
- Online relationships and social media
- Challenging stereotypes
- Recognising and managing risk
- Friendships, love and respect
- Consent and personal boundaries
- Healthy and unhealthy relationships
- Puberty and body changes
- RSE: growing up
- Drugs, alcohol and peer pressure
- Financial capability
- Careers and future pathways
- Rights and responsibilities
- Making a positive contribution
- Identity, diversity and inclusion

Make informed choices. Create your future.

YEAR 9

Health and Responsibility

- Mental health and resilience
- Body image and self-esteem
- Online safety and exploitation
- Substance use and the law
- Healthy lifestyles and nutrition
- RSE: relationships, intimacy and consent
- Sexting and online behaviour
- Gender and sexuality
- Challenging harmful attitudes
- Respectful relationships
- Careers and the world of work
- Employability skills
- Financial decision making
- Independent living skills
- Setting goals for the future
- Diversity, challenging discrimination and hate

Understand. Respect. Prepare.

YEAR 10

Identity and Society

- Mental health and managing change
- Pressure, influence and risk
- Extremism and radicalisation
- Healthy relationships
- RSE: love, sexuality and commitment
- The law and personal safety
- Digital citizenship
- Equality, diversity and inclusion
- Work experience and future pathways
- Financial planning and budgeting
- Drugs, alcohol and healthy choices
- Intimate relationships and consent
- Parenthood and family life
- Managing transition to Post-16
- Resilience and independent living
- Health, wellbeing and lifestyle

Be informed. Be responsible. Be ready.

YEAR 11

Next Steps

- Exam stress and managing pressure
- Mental health and support
- Healthy lifestyles
- Relationships and commitment
- RSE: consent and sexual health
- Post-16 options and career planning
- Financial independence
- The law and adult responsibilities
- Staying safe online and in the community
- Healthy relationships
- Drugs, alcohol and risk
- Independent living skills
- Resilience and wellbeing
- Making a positive contribution
- Celebrating achievements
- Catholic social teaching – dignity for all

Reflect. Prepare. Succeed.

YEAR 12

Independence and Leadership

- Mental health and emotional wellbeing
- Healthy and respectful relationships
- RSE: consent, contraception and sexual health
- Online safety and digital footprint
- Living independently
- Higher education, apprenticeships and work
- Financial literacy and managing money
- The law, rights and responsibilities
- Diversity, equality and inclusion
- Developing leadership and social action
- Careers and future planning
- Managing change and uncertainty
- Healthy relationships and parenthood
- Staying safe and making positive choices
- Wellbeing for adult life
- Catholic social teaching – justice and the common good

Be ambitious. Be responsible. Be the change.

YEAR 13

Preparing for the Future

- Mental health and managing stress
- RSE: long-term relationships and commitment
- Personal safety and risk
- Respect, consent and healthy sexuality
- Preparing for life after Sixth Form
- Employment, higher education and beyond
- Financial planning and tax
- Housing and independent living
- Rights, responsibilities and active citizenship
- Making a positive contribution to society
- Wellbeing for the future
- Relationships and life choices
- Social action and legacy
- Celebrating your journey
- Leaving with confidence
- Catholic social teaching – faith in action

Your future. Our community. A better tomorrow.

“Growing in faith. Preparing for life.”



RESPECT



TRUTH



COMPASSION



JUSTICE



FAITH