



PSHE Learning JOURNEY



2026



COVERS
2026 DfE
STATUTORY
GUIDANCE
AND PSHE
ASSOCIATION'S
SUGGESTED
LEARNING
OPPORTUNITIES

— PREPARING YOUNG PEOPLE FOR LIFE —



HEALTH AND WELLBEING

1. Health and wellbeing Introduction
2. Mental health introduction
3. Building resilience
4. Kindness and empathy
5. Online safety introduction
6. Dangers of vaping and smoking
7. Dangers of drugs (2 hours)
8. Personal hygiene and oral health
9. Boys' puberty
10. Girl's puberty / periods
11. Option one – FGM (can be taught in Year 9)
12. Option two – Gratefulness



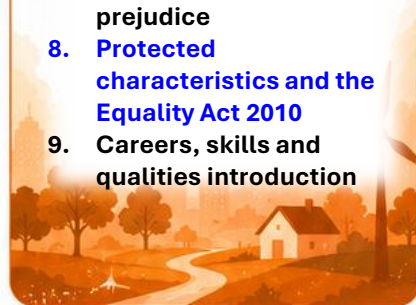
RELATIONSHIPS AND SEX EDUCATION

1. Healthy relationships introduction
2. The importance of trust
3. Maintaining positive friendships (2 hours)
4. Anti-bullying focus
5. Peer pressure and influence (2 hours)
6. Online grooming dangers
7. Stable, diverse families and commitment
8. Falling in love and first romantic feelings
9. Marriage, civil partnerships and legality



LIVING IN THE WIDER WORLD

1. Personal development introduction
2. The importance of respect in the wider world
3. Needs, wants and priorities
4. Self-esteem throughout life (2 hours)
5. Media literacy introduction
6. Racism and discrimination introduction
7. Stereotyping and prejudice
8. Protected characteristics and the Equality Act 2010
9. Careers, skills and qualities introduction



Additional Content:

Extra focus / catch up lessons
British Values / Protected Characteristics mapping
Finance and Careers Lessons
Audits / Displays / Quizzes
Detailed schemes of work
Detailed lesson plans
Confidence / progress checkers
Workbooks / Free updates
Additional SEND lessons

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PSHE Learning JOURNEY

YEAR 8

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HEALTH AND WELLBEING

1. Balanced diets and healthy food
2. The importance of exercise
3. Lifestyle diseases, cardiovascular health and cancer
4. Eating disorders and mental health
5. Social media and stress
6. Group messaging, chats and online bullying (2 hours)
7. Self-harm and mental health
8. Knife crime and harmful or illegal activities (2 hours)
9. Exploring our identities (2 hours British Values focus)



RELATIONSHIPS AND SEX EDUCATION

1. Tolerance and mutual respect (British Values focus)
2. How to be a great man
3. Alcohol, risks and relationships (2 hours)
4. Cyberbullying, trolls and negative online relationships
5. Consent (2 hours)
6. Introduction to contraception (2 hours)
7. Introduction to STIs (2 hours)
8. Condoms and how to use them properly



LIVING IN THE WIDER WORLD

1. The importance of attendance and punctuality
2. Ambitious, aspirational and realistic careers
3. Employability skills introduction
4. Being an entrepreneur
5. Saving and investing money introduction
6. Teamwork skills
7. Sexism and prejudice in the wider world
8. Ableism, visible and invisible disabilities
9. County lines, weapons and gang crime (2 hours)
10. Communication skills
11. Mental health in the wider world (2 hours)



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HEALTH AND WELLBEING

1. Mental health, stigma and language
2. **Managing anxiety**
3. Happiness and positivity (2 hours)
4. **Gratefulness (or FGM if not taught in Year 7)**
5. The importance of good sleep
6. **Healthy eating on a budget**
7. Using health services
8. **Prescription drugs and antibiotics**
9. First aid and CPR (2 hours)
10. **Gambling risks and games of chance**



RELATIONSHIPS AND SEX EDUCATION

1. Relationships and media influence (2 hours)
2. **Diverse relationships / LGBT relationships**
3. Gender stereotyping
4. **The importance of gender equality**
5. Sexual harassment and the law
6. **Misogyny and the manosphere (2 hours)**
7. Pornography and our brains
8. **Grief, loss and digital legacies**
9. Conflict management (2 hours)



LIVING IN THE WIDER WORLD

1. Getting ready for KS4 and the options process (2 hours)
2. **Responsible finances and avoiding bad debt**
3. Financial exploitation (2 hours)
4. **Workplace skills and the future labour market**
5. E-Reputation (online / digital footprints) (2 hours)
6. **The importance of community**
7. Anti-social behaviour and its consequences
8. **The importance of volunteering**
9. Algorithms, extremism and sub-cultures



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HEALTH AND WELLBEING

1. Social media; trauma and resilience
2. Social media and loneliness
3. Deepfakes, A.I, malicious use and the law
4. Body image and body positivity
5. Managing social anxiety
6. Cancer, screening and self-examinations (2 hours)
7. Unplanned pregnancies
8. The dangers of nitrous oxide (laughing gas)
9. Managing stress and exam performance
10. Mental health support and networks
11. Porn, sexual ethics and dangerous sexual activities



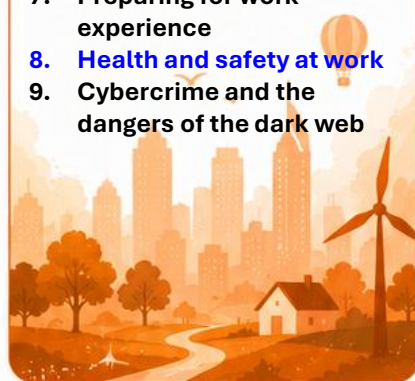
RELATIONSHIPS AND SEX EDUCATION

1. Coercive, exploitative and abusive relationships (2 hours)
2. Gaslighting, manipulation and emotional abuse
3. Forced marriage and law
4. Divorce, separation and loss
5. Stalking, sexual harassment and the law (2 hours)
6. Assessing readiness for sex
7. Abortion; options and differing attitudes (2 hours)
8. LGBT Rights
9. Parenting; adoption and fostering



LIVING IN THE WIDER WORLD

1. Social media, personal validation and influencers
2. Hate crime and law in the UK
3. Equality, equity and the wider world (2 hours)
4. Future careers and the rise of A.I (2 hours)
5. Employment rights and responsibilities
6. Tattoos, piercings, risks and our appearance
7. Preparing for work experience
8. Health and safety at work
9. Cybercrime and the dangers of the dark web



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HEALTH AND WELLBEING

1. Compulsive, wanted and fixed behaviours / habits
2. Criminal behaviour and mob mentality (2 hours)
3. Fertility and reproductive health (2 hours)
4. Chatbots, AI danger and misplaced affections
5. Neurodiversity explored
6. Personal safety and risk on the streets
7. Sugar and processed food; unhealthy risks
8. Suicide prevention
9. Virginity testing, hymenoplasty and UK law



RELATIONSHIPS AND SEX EDUCATION

1. Offensive language and bullying
2. Parenting throughout the years and childhood brain development
3. Online dating – staying safe
4. The role of pleasure in sexual relationships
5. Parenting; financial costs and considerations
6. Sexualisation of the media
7. Pornographic deepfakes, non-consensual image sharing and UK law
8. 'Honour' violence and 'honour' killings
9. Responsible health choices, clinics and public health services



LIVING IN THE WIDER WORLD

1. Getting ready for KS5 and choosing post-16 options
2. Personal safety and independent travelling
3. Extremism and radicalisation (2 hours)
4. Online privacy and data protection
5. The cost of living
6. Different types of employment
7. CVs, cover letters and job applications (2 hours)
8. Job interviews
9. Revision and study skills (2 hours)



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