

P S H E 7	Topic	Valuing myself and others	Responsibilities and values	Amplifying voices	Making safe choices	Growing and thriving	Healthy futures
	Content	Sharing perspectives	Self-review – who am I	Representations of mental health	Presenting self-online	What is FGM	Responsibility for physical health
		Respecting differences			Sharing images	Triggers for unhealthy coping strategies	A balanced diet
		Factors affecting relationships	Balance and responsibility	Social Media opportunities and benefits	Reducing risk online	Strategies to manage puberty	Positive uses of drugs
		Mental and emotional health	Qualities and behaviours	Media and self-image	Managing personal safety	Gender and sexuality	Negative use of drugs
		Risky behaviour	Familial roles and responsibilities	Media representations of relationships	First aid and common injuries	Recognising bullying	Employment pathways
		Presenting myself well	Financial ethics	Responding when things go wrong online	Establishing personal values and clear boundaries	Peer influence and consent	
P S H E 8	Topic	Building perspectives					
	Content	Seeking perspectives assessing evidence Discussing issues respectfully Stereotyping prejudice and discrimination Building resilience Managing stress and Emotional Challenging Goal Setting					
P S H E 9	Topic	Health and Wellbeing	Health and Wellbeing	Living in the Wider World	Living in the Wider World	Relationships	Relationships
	Content	Behaving to achieve Alcohol Awareness Drugs & the law Organ and blood Donation	Managing stress Selfie Safety Internet Safety	Protected characteristics Equality Act Prejudice and Discrimination	Democracy Parliament Political Systems	Eating disorders Fertility and menopause Child sexual exploitation Abusive relationships	Charity Rights and responsibilities Gender identity LGBTQAI+