

GMS – Y7 PSHE Roadmap

Managing Change

Puberty and Body Development

Friendships, Respect and Relationships

Staying Safe Online and Offline

Celebrating Differences

Politics, Parliament and Me

- Introduction to PSHE
- What is a Community
- Careers and Your Future
- What is a Community
- Financial Education
- Transition points and your Life

- Introduction to Puberty
- Puberty - Personal Hygiene
- Puberty (Girls & Boys focus)
- Puberty (Girls & Boys focus)
- Growing up and FGM
- Assertiveness, consent and hormones
- Self Esteem and Empowerment

- Consent and Boundaries
- Respectful Relationships
- Being positive & Self Esteem
- What makes a Good Friend
- Friendships and managing them
- Pressure and Influence
- What does it mean to be a man in 2021

- Avoiding Gangs
- Staying safe online
- Online Gaming & Fortnite
- Drugs Education – Alcohol and Smoking
- Drugs Education - E-Cigs, Vaping and Shisha
- Drugs Education Energy Drinks & Caffeine

- Multicultural Britain
- What is Your Identity
- Breaking Down Stereotypes in Society
- The Equality Act
- Prejudice and Discrimination
- Challenging Islamophobia and Hate Crime

- Why is Politics Important
- How is a country run
- Elections and Campaigning
- Political debates in Parliament
- Who is PM Boris Johnson
- Exploring Inside Parliament



GMS – Y8 PSHE Roadmap

Proud to be me

Dangerous Society Online and Offline

Identity, Relationships & Sex Education

Physical Health & Mental Wellbeing

LGBTQ+ Explored

Law, Crime and Society

- Employability skills
- Proud to be me and careers
- Careers interests and jobs
- Self-esteem & media
- Labour market information
- Exploring careers

- County lines
- Drugs & UK gangs
- Substances misuse
- Online safety & cyber bullying
- Grooming boys and girls
- Drugs education & Alcohol safety
- Child Exploitation and Online protection

- Healthy Relationships
- Sexual Orientation Act
- Gender Identity and Equality
- Periods and menstrual cycle
- What is love?
- Introduction to contraception

- Health and Wellbeing
- What is mental health
- Positive body image
- Child abuse
- Types of bullying
- Stress management

- Exploring LGBTQ+ and key terms
- Homophobia in schools
- supporting those that are LGBTQ+
- Challenging discrimination
- Transphobia
- Coming out in 2021

- Desert island living
- Decision making and constitution
- Criminal law and society
- The law making process
- Prisons and reform
- Punishment and Restorative justice



GMS – Y9 PSHE Roadmap

Essential Life Skills

- First Aid
- From failure to success
- Saving and managing money
- Importance of happiness
- Employment & financial management
- What is anger?

Sex, The Law and Consent

- Sexual consent & the law
- FGM & the law
- Why have sex?
- Delaying sexual activity
- Relationships & partners
- Pleasure & masturbation
- What are STIs?

Contraception and STIs

- Contraception methods available
- STI lesson – the big STI game
- How to put on a condom
- Sexual harassment & stalking
- Realities of using contraception
- HIV – discrimination & prejudice

Body Confidence

- What is a penis/vulva?
- Self-esteem changes
- HBT-Bullying in all its forms
- Media and airbrushing
- Dealing with grief and loss
- Cancer prevention and Healthy lifestyles

Legal and Illegal Drugs

- Introduction to drugs
- Different types of addictions
- Cannabis products
- Drug classifications
- 'Party Drugs'- the dangerous side
- Exploring illegal drugs and effects

Combatting Extremism and Terrorism

- Conspiracies & extremist narratives
- Extremism in all its forms
- What is terrorism?
- Proud to be British?
- Radicalisation process
- Counter terrorism



GMS – Y10 PSHE Roadmap

Rights and Responsibilities

- Instagram generation
- Targeted advertising
- Rights and responsibilities
- Employment rights
- Marriage and family
- Exploring a pay check

Mental Health and Wellbeing

- Child abuse
- Screen time & Mobile use
- Mental health types
- Self-harm
- Mental health & Well-being
- Suicidal thoughts & support
- Promoting health & Wellbeing

Exploring Relationships and Sex Education

- Campaigning against FGM
- Porn vs real life
- Sexting nudes and dick pics
- Sexual violence
- Domestic abuse and violence
- Sexualisation and media

Violence, Crimes and Seeking Safety

- Forced marriages
- Honour based violence
- Online gambling
- Social media validation
- Modern slavery
- Preventing knife crime

Exploring World Issues

- International organisations
- Brexit explored
- Aid and supporting other countries
- Peace, war and conflict
- Fair trade
- Women's right & equality

Exploring British Values

- What is a cult?
- Exploring British values
- LGBT rights
- Critical thinking & Fake news
- Exploring Human Rights
- What are Human Rights



GMS – Y11 PSHE Roadmap

Adult Health – Looking after yourself

- Organ donation and blood donation
- Teenage pregnancy choices
- Abortion (morals, laws and thoughts)
- Parenthood
- Testicular and prostate cancer
- Cervical, breast and ovarian cancer
- Love and abuse are not the same

Sexual Health

- Peer on peer bullying
- Fertility and what impact it has
- Importance of sexual health
- Alcohol and bad choices
- Respect and relationships
- Revisiting contraception
- Revisiting STIs

Staying Safe

- New psychoactive substances
- War on drugs/Festivals and drugs
- Substance addiction
- Cosmetic and aesthetic
- Online reputation
- Digital footprint and the internet

Your future and beyond

- Time management skills
- Dealing with exam stress and anxiety
- LGBT rights across the world
- Writing a CV
- Insta life vs real life
- Writing a personal statement

