

PSHE Curriculum Map – Inspire

	Dreams and Goals Autumn 1	Being Me in My World Autumn 2	Relationships Spring 1	Healthy Me Spring 2	Celebrating Difference Summer 1	Changing Me Summer 2
Topics	Important relationships, resilience & how to develop it	Freedom, human rights & act, safety, violations	My relationships, self, love?, lust?, attraction, attachment	My health MOT, top tips for health, adopting healthy habits	Hidden disability, examples, challenges for those affected, protected characteristics, EQ act, equality	Societal change, how will it affect me?, social media and social change, save the environment
	Physical and mental health, MH tips	Grief cycle, loss, responses to loss, support	Pressures of different relationships, freedom and control	Cardiovascular disease, diabetes, cancer, breast cancer and risk factors, breast checking, substance misuse and physical health	Workplace expectations and disability, promoting equality, fair pay, rights and responsibilities	What makes a good relationship?
	Online safety – digital footprint, impact on career	Family expectations, active listening, roles within the family (i.e., firstborn etc)	Privacy, personal space, invasion of privacy, paparazzi and celebrity	Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen	Religion in decline?, positives, fundamentalism, stereotypes, celebrating diversity	Me and my relationships, attraction, love or crush?
	Money, wages and career goals, what affects your earning potential, budgeting	First impressions, influences on our identity, self-image, be positive	Good relationship, control, anti-bullying, power, coercion, peer-on-peer abuse	Vaccination, UK vaccination program Does vaccination work, herd immunity, Covid 19 vaccination	Bullying, the law, types of bullying, LGBT+, emotional, peer-on-peer abuse consequences, get involved, golden rule	Pornography, art?, is it ok for adults to look at porn?,
	Weekly costs, debt, gambling, emotions linked to too much/ little money	Marriage and the law, beliefs and religions, protected characteristics, respect	Social media, safety tips, laws, trolling, peer-on-peer abuse, employer's rights to access	Peer pressure, the changing teenage brain, risks in social situations, social risk and substance misuse	Making a positive contribution, making a stand, Malala, what matters to you?	Alcohol, the law, effects of alcohol, scenarios
	Gambling issues and support	Being unique, expectations, managing them	Healthy relationships and control	Interactive play and wellbeing choices	Is it only the rich that can change the world?, Charles Drew, How can I make a difference? needed,	Can a relationship be honest and real as well as exciting and fun?